

beets and turnips are excellent appetizers, lettuce and cucumbers are cooling in their effects upon the system; beans are a very nutritious and strengthening vegetable, while onions, garlic, leeks, chives, and shallots, all of which are similar, possess medical virtues of a marked character, stimulating the circulatory system, and consequent increase of the saliva and the gastric juice promoting digestion.

Red onions are an excellent diuretic, and the white ones are recommended eaten raw as a remedy for insomnia. They are tonic and nutritious. A soup made from onions is regarded by the French as an excellent restorative in debility of the digestive organs. We might go through the entire list and find each vegetable possessing its special mission of cure, and it will be plain to everyone that a vegetable diet should occasionally be partly adopted, and will prove of great advantage to the health of the family. With vegetables, as with everything else, much depends upon the cooking and the care and preparation beforehand.—Prof. De Lomb.

APPENDICITIS.

Prof. Nothagel, the eminent clinical professor at Vienna, has recently said that the great majority of cases of appendicitis run a simple course and get well under purely medical treatment. At least 80 per cent. of the cases recover in this way. He further says that no purgatives, but opiates should be given. The attending physician should not be uneasy if his patient does not have a movement of the bowels for six or eight days.—“*Lancet*.”

Dr. Negro, of Turin, has succeeded in curing 100 out of 113 cases of sciatica by digital pressure over the painful part. His method is as follows:—The patient assumes ventro-decubitus with extremities well extended and abducted. This secures relaxation of the muscles around the canal from which the sciatic nerve emerges and facilitates locating exactly the seat of the pain. On the painful spot the end phalanx of the right thumb is

super-imposed, and aided by that of left thumb is pressed firmly and with all possible force for fifteen or twenty seconds, and pressure is repeated for some length of time after an interval of a few minutes. The patient is then usually able to walk, and at times is free from pain. The entire procedure is repeated in two days. In the majority of cases six treatments are sufficient.

DRAW YOUR OWN CONCLUSIONS.

A certain French king, seeing at court a man said to be very like him, blurted out: “You are very like our family; is it possible that your mother was much at court?” “No, sire,” said the man; “but my father was.”—“*Monthly Retrospect*.”

THE TREATMENT OF SUPPURATION BY BICARBONATE OF SODA.

Brucker (These de Bordeaux) has made a study of a fact observed by himself, namely, the influence of the reaction of the blood in the healing of certain conditions. Bearing in mind that the normal alkalinity of the blood shows important variations according to sex, age and as to whether the blood is arterial or venous in origin, and the diet to which the patient has been addicted, and that in certain pathological conditions these variations are very marked, so that a reduction in the normal alkalinity is observed in certain cases of febrile reaction due to bacterial intoxication, he has found that certain artificial intoxications can be combated by raising the alkalinity of the blood by the injection of alkaline serum. Going on these grounds, Brucker has principally investigated the influence of alkaline dressings in the treatment of local inflammatory affections, and according to his observations such a dressing, whether moist or dry, very rapidly reduces the inflammation, suppurative or otherwise, and causes rapid healing of wounds. This seems independent of any antiseptic property in the proper sense of the word. The method employed by him is to apply the