

AMERICAN EXPLORATION IN BABYLONIA.

No piece of work done in America in a decade has so elevated the European estimate of American scholarship as the recent explorations in Babylonia under the auspices of the university. In the summer of 1888 the University of Pennsylvania equipped and sent out the first American expedition to the northern half of the plains of Babylonia to effect a thorough exploration of the ruins of Nippur. A short time before this a few citizens of Philadelphia had met in the house of Dr. William Pepper and formed the Babylonian Exploration Fund, with the purpose of effecting a systematic exploration of ancient Babylonia. Two professors, Dr. J. P. Peters and Dr. Hermann V. Hilprecht, were intrusted with the management of the expedition. The explorations were conducted amid the greatest difficulties, the chief ones being the deadly climate and the hostility of the natives. But the excavations were pressed on with energy and confidence, under the gracious protection of the Sultan of Turkey and Hamdy Bey, the Director-General of the Imperial Museum in Constantinople. The explorers penetrated deeper and deeper into the secrets and riddles of the huge mound of ruins at Nippur. Hundreds of graves, clay coffins, and urns were opened, and the ruins of demolished habitations and storehouses, along with the contents of their chambers, were explored. In this way thousands of documents, inscribed bricks, vases, and votive tablets were collected. Evidences of the activity which once pulsed in the streets of the city were unfolded before the eyes of the restless explorers. The terraces of the Temple of Ekur were disclosed. Numerous bricks bearing the name of the great Sargon came forth, to the light of day under pickaxe and shovel. Under the building of Sargon one of the most important finds rewarded the labor that had been expended. An arch of brick was laid bare, and by this the question long discussed by the historians of architecture as to the antiquity of the arch entered upon a new stage, and its existence in Babylonia at the beginning of the forth millennium before Christ was proved. The excavations have not yet reached the deepest foundations of this venerable sanctuary, whose influence for over four thousand years had been felt by all classes of the Babylonian people.—From Science at the University of Pennsylvania, by Lewis R. Harley, in *Appleton's Popular Science Monthly* for August.

MESSAGE IN SPRAINS.

No two *masseurs* are alike by nature nor in skill, tact, and education, and the one who knows his anatomy and physiology well, when called to a recent acute sprain, will not begin at once to *masse* the injured joint, but at a distance above it on the healthy tissues by gentle stroking or *effleurage* toward the heart, gradually proceeding nearer and nearer to the painful place. This has a soothing effect and pushes the flow along in the veins and lymphatics, making more space in them for the returning currents coming from beyond and carrying away the fluids that have leaked out of the vessels. The same should be done on the part of the limb beyond the joint, for the circulation is hindered both in going out and coming in by reason of the swelling.

Next, the *masseur* who knows his business will begin again at a safe distance above the injured joint, and use deep rubbing, kneading, or massage properly so called, one hand contracting as the other relaxes, alternately making circular grasps, with the greatest pressure upward, and this should be done on the parts above and below the seat of sprain. By this procedure the effects of the previous stroking or *effleurage* are much enhanced; an analgesic or agreeably benumbing effect is produced upon the nerves which extend to the painful place, and the retarded circulation is pushed along more vigorously, making room in the vessels for the swelling,