

PURE MILK.

We were much interested, a few days ago, in the establishment of Mr. John D. Duncan, at No. 66 Drummond Street, in this city. In view of the present agitation upon the question of pure milk, we dropped in and asked the proprietor to show us his laboratory. The product—Modified Milk—we were pleased to hear, is rapidly coming into use in this city for the feeding of infants and delicate children. It is, we were informed, based upon an analysis of mother's milk, and is adapted to each individual case, the strength being gradually increased from week to week as the child gains in development.

Pasteurized and sterilized milk are also prepared, in which forms it can be kept sweet for weeks—long enough for a voyage across the Atlantic. The milk is thoroughly sterilized by the heat of live steam. The bottles are washed by revolving brushes in boiling water and dried by hot steam. So careful is every precaution attended to that *all the bottles and utensils are washed in distilled water.*

We were also informed that all the cows have been rigidly inspected by a competent Veterinary Surgeon. The farm buildings, water supply and drainage have all been thoroughly examined, and Mr. Duncan holds his certificate that all are in perfect order. The quality of the milk must therefore be of the purest. In the laboratory all the floors and walls are of cement, so that everything can be washed down with a hose and the city pressure of water.

We came away fully persuaded that the Walker-Gordon Laboratory of Mr. John Duncan is one of the beneficent institutions of the city. We were further convinced of this when we were told that the poor, with a doctor's certificate, may obtain sterilized milk at the price of ordinary milk.

We advise any of our readers who are interested in having pure milk, or who have delicate children needing specially prepared milk, to visit this establishment and see it for themselves. We are sure that they will feel well repaid for their trouble.

INFLUENCE OF DRUGS UPON THE NERVOUS SYSTEM.

The influence of all drugs which affect the nervous system must be in the direction of disintegration. The healthy mind stands in clear and normal relations with nature. It feels pain as pain. It feels action as pleasure. The drug which conceals pain or gives false pleasure when

pleasure does not exist, forces a lie upon the nervous system. The drug which disposes to reverie rather than to work, which makes us feel well when we are not well, destroys the sanity of life. All stimulants, narcotics, tonics which effect the nervous system in whatever way, reduce the truthfulness of sensation, thought, and action. Toward insanity all such influences lead; and their effect, slight though it be, is of the same nature as mania. The man who would see clearly, think truthfully, and act effectively must avoid them all. Emergency aside, he cannot safely force upon his nervous system even the smallest falsehood. And here lies the one great unanswerable argument for total abstinence; not abstinence from alcohol alone, but from all nerve poisons and emotional excesses.—*Prof. D. S. Jordan, in Popular Science Monthly.*

HOW TO CURE BLACK EYES.

Health, of London, quotes "a pugilist," anent the treatment of "black eyes," as follows—but whether there is anything in it is another question: "'Massage treatment of the region affected,' he said, 'will beat paint and raw beef-steak all hollow. But it should be applied immediately after the injury is received in order to prove thoroughly efficacious. It does not require an expert to do it. All that is necessary is to move the fingers rapidly and firmly over the bruised surface, and to keep it up until the last vestige of discoloration has disappeared. The explanation is easy. Where the blow has been received the blood becomes congested. It is the clots of blood showing through the transparent skin that produces the black effect. The pressure of the fingers gradually loosens the clotted blood, which passes off into the general current of circulation, and fresh and properly colored blood takes its place.'"

The vocal chords in action have been photographed, showing that the pitch of the note is raised by rotating the arytenoid cartilage without stretching the chords at all—much as a violinist makes high notes by shortening the strings by the pressure of his finger.—*Exchange.*

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