

MISCELLANEOUS SELECTIONS.

THE USE OF TOBACCO.—A number of years ago, in a reply to a communication by the editor of this JOURNAL, the *Toronto Globe* gave the following which is worth repeating: We do not doubt there is much truth in our correspondent's view of the relation between the tobacco habit and the craving for stimulants—how much is a question worthy the closer attention of medical men. Certainly, whether dangerous or not, the inordinate use of the narcotic weed is one of the most unthrifty and unpleasant habits of the age. How many thousands, whose families are but scantily supplied with the simplest necessities of life, spend in this useless and purely selfish indulgence enough to add very sensibly to the comfort of wife and children. The selfishness of the habit is one of its worst features. No respectable man would wish to have his wife and daughters join him in the luxury of a pipe or cigar. To most women, and not a few men, the odour of stale smoke in the breath or clothing is intensely disagreeable, and they can hardly encounter it in the person of the nearest friend without a sensation of shrinking. Altogether we question, whether at a higher stage of civilization and refinement, the tobacco usage of the nineteenth century may not be looked back upon with something of the same wonder and disgust with which we now regard many an obsolete habit of our half-civilized ancestors.

A PHYSICIAN of experience says:—It is a good rule to always ride up an elevator, but when coming down to take the stairs. Like going up hill, walking up stairs is hard work, and sometimes risky, especially for people

with weak lungs, defective respiratory organs, or heart disease. But going down stairs hurts nobody, but is good exercise; going down on a brisk run is really a good thing—it shakes up the anatomy, without incurring the danger of physical over-exertion. This shaking up is good for one's internal mechanism, which it accelerates, especially the liver, the kidneys, and the blood circulation.

THE contagiousness of consumption is well illustrated by a writer in the *N. Y. Medical Times*. A legal friend gave a clinical story which greatly interested the writer. He knew a family who lived in an Eastern State, several years ago, who nearly all went into consumption. There were originally in the family twelve children. The man and father was a well-to-do farmer, and noted for natural good sense. One of the boys became infatuated with a consumptive girl and married her. In a year the girl died, and the boy came home with consumption. In time he died too, and one of the sisters, who was most devoted to him, was the next victim. The disease progressed until seven of the children were buried. The father had learned a lesson from observation, which has taken the medical profession centuries to learn, and when the father learned it he acted with the wisdom he had. After returning from the funeral of the last victim, the father remarked, "Well, mother, if any of my children dies in this house with consumption, it will be within a short time." That night the house, furniture and all burned down. A new house was built and there was no more consumption in that family.