

A volume of similar and equally suggestive observations clinical might be adduced. It would be pleasant to us to detail observations made in the department of psycho-therapeutics, and to show by clinical facts what may be done—nay, what is being done—with physical agencies in curing diseases, such, for example, as the curative influence of the Doctor, one who is thoroughly alive to the demands of his calling, apart from his method or medicine; the curative power of Expectation as made use of by the ignorant charlatans who pose under the name of Christian Scientists; the marvellous power over the unconscious processes possessed by Faith—all of which are

non-homœopathic. It will not do for an "earnest practitioner of medicine" to close his perceptions to these things. The science and art of medicine is being revolutionized before our eyes. Let us not ignore the fact. . . . The world will be better off when the medical profession study sanitation more and materia medica less. The advancement made in the knowledge of morbid causes and their removal, within the last two generations, in England, has added a decade to the average length of human life in that country. Would that we could record equally humane results as due to progress in therapeutics and materia medica during the same period.

FRIED FOODS—HOW TO FRY.

BY MARION HARLAND, IN JOURNAL OF RECONSTRUCTIVES.

THE dietetic chord for the day is sounded at our national breakfast in fried chops, fried cutlets, fried eggs, fried ham or bacon, fried fish, fried fish-balls, fried potatoes, fried sausage, fried tripe, and, in some homes (heaven help them!), fried beefsteak. The relative mirror is indicated in fried buckwheat or other griddle-cakes, fried mush or hominy, or, what some prefer, to all these, fried bread. Luncheon and dinner maintain the theme in fried vegetables of all sorts, in fritters and pan-cakes, and, if supper be served, croquettes, fried oysters and doughnuts "give the diapason closing full."

The reasons for the preference we display for this mode of cookery are neither various nor many. It is the easiest way of making ready raw material or "left-overs" for the table. The steady, slow simmer that from toughness brings forth tenderness; the steaming, roasting, boiling—to perfect

which attention must be paid to degrees of heat, to basting and turning—require skill and time. Our middle class women are overladen with work, and ambitious to accomplish what they consider as higher things than cookery. What can be hurried up is "put through" in what Americans (and no other people) call "less than no time." The frying-pan makes short work in unrighteousness of whatever is cast into its gaping maw. The house-wife—with no conception of the valuable truth that cooking of the right sort will take care of itself, if once put properly in train, while she is busy with other matters—delays setting about it until the margin of time is reduced to a minimum. With this class and with most hired cooks frying is misconducted.

The best writers on dietetics prescribe fried foods so unsparingly that even she whose chief aim in the day is to run through a given quantum of