

SLEEPING or lying in a room where fruit is stored is very injurious to the health. When first stored the fruits absorb oxygen, and afterward disengage carbonic acid, the volume of which is very much larger than that of the oxygen they absorb. The liberation of this latter gas, which is uniform, stops completely at periods, and is again resumed with a greater force than at first. The elevation of temperature favours these transformations. It has not been observed that more or less light has any effect on fruits in this condition.

It is an old notion that it is healthier to sleep with the head pointing, like the needle, toward the North pole. Even if it does no good it can do no harm, and a physician writes to the *Dublin Journal of Medicine* in support of the old theory as really substantial. He has tried the experiment in the case of sick persons, with marked effect, and insists that there are known to exist great electric currents, always crossing in one direction around the earth, and that our nervous systems are in some mysterious way connected with this electrical agent.

Mr. JONES was afflicted, and thus he told his sorrow—"By dabe is Jodes—Daddle Jodes. I ab the bost miserabale bnd udder the sud. I ab etderdally catchig cold, so that I dever can talk plaid I tried everythig id the world to prevedt it; subberad winter, it is all the same. I breath through by bouth from Jaduary to Deceember, from the begiddig to the ed of the year. I've tried every systeb of bedid, but id vaid. All kides of teas, brobs, ad old wilbid's dostrubs have bid tried; I've swallowed edough of theb to drowd me; but it's do use. Dothig udder heaved had keep by feet warb; dothig keep be from catchig cold.

Dr. DIO LEWIS guarantees lean people their share of adipose blessings if they will seek jovial society, go to bed at 8 or 9 o'clock and get up when they get ready, and eat freely of oat meal and graham mush, cracked wheat and stewed fruit. Fat folks, on the other hand, he warrants to bring down from 240 to 160 pounds in a year, if they will rise early, sleep little, walk an hour before breakfast, exercise into a profuse perspiration at least once a day, reduce the quantity of their food one quarter—increasing their animal food—and at the end of three months reduce the quantity another quarter. Doubtless very good rules in general; and there will be enough exceptions to "prove" them.

THE man is on the safe side pecuniarily who spends a little less than his income, and so with the man who does not quite as much work as he has strength for. Or, as an exchange says: "A man who has strength to do twelve honest hours of labor in twenty-four hours and no more, should do but nine or ten hours work. The reserve power keeps the body in good repair. It rounds out the frame to full proportions. It keeps the mind cheerful, hopeful, happy. The person with no reserve force is always incapable of taking any more responsibility than he already has. A little extra exertion puts him out of breath. He cannot increase his work for an hour without danger of an explosion. Such are generally pale, dyspeptic, bloodless, nervous, irritable, despondent, gloomy—we all pity them."

THE *Herald of Health* remarks that many persons have feet which emit a very disagreeable odor, and do not know how to treat them: The cause gene-

rally lies in little ulcers between the toes, or a diseased condition of the skin, caused by the toes being pressed too closely together and deprived of air and light. The best remedy for this condition is to go barefooted a few months in summer, when the toes will spread, and the air and light will produce a healing effect. Where this is not practicable, the dry earth cure is nearly as good. Occasionally cover the surface between the toes with a coating of this dry earth. It will at once absorb the offensive odors, and then healthy granulations will take place, when a new skin will be formed and health result. Washing the feet in warm water, or soap and water, is not in this case sufficient, as this does not destroy the surface that secretes the poisonous matter which is so offensive. Still another good application, and one that at once destroys the odor, is an application of carbolic acid diluted in water.

IF PEOPLE would only do a thing as soon as they were convinced it was the right thing to do, ministers would have an easier time and physicians a poorer practice. In these matters of health, there is not so much need to teach ignorant people the rules of health as to persuade intelligent people to practice them. We are all of us sinners in some of these respects. We eat mince pie and fried cakes before going to bed in the face of the absolute certainty that we shall be twisted with bad dreams before morning and the dyspepsia before middle life. We run out of doors in mid-winter bareheaded, although we know we are liable to catch a cold that will inconvenience us more, than to put on our hat every time we step out all winter. We give to work the hours that belong to sleep, with broken-down people on every hand to warn us of its folly. We feed our children on candy and high-seasoned dainties, knowing that the appetites thus provoked are the first steps in the path that leads to tobacco, strong drink and all sensual self-indulgence. We go about with wet feet, certainly inviting rheumatisms and fevers. We neglect to take sufficient daily exercise, while we see monuments to such folly in half the ministers and book-keepers of our acquaintance. Or we mercilessly work our bodies, day in and day out, like team-horses, although we know we shall be round-shouldered and rheumatic by the time the farm is paid for.

CANDY, as a tickler of the palate, says an exchange, is a success. Deliciously sweet, aesthetically perfumed, pervaded with subtle, mouth-cooling essences that gently stimulate without intoxication, moulded into convenient prisms and nodules, that may be carried in a tiny hand or pocket without much daubing to either, ready made to one's mouth, with no skins or husks or shells to be peeled or cracked off, and no vexatious seeds to be eviscerated, what wonder that juvenile appetites prefer it to big apples with no handles to them, to nuts that require stout jaws and then have worms in them, or to peaches and grapes, part of which have to be culled and rejected by tedious and ill-mannered processes. But there is another side to it, as we are reminded by the revelation of the amount of adulteration that is practiced in the manufacture of confectionery. Many children are doubtless yearly sacrificed by the absorption into their systems of these abominations, inadvertently given by parents. Terra alba, or white earth, costing but 1½ cents a pound, is extensively used in-