

fect foods. In many cases, too much food is taken, under the impression that the lessened vitality requires increased fuel to maintain the vital warmth. But this is a great mistake, for it must be remembered that growth has now ceased entirely, that but little exercise is taken, and that the function of food is reduced almost solely to supplying the comparatively small waste of a quiet existence.

Dr. Wood believes strongly in the use of wine for aged persons, as it assists digestion and quiets the nervous irritation which is apt to be the result of feeble health. The danger of the formation of any evil habit when a patient has reached the age of seventy, or even sixty in many cases, is so small that the most temperate and conscien-

tious physician need not hesitate to recommend the use of such a tonic. The question of temperature is another, demanding more consideration than is usually bestowed upon it. When the vital fires are losing their energy, and the force of life is waning, it becomes imperative that artificial heat shall supplement as far as possible their deficiencies. Careful heating arrangements and warm clothing are necessary not only for the comfort of old people, but for their very existence. And so in all the details of their living, the altered conditions of the organism must be considered, and their requirements satisfied. In our busy, hurried lives, the science of old age has been too little considered. The span of life, though lengthening, is unnecessarily curtailed.

"A CUP OF TEA."

THE stereotyped invitation to "Come and have a Cup of Tea" is happily associated with a great many pleasant memories of friendly and social meetings and pleasant family re-unions; it is to be regretted, however, that instead of this mild form of dissipation, some less injurious substitute could not be more generally introduced and partaken of, which might answer equally well, and would leave in the human organism no after effects, which too often prove lastingly injurious, both mentally and physically.

It is well known that there are several manufacturies in London, England, and in many other large cities, both in Europe and on this Continent, where an article resembling and called *tea* is manufactured from refuse leaves collected from neighbouring hotels, boarding-houses, restaurants, &c., whose used-up stock is first dried in pans and

then coloured with various ingredients to resemble the genuine article.

Recently it has been discovered, as a fact beyond doubt or question, that, in some of our Canadian cities also, such factories are in full operation, and this spurious and sickening trash, compounded as above, is daily offered for sale, by both wholesale and retail traders, packed in artfully-contrived and neatly labelled little boxes, with foreign trade-marks, hieroglyphics, &c. closely imitated; then called by a fancy name, as being of some rare brand of foreign growth and culture.

In this shape, prepared for the market, it is hawked about the cities, and distributed for sale to an unsuspecting public, most of whom little dream of the variety of unwholesome mixtures which compose their evening "cup of tea."

It is a well-known fact that John