

stretching them and keeping them pressed close to the walls of the chest. (Fig. 4.) In expiration, the intercostal muscles and diaphragm having ceased to contract, the ribs are drawn down, chiefly by the inner intercostals, and the diaphragm rises high up into the chest again, helped up by the contents of the abdomen, which are pressed upon by the muscular walls of that cavity, and the stretched lungs return to their former size again. (Fig. 5). We breathe thus from 16 to 20 times every minute—the ribs rise and the diaphragm descends, and then both return to their former state again.—*To be contin'd*

“THE WEEK,” we regret to observe, has given publicity to very erroneous and misleading statements regarding the quarantines in Canada and especially of that at Grosse Isle. We have not space at this date to enter into details, but the public may rest assured that every thing possible and practical has been and is being done by the Minister of Agriculture to prevent, in every possible way, any case of infectious disease getting onto Canadian soil.

IN FRANCE, the Government having requested the Academy of Medicine to state its opinion as to the best measures to be adopted for the prevention of cholera. The conclusions adopted by that learned body, the Academy, are substantially the following:—(1) Land quarantines are useless and injurious, and cannot be recommended. (2) Disinfection of travellers and their luggage is equally useless and injurious. (3) Medical attendants should be posted at every railway station, to take charge of all travellers who appear to be affected with cholera, and to convey them to a proper place of isolation and treatment. (4) Individual precautions are the best preservatives against cholera, and these ought to be carefully enforced by public authority and observed by private persons.

Seasonable Hints.

FRUIT AND NEW VEGETABLES, fresh and green, are now coming in season, and they are very liable to disturb the stomach and bowels of all in whom these organs are not vigorous and healthy, and over indulgence in such foods will disturb these organs when even most vigorous and healthy. They are harmful chiefly because they constitute a change from other articles of diet, because they are often eaten hastily, and because they are indulged in too freely, especially at first. The great safeguards are, studied moderation, thorough cooking of all that are usually served in this way, and the most complete mastication.

BATHERS, too, require to be frequently reminded of the danger of going into cold water when the body is very hot. Many deaths have been caused thereby. Sip a little cool water and wait till the body cools—but don't go into cold water when chilly.

Literary—Books Received.

A GOOD SERMON ON “CRANKS.” Facts are sometimes given in an amusing way. The *Burlington Hawk-Eye* gives the following;—from a father to his son: What would we do were it not for the cranks? How slowly the tired old world would move, did not the cranks keep it rushing along! Columbus was a crank on the subject of American discovery and circumnavigation, and at last he met the fate of most cranks, was thrown into prison, and died in poverty and disgrace. Greatly venerated now! Oh, yes, Telemachus, we usually esteem a crank most profoundly after we starve him to death. Harvey was a crank on the subject of the circulation of the blood; Galileo was an astronomical crank; Fulton was a crank on the subject of steam navigation; Morse was a telegraph crank. All the old abolitionists were cranks. The Pilgrim Fathers were cranks; John Bunyan was a crank; any man who doesn't think as you do, my son, is a crank. And by and by the crank you despise will have his name in every man's mouth, and a half completed monument to his memory crumbling down in a dozen cities, while nobody outside of your native village will know that you ever lived. Deal gently with the crank, my boy. Of course, some cranks are crankier than others, but do you be very slow to sneer at a man because he knows only one thing and you can't understand him. A crank, Telemachus, is a thing that turns something, it makes wheels go round, it insures progress. True, it turns the same wheel all the time, and it can't do anything else, but that's what keeps the ship going ahead. The thing that goes in for variety, versatility, that changes its position a hundred times a day, that is no crank; that is the weather vane, my son. What? You nevertheless thank