

that in all his examinations, with one exception, the torskil cartilages of the eye lids were not true cartilaginous tissue.

W. H. Loeb, M.D., St. Louis, "Presentation of Specimen of 107 Polypi Removed at One Sitting." This case was unique, not so much on account of the great number of polypi removed from the nose, as from the fact that they were removed at a single sitting. They were uniformly pedunculated and varied greatly in size.

THE INTERNAL USE OF WATER.

To quench thirst there is no fluid comparable to clear, filtered water. As a keeper of health and a restorer to health, in many minor diseases, we believe it is not used as freely as it should be. The sewers of towns and cities are not flushed, except by heavy rain storms, as freely as common sense tells us they ought. Often they are choked, and are the source from which disease attacks a community. The sewers of the human body are the bowels, the kidneys and the lungs. These are the organs by which the waste material is got rid of. Water very materially assists them in carrying out their functions, for it holds much of the *debris* material in solution. It keeps up to its full proportion the amount required for the blood to perform its function, and it stimulates glandular action. Many hepatic diseases can be benefited by copious drinking of water. Now that we are entering upon the hot season, the body will call loudly for water, and it should be freely allowed. The medical profession will shortly be sending their rheumatic patients to the numerous springs, celebrated as resorts for this class of diseases. They will be instructed to drink of the "water" freely, and the advice will be followed, sometimes we think, too freely. A patient who cannot be induced to drink daily half a dozen glasses of water at home will willingly drink twenty at the springs. The result is beneficial, not so much because of the various salts found in the "spring's" water, but on account of the flushing which the sewers of the body undergo. The surroundings at these resorts are also beneficial, the eye is rested, and through it the entire system is benefited. Copious drinking of water prevents overfeeding, and thus important