


cided, and the various sensations, such as falling over a precipice, or the pursuit of a wild beast, or other impending danger, and the desperate effort to get rid of it arouses us; that sends on the stagnating blood, and we wake in a fright, or trembling, or perspiration, or feeling of exhaustion, according to the degree of stagnation, and the length and strength of the effort made to escape the danger. But when we are not able to escape the danger, when we do fall over the precipice, when the tumbling building crushes us, what then? *That is Death!* That is the death of those of whom it is said, when found lifeless in their bed in the morning, "They were as well as they ever were the day before;" and often it is added, "and *ate heartier than common!*" This last, as a frequent cause of death to those who have gone to bed well to wake no more, we give merely as a private opinion. The possibility of its truth is enough to deter any rational man from a late and hearty meal. This we do know with certainty, that waking up in the night with painful diarrhœa, or cholera, or bilious colic, ending in death in a very short time, is properly traceable to a late large meal. The truly wise will take the safer side. For persons who eat three times a day, it is amply sufficient to make the last meal of cold bread and butter and a cup of some warm drink. No one can starve on it, while a perseverance in the habit soon begets a vigorous appetite for breakfast, so promising of a day of comfort.—*Hall's Journal of Health.*

DARING SURGERY.

With vulgar minds, cutting and slashing passes for operative surgery. He who is constantly amputating limbs, establishes the reputation of being a great surgeon; while the quiet, modest man, ambitious to save limbs and succeeds, is scarcely regarded for skill. Exploits, whether for evil or good, with a scalpel or a sword, provided they are freely used, create surprise at first, and then admiration. The inventor of a revolving pistol that enables the possessor to kill seven people in less than a minute, is hailed as a genius, and secures both agreeable notoriety and a fortune for his destructive invention. On the contrary, those who propose contrivances for saving life, whether at sea, or from a burning house, can scarcely find a purchaser for the apparatus.

Modern surgery is exceedingly unobtrusive compared with that of the olden time. It is divested of some of its dangers, and is daily being improved, since it is actually becoming fashionable to avoid operations if there is any prospect that nature can do better than art.—*Medical World.*

 An industrious English gentleman is about to publish a volume of "vital statistics," containing a record of four thousand persons who have attained the advanced age of one hundred years, with biographical notes and anecdotes, illustrative of their characters and habits.