

when living bacilli get into the intestinal canal it is due to various conditions entirely independent of the gastric juice. When the latter is normal and in full activity, only the most prolific microbes—such as tubercle bacilli, the bacilli of anthrax, and perhaps the staphylococci—escape its destructive action: all others are destroyed in less than half an hour.

A FRENCH aural surgeon, M. Lannois, has been devoting some attention to the effect the constant use of the telephone has upon the human ear. In the *Annales des maladies de l'oreille* he reports that, having been called upon to attend three cases of ear disease occurring in persons who had been employed in telephone work, he was led to examine the ears of fourteen girls who were in the service of the central telephone office at Lyons, and from this examination he concludes: 1. That the constant use of the telephone seems to exert no bad effect upon sound ears, but that it is harmful for those which are already the subject of disease. 2. That these affections consist especially of an impairment of hearing from fatigue of the auditory attention (buzzing headache, vertigo, nervous excitability, and certain transient psychological disturbances). 3. That these effects are often of brief duration and disappear as the auditory apparatus becomes accustomed to its work, and that in all cases they cease when telephone work is abandoned.

RECENTLY Dr. Max Einhorn, of New York, has investigated the stomach-digestion of infants, using a small tube, with which he withdrew the contents or determined the emptiness of the stomach when a certain time had elapsed after the nursing. He ascertained that in the infant receiving human milk the stomach is empty in two hours after the nursing, and probably in one and a half hours. After feeding with equal parts of barley water and cow's milk, the stomach was practically empty at, or a little before, the close of the second hour. After feeding with milk and water, equal parts, the stomach was empty in about one and a half hours.

THE KOLA NUT has recently been attracting a good deal of attention in the public press. Europeans who have lived in Africa agree in ascribing to it wonderful sustaining properties during fatigue and abstinence from food. The so-called nut is in reality the seed of the cola *sterculia* acuminata, a tree over thirty feet

high growing in tropical Africa, each fruit of which contains from six to twelve seeds about the size of chestnuts. It has properties similar to coffee and cocoa. The chief active principles are caffeine, of which there is about $2\frac{1}{2}$ per cent, theobromine 0.02 p.c., and tannin $1\frac{1}{2}$ p.c., in addition to starch, cellulose, etc. It forms a large article of inland trade in Central and Northern Africa, the Soudan, Morocco, the Congo State, etc.

THE NATIVE African porters use it constantly as an infusion and chewed, and prize it highly; and as they are a class of men who can do very severe work on comparatively little food, their powers of endurance have been attributed by foreigners to the kola nut. The observations of Surgeon Firth on British soldiers show that it does not affect the output of nitrogen from the body, and that, taken continuously during times of exertion or fasting, it possesses a power of warding off the sense of hunger and fatigue. Its action in this regard and in alcoholic craving depends, doubtless, entirely on the caffeine it contains. It is one of the many sources from which the human race obtains the stimulating and refreshing effects of caffeine, and its introduction offers nothing specially new either in dietetics or therapeutics.

AT THE Biological Society, in Paris, M. Lapique stated recently that during ten months he travelled in the Vosges, taking kola nut every day. Last year he repeated the same experiments, taking caffeine. The results were the same, with the exception that smaller doses of caffeine must be taken.

IN SEA-SICKNESS Surgeon Chas. W. Hamilton recommends kola very highly. He has found that half to one drachm of the seed of the kola, chewed slowly, was followed in about forty minutes by complete cessation of the various symptoms of *mal de mer*; the depression, vomiting and giddiness disappear; the heart's action is regulated and strengthened, and a "confidence" is given in heavy weather that his cases never before experienced during the many years they have served in the Royal Navy, although they had tried the usual remedies prescribed. Its action seems to be in giving tone to the nervous system, proving a stimulant generally and locally. Some of our readers may soon be in a position to try this remedy in crossing the Atlantic, and, we trust, to learn that it may be a successful one in this most trying and common ailment.