

disease in clergymen, selected from a record of twenty-five. They were chosen as representative cases, all differing from each other as to cause, but all presenting similar throat symptoms. Four-fifths of them, or eighty per cent., owe their origin to nasal obstruction. The treatment in all cases was the removal of whatever obstructions existed, followed by mild spray treatment during the process of healing, care being always taken not to excise too deeply, or to remove in any way the normal tissue. As a result the throat symptoms in all cases improved and in many disappeared.

The cases reported were epitomized as follows :

In one there was a large polypus in one nasal cavity,

In one a dislocated columnal cartilage,

In one a twisted or contorted uvula,

In one hypertrophy of the faucial tonsils,

In one ulceration in the hyoid fossa,

In two there were septal ridges,

In two septal spurs,

In two catarrhal hypertrophy of post-septum,

In two elongation and hypertrophy of the uvula,

In two pharyngeal granulations,

In three turbinal hypertrophies,

While in only one was there entirely uncomplicated laryngeal disease.

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REST AFTER A MEAL.—The question has very often been raised whether rest after a meal is favorable to digestion. Some persons cite the example of animals who lie down and go to sleep after eating, while others claim that sleep during digestion makes the mind sluggish and predisposes to apoplexy. M. Schule, of Fribourg, has endeavored to solve the question by chemistry. In two cases where the stomach was normal he removed the contents and analyzed them a few hours after meals, followed in some cases by sleep and in others by simple rest, in a horizontal position. According to these experiments the regular effect of sleep is to lessen the power of contraction of the stomach, while the acidity of the gastric juice increases ; on the other hand, rest in a horizontal position stimulates the motion of the stomach without increasing its acidity. The inference is that it is well to rest after eating, but without going to sleep, particularly when one is affected with a dilated stomach or with hyperacidity of the gastric juice.—*Medical Times*.