

The Whirligig of Time.

(Buffalo Express.)

A feature of the falls that at present attracts much attention is the "spouting of the waters." This occurs in the centre where the waters, of what was originally the Horseshoe fall, but which is now the exact shape of the letter V. Two or more years ago it was evident that the Horseshoe was fast losing its form, and at the same time, at intervals, water and spray was seen to raise at the centre from below the precipice high in the air above the brink. It then attracted no especial attention, as it was thought the rocks had worn away in such a manner that when the water in its descent came in contact with the jagged projections it shot upwards. This theory was generally advanced and is held by many to-day, but the shooting of the waters has assumed such proportions, the water now shooting 100 feet above the brink, that various other theories are advanced, none of which, with one exception, seem at all probable. A gentleman who was viewing the phenomena, suggested that the rocks that have broken away have been piled up in the centre to such a height that when this gigantic body of water strikes them, it causes the water to shoot upward. Whether this theory is correct cannot be said. It is probable, however, the real cause will never be known. There is no means of getting near enough to the fall to ascertain. A full view of the fall can now seldom be had, and only on a very mild day can a partial view be had. This is owing to the great amount of spray arising from the spout.

The Drought of '49.

(Hackensack Letter in Brooklyn Eagle.)

"Stranger, I take it?" observed an elderly resident the other day, as I stopped him and asked if there were any blackberry trees around his way. "I judged so. I was a stranger myself when I fust kim here. That was in the summer of '49. Hottest summer ever known in these parts."

"Any warmer than this?" I asked him.

"Summut, summut! That summer of '49 the cedar trees melted and run right along the ground! You notice how red that ere dust is?"

"Pretty warm," I ventured.

"Wy, sir, durin' the summer of '49 we kept meat right on the ice to keep it from cookin' too fast, and we had to put the chickens in refrigerators to get raw eggs!"

"Where did you get the ice?"

"We had it left over an' kept it in 'billin' water! Yes, sir. The temperature of 'billin' water was so much lower than the temperature of the atmosphere that it kept the ice so cold you couldn't touch it with your finger!"

"Anything else startling that season?"

"That summer of '49" "Well, guess! The Hackensack river began to b'ille airly in June and we didn't see the sky until October for the steam in the air. And fish! fish! They were droppin' all over town cooked just as yo wanted 'em! There wasn't anything but fish until the river dried up."

"What did you have then?"

"The finest oysters and clams you ever heard of. They walked right ashore for water and they'd drink applejack right out of the demijohn! Yes, sir. You call this hot! I feel like an overcoat!"

"What is your business?" I asked him.

"I am a preacher," he replied. "By the way you wanted blackberry trees. Just keep up the thumbhand side of this road until you come to the pig pasture and there you find the trees. Climb up on my goose roost and you can knock down all the berries you want if you can find a pole long enough."

Our Medical Basket.

(Special Selections.)

Milk Diet in Bright's Disease.—Since we know at present any drug that possesses the therapeutic value to any marked extent in this terrible and fatal disease, and since it is daily making sad havoc among human beings, and principally among that class who, by reason of their valuable public labors, are particularly to the world, therefore it becomes a medical question of paramount interest that we should discover some potent method of combating this very prevalent disease. Some years since Carel first called attention to the treatment of Bright's disease by the use of a milk diet, and since then Duncan, as well as many other prominent physicians, have written on this subject. We have ourselves seen some remarkable results follow this treatment, while Dr. S. Weir Mitchell, of our city, is now quite an enthusiast on this subject. This method of treating a formidable disease has received sufficient distinguished endorsement to recommend it seriously to our notice. We would, therefore, ask all physicians who read this article to try this method of treatment, and to furnish us with their experience, which we will publish. The milk is used thoroughly skimmed and entirely freed from butter. To procure the best results it has been advised that the patient shall restrict himself absolutely to milk and continue the treatment for a long time. If it disagrees with the stomach (as it will in some cases), Dr. Mitchell advises that the patient be put to bed, and the treatment commenced with tablespoonful doses, to which lime water is added, until the stomach tolerates the milk, when from eight to ten pints daily should be taken, and absolutely nothing else. The sanction of such a distinguished physician as Dr. Mitchell forces us to seriously consider the merits of this treatment, and we trust to receive the experience of all readers of this journal who may have cases of Bright's disease to treat.—*Medical and Surgical Reporter.*

CAUSE OF BRIGHT'S DISEASE.—What is the cause of so much Bright's disease? asks a victim of this malady. To which we reply, there are many causes. One is the taking of a cold. A cold may go to the kidneys as well as the lungs, and do a great deal more harm there, for the tubules in this organ are very multitudinous and very minute. When inflamed they suffer in the same way that the nasal and bronchial tubes do; that is, get catarrh. A slight inflammation of these tubules is called a catarrhal one, but when it becomes deeper-seated then it called croupous. About the only difference is one of degree, not of kind. Another cause of the disease is the excessive use of flesh food, and of hot, stimulating spices and drinks, Lager beer, it is said, is a frequent cause of Bright's disease. Alcoholic drinks we know are. Many medicines are said to cause it, as, for instance, chlorate of potash, used so freely in many diseases; and it would not be at all strange if it was also caused by the use of the various baking powders now so much in vogue. A person suffering from this malady should lead a sober and careful life, live on a plain, unstimulating but nutritious diet, take moderate exercise, avoid lean meat, or use it only sparingly, and keep the skin active, so as to relieve the kidneys as much as possible from work. In its first stages its ravages may be stayed, and if the constitution be a good one the person may live to a good age. In its worst form there is no remedy of much avail. Those advertised by the quacks, and we are sorry to say, those given by the doctors, are of about equal worth, and both are valueless.—*Herald of Health.*

PERILS OF THE TURKISH BATH.—The hot-air bath in all its varieties of construction and arrangement, is a powerful agent for the disturbance of the circulatory system. The change effected may be good or it may be bad for the subject, but it can scarcely be in-

operative. The heart's action is quickened; the tension of the blood pressure is at first heightened, and then if copious perspiration take place it may be reduced. Speaking generally, there is a determination of the blood to the surface, leaving the central and deep organs less fully supplied than before. In this way, doubtless, local congestions are occasionally relieved by the bath. Under ordinary circumstances the change effected in the distribution of the blood and pressure is likely to be beneficial, but if the heart be weak or the larger vessels rigid, it may happen that faintness ensues. Then something is done, either by the affusion of cold water on the extremities or in one or more of several empirical ways, to drive the blood in again, and this endeavor may prove the last strait that throws the whole physico-vital apparatus of the circulation out of working order and renders the continuance of the essential functions of life difficult or even impossible. Except by the robust or thoroughly healthy, the hot-air bath should on no account be employed without express medical approval. Even this restriction is scarcely enough, because it may happen that the subject of a weak heart or abnormal blood vessels regards himself as healthy, until the unaccustomed demands made on his organs of circulation by the bath discover the weak place in his economy. It is not desirable to lay too much stress on those deaths which occasionally occur in, or after a visit to, Turkish baths. At the same time it is desirable that the dangers of the bath should be more generally understood than they would seem to be, and that the proprietors of these establishments should be required to instruct their managers and attendants to send at once for medical assistance whenever a visitor becomes faint or even momentarily unconscious. Such occurrences must needs portend peril of death, and, however large may be the proportion of instances in which the "slight faint feeling" or "sleepiness" passes away, it is manifest that a grave risk is in all cases incurred, and a responsible medical man should be instantly summoned to aid the recovery. There ought to be nothing left to the discretion of the manager or attendant in such a case. Again, although it is easy to see that proprietors would prefer to avoid death on their premises, no person who has been ill or even slightly unwell in the bath should be allowed to leave the establishment without being seen by a doctor. Further, we think the practice of sleeping in the hot rooms ought to be interdicted. There is always danger at the moment of awakening.—*London Lancet.*

Old Orchard Beach.

The Beach itself is nine miles long, of crescent form, and as level and hard as a concrete walk, furnishing a superb promenade or drive. The shore is a gradual decline for nearly a mile, rendering bathing perfectly safe even for children, as there is no undertow, but a sublime surf sometimes rising to huge proportions. The beach derived its name from the fact that this locality was once the Staples farm, and there was a large and very old orchard where the hotel bearing that name now stands. The post-office designation was "Old Orchard," and when the beach became famous as a summer resort it naturally assumed that name. For many years the "Old Orchard House" was the only hotel here devoted exclusively to summer guests, but the popularity of the Beach has so increased that now there are over twenty hotels for summer visitors, some of them of immense proportions, and all of them have been filled to their utmost capacity the whole season. It is estimated that there are at least ten thousand people at Old Orchard to-day, and all with whom I have conversed are so well pleased that they "declare their intentions" to return next season. The leading hotels, such as the "Sea Shore," "Old Orchard," and "Fiske," are models of neatness and convenience, and the cuisine and attentions are not excelled by the best hotels of the largest cities. The surroundings are so vivid as to constantly open up new attractions, and such a thing as monotony is unknown. What with bathing in the soft sea, sailing over the beautiful bay, romantic drives in the interior, and hourly excursions in every direction by rail and by water, together with a sumptuous table on which clams, lobsters and fish are conspicuous, nothing seems to be left to make up the full sum of human happiness. But, like all human happiness, it is transitory, as the sojourners here begin to realize as the dial points toward home