

HOW ONE WHO CANNOT SWIM MAY AVOID BEING DROWNED WHEN IN DEEP WATER.

MANY who cannot swim get into deep water and drown when they should not. In want of "presence of mind" when one is suddenly thrown in the water, is the greatest difficulty. Dr. MacCormac, of Belfast, Ireland, writes that it is not at all necessary that a person knowing nothing of the art of swimming should be drowned if he depends simply and entirely on the powers for self-preservation with which nature has endowed him. "When one of the inferior animals takes the water, falls, or is thrown in, it instantly begins to walk as it does when out of the water. But when a man who cannot "swim" falls into the water he makes a few spasmodic struggles, throws up his arms, and drowns. The brute, on the other hand, treads water, remains on the surface, and is virtually insubmer-

geable. In order, then, to escape drowning it is only necessary to do as the brute does, and that is to tread or walk the water. The brute has no advantage in regard of its relative weight, in respect of the water, over man, and yet the man perishes while the brute lives. Nevertheless, any man, any woman, any child, who can walk on the land may also walk on the water just as readily as the animal does, and that without any prior instructions in drilling whatever." There is much in this, and if people who cannot swim would endeavor to impress it on their minds when on the water, they might be able to practice it in case of accident. It is desirable, when there is time or opportunity to do so, to throw off anything that would encumber one when in the water.

ILL EFFECTS OF CONSTIPATION.

T. LAUDER BRUNTON, M.D., LL.D., F.R.C.P., F. R. S., lecturer and physician of St. Bartholomew's Hospital, in his "Cavendish" lecture last month before the London Medico-Chirurgical Society, spoke strongly of the value of regular evacuation of the bowels. He said: There is a great deal of truth in the two rules of long life, "Keep your mind easy and your bowels open;" and, indeed, easiness of mind depends very much on the state of the bowels. I remember reading many years ago a story relating to this subject, by Norman McLeod, in Good Words, but I have been unable to verify the reference. It was to the effect that a certain Lady Margaret sent a message down late one night to an old clergyman who lived in the manse not far from her castle, to say that she was in great distress about her soul. "And how are Lady Margaret's bowels?" asked the old gentleman. He learned the bowels were remiss in their duty. "Here are two pills," said the old man to the messenger; "Let Lady Margaret take them to-night, and I will come and talk to her about her soul to-morrow morning." On going up the next day, the old man found there was little for him to do, for the bowels had done their work and, as far as Lady Margaret's feelings went, had restored health to her soul as well as to her

body. There is hardly a room in the house but will become dirtier if you cannot get your dustbin emptied, and there is hardly an organ in the body that does not suffer if the bowels become constipated. Not only the brain, but the heart, liver, lungs, stomach and kidneys have their functions impaired when the bowels cease to do their duty. Napoleon's disaster at the battle of Leipzig is popularly set down to his having eaten a bun in a hurry and so brought on dyspepsia; but it would be a very curious page of history if we could learn how many wars, how much bloodshed, and how much cruelty have had their origin in imperfect action of the bowels. Washington Irving, in his "Lives of the Caliphs," tells of a certain emir named Al Hejagi, who suffered for many years from dyspepsia and abdominal pains, and this wretched man distinguished himself, perhaps, above all other rulers who have ever lived, in the enormous number of people whom he sentenced to imprisonment and death. He is said to have caused the death of no less than 120,000 persons, besides those who fell in battle, and to have left 50,000 in prison when he died himself. How much of all this mercy might possibly have been averted by the judicious use of mild aperients, it is impossible for any one now to tell.