

tection against bad or improperly made oleomargarine for example and inferior articles of what might pass as a "pure food."

THE "bed cure" is recommended by the Medical Press, as much better than the hot-water cure, grape cure, &c. We have often urged the value of simple rest. While many required exercise, there is on the part of many others altogether too much activity, and more rest is needed—rest in the prostrate form, on a bed or lounge

It is a pitiful fact says the Medical News that no great scientific discovery, which is apparently simple in its application to the uses of medicine, has escaped the opprobrious patronage of quacks. So electricity, massage, rest treatment, and the so-called mind and faith cures have, in many instances, been brought almost into bad repute by the precipitate practice and extravagant claims of the charlatan. This is notably so in the case of cures by the imagination, which a physician of good standing hardly dare report without danger to his reputation and practice. For years the profession has smiled indulgently on the administration of placebos, which is a mind cure in the form of pills (but that is *entre nous*, and for goodness sake don't let it get out !). The human mind is constituted so peculiarly that the physician's whole work is done sometimes when he makes an impression. Students of medicine are familiar with all the famous instances of the effects of imagination on the body. People have literally worked themselves into all manner of diseases by fancying themselves subject to the same, or in danger of infection. Why should they not also work themselves out ?

THE Lancet makes a distinction, the N. Y. Medical Times says, between what it calls the use and the abuse of tobacco. The man who can say "I always know when I have smoked enough, if I go beyond the just limit I lose my power of prompt decision," is one, it suggests, who had better not smoke at all ; but a moderate use of tobacco soothes the senses, and leaves the mental faculties free from irritation, and ready for calmly clear intellectual processes. When this is not the effect produced by smoking the weed had better be eschewed.

CHARLES SELF, aged 30, a near relative of Gen. Sherman, died suddenly at Hartsville, near Columbus, Ind., recently. The cause of death was said to have been the incessant smoking of cigarettes.

A CURIOUS CLASS—for suppressing a cough. It has often been noted in this MAGAZINE that a cough may often be suppressed by an effort of the will. The New York News states that, Clark Bell, a lawyer and President of the Medico-Legal Society of this city, has had some experience in suppressing the tendency to cough, which it is interesting to hear him relate. He had a constant irritation in the throat and a cough. Somebody told him of a teacher in the art of "how not to cough when you want to," and to that teacher Mr. Bell hied without delay. Pupils, with all brands of cough attached to them were