

for the time being at least, been checked by the Anglo-Japanese alliance, and Russia now turns her attention to the eastern Mediterranean, where she is seeking to persuade Turkey to accept Russian protection and virtual control. It does not seem to be England's purpose to thwart this move on the part of Russia. The English press looks on it as a necessary safety valve for Russian energy, which had better let out in the Levant than explode in India. England cannot monopolize the Mediterranean and she already is dominant. It is altogether likely, therefore, that Russia will soon be one of the powers represented on the Great Sea.

A step backward, which may lead to a step forward, is the attitude which Roumania is adopting toward the unfortunate Jews. Her laws against the Hebrews are so strict that large numbers of them have been compelled to emigrate to America, and Secretary Hay has sent a note to the powers asking that they intervene in behalf of humanity and secure better treatment for the poor Jew. The interest of the United States in the matter is due partly to the fact that Roumania's persecutions are causing an undesirable class of immigrants to come to America, and self-interest thus co-operates with humanitarianism to invite the attention of the European powers.

#### Simple Remedies for Consumption

CONSIDERABLE attention is being given in Canada to the treatment of tuberculosis and much progress has been made in the way of sanitariums, etc.

A prominent American physician declares that the main features of the successful treatment of this dread disease are outdoor life, plenty of pure air, good food, and absolute rest in extreme cases. He names a list of things which a consumptive must and must not do if he hopes to recover. He must:

Get at least an hour's exercise in the fresh air every day.

Sleep with bedroom windows open.

Form a habit of deep breathing whenever he is in the open air.

Avoid stooping and contracting the chest while bending over work.

Open the windows of his office or workshop several times a day.

Wear light weight woollen garments next to the skin.

Eat as much fatty substances as possible.

Drink all the cream he can afford, and plenty of water, especially just before going to bed.

A consumptive must not:

Do anything which suppresses the breathing.

Wear tight, heavy clothing.

Sleep in same garments worn during the day.

Eat scorbutic foods, salt meat, pickles, cheese and spices.

Drink alcoholic liquor or smoke tobacco.

These simple remedies, the consumptive's table of commandments, are not too simple to be worth the trying. They have the advantage of being easily available and will undoubtedly in average cases give a considerable lease of life to weakened men and women.