

brane of a cell visible only under the magnifying powers of the microscope. Every organ of the body is composed of millions upon millions of these cells, every one of which lives its separate life, and must be separately fed. In man, self-indulgence and indolence often weaken the digestive machinery, which has, therefore, to be stimulated into activity by condiments, by flavours, and by mental exhilaration; his meals become a banquet. The stimulus of festal excitement, the laugh and conversation of a joyous dinner spur the lazy organs of digestion, and enable men to master food which, if eaten in solitude, silence or sorrow, would lie a heavy lump on the stomach. Eating seems a simple process until long experience has taught us its complexity. Food seems a very simple thing till science reveals its metamorphoses.

HOW TO GO TO SLEEP.

The most natural and facile method is to place the head in a comfortable position, and then, taking a full inspiration, breathe as much as possible through the nostrils. The attention must now be fixed upon the fact of breathing. The patient must imagine that he sees the breath passing from his nostrils; and the very moment he brings his mind to conceive this, apart from all other ideas, consciousness and memory depart, and—he sleeps. The method is strange, but simple, and the experiment will prove its truth. Another method is to imagine a flock of sheep going over a five-barred gate, and keeping track of each one as he passes. As the imagination will see them cross over in many different manners, viz., over, under, and between the bars, all consciousness is gradually dispelled.

TREATMENT OF THE FREE LIVER OF ACTIVE HABITS.

If he only has the power to command himself and to check those practices which he has been indulging in, the free liver has a comparatively easy task to regain his health. But let this be done with due caution; many is the man who has been driven into delirium tremens by suddenly leaving off all stimuli; the best plan is to substitute ammonia in some shape for a part of the accustomed alcohol, and for this purpose to take the following draught once or twice a day, or often, if that dreadful sinking sensation comes on which is so distressing to those who have indulged to excess in wine and tobacco. Take of aromatic confection ten grains, sal

volatilis one drachm, bicarbonate of soda five grains, tincture of gentian one drachm, water one ounce—mix. The quantity of ale or lager beer, wine or spirits should be diminished one-half every two or three days, until brought down to a small allowance; tobacco should be totally eschewed. Total abstinence from smoking is easier than temperance. There is not the same danger in leaving it off as is the case with wine, spirits or ale—in fact, there is no danger whatever in so doing; whilst in alcoholic drinks the reverse is the case. With regard to the kind of stimulus which should be adopted, much must depend upon the previous habits. In most cases, when the stomach is not much upset, malt liquor will suffice; and, if sound and unadulterated, is the most wholesome beverage; but in many cases it will not do to leave off suddenly wine and spirits, and adhere to malt alone. In such cases an occasional glass of brandy and water or claret must be allowed. The latter, where it agrees, is an excellent wine for the purpose of gradually lowering the stimulus. No wine suits the nervous system better, and if mixed with soda-water it may be drank to considerable extent by those who have accustomed themselves to a stronger stimulus. When the stomach is very much disordered, it may be mulled and taken warm.

Those who have been smoking and drinking to excess have stimulated their kidneys and skin to secrete a greater quantity than is natural to those organs. This is an effort of nature to get rid of the poison which has been absorbed into the system, but the effect does not immediately cease on the removal of the cause. Great care must be taken in the administration of purgatives. No free liver is able to bear strong aperient medicine without some injury to the system; and although very commonly given, it is a practice which ought to be cautiously adopted. If the liver is acting well (which may be known by the yellow or brown colour of the feces), a simple black draught may be taken, consisting of half an ounce of senna, with a small teaspoonful of salts dissolved in an ounce of warm water; or one or two compound rhubarb pills may be taken at night. If, on the contrary, the motions are of a clay colour, five grains of blue pill should be taken at night, followed by the above draught in the morning. Should the bowels be relaxed, and inclined to act more than once a day, a wine-glass full of decoction of bark, with a teaspoonful of the compound tincture of bark, should be taken two or three times a day. If more severe remedies are required the aid of a medical man should be sought for at once. The mind should be occupied,