

Sea sickness has been charged to various organs: to the liver and to the nervous system, and even to the imagination. An endless number and variety of remedies have been suggested and tried. One advises one thing, and another something as different as possible: as, one a full stomach, and another an empty stomach; one, plenty of brandy, another "total abstinence," and so on.

There is one remedy of which we have not heard, but which we should like to see tried: that is, abstinence, or great moderation, in regard to diet, for a few days or a week before commencing the voyage. Most people, it is almost universally admitted, habitually eat more than is required by the system, and all the digestive organs are more or less over-taxed and loaded with crudities. The forced abstinence and thorough evacuation consequent upon the sea sickness give great relief, and after three or four days, the traveller is usually sick no more, but greatly improved in health.

If the liver and stomach, and other organs of supply, were to get a rest and permission to unload themselves just previous to the voyage, by means of a judicious diet and great moderation in the quantity of food consumed, it is quite probable that, in many cases, the sea sickness would be deprived of most of its terrors, if, indeed, it presented itself at all.

The remedy amounts simply to this: the placing of the digestive organs, with which the nervous system so strongly sympathizes, in perfect working trim, by a period of rest and a little "training"—a week on a very moderate allowance of the simplest and most digestible

of food, as, say, good bread and beefsteak.

MILK-SUPPLY REGULATIONS IN GLASGOW.

The following new regulations for dairies and milk shops have been issued by the Magistrates' Committee of Glasgow:—"1. The walls of all dairies, milk stores, and milk shops shall be kept at all times thoroughly clean and in good order, and shall be lime-washed or size-coloured every three months. Paint or varnish shall be washed at least every month, and renewed every two years.

"2. All floors, shelves, counters, &c., shall be washed daily, and kept thoroughly clean at all times. No washing, sweeping, or dusting shall be carried out while milk is exposed in open vessels.

"3. No milk shop, milk store, dairy, place or premises where milk is kept, stored, or exposed for sale, shall be used as a dwelling or sleeping apartment, or be in direct communication with a dwelling room or sleeping apartment, nor shall be used for any purpose whatever, other than that for which it is registered.

"4. Clothes shall not be washed nor mangled where milk is stored or exposed for sale, nor in any apartment communicating therewith.

"5. All barrels, butts, cans, and other vessels of whatever kind, used to convey, store, distribute, or for any purpose to contain milk for sale, including bungs, bung-cloths, lids, &c., shall be scalded with boiling water, or steam under pressure, immediately after use, and shall thereafter be dripped, so that no water shall be left therein.

"6. All barrels, butts, or other