

none, save a lump of bread. This one meal in the middle of the day (breakfast or dinner as you choose) is all the carthusian stomach can count upon as the means of support. Down at the bottom of the vessel which contains it is a basin of vegetable soup, then over that a couple of poached eggs, next a bit of fish, two small red mullets to wit, lying side by side, and at the top a round open fruit tart. Add to this a salad placed in a separate dish, a good hunk of light plain wholesome bread, and two small bottles of rather small beer, and there is the whole of the *cuisine* supplied by the good refectory for the day. By a rule which allows of no exception, no carthusian monk can taste flesh meat from the day he joins the order to the day of his death. They live to old age and in good health.

CONSUMPTION AND ITS PREVENTION.—

Recent researches have demonstrated that tubercular consumption is an infectious disease, and that the sputa of those affected with it, injected into susceptible animals, reproduces in them the same disease. This sputum is therefore infectious material, and should be destroyed by burning, or by the use of chemical disinfectants. There would be little danger of infection from the moist masses of sputum, but in dessicated condition this material is liable to reach the lungs of susceptible individuals, and to induce the disease. It is well known that there is a great difference in susceptibility to pulmonary consumption, and that in certain families this disease carries off one member after another, while it is unknown in other families. Those who have this hereditary predisposition should pay special attention to individual prophylaxis. They should avoid

intimate association with consumptive persons, should live under the best hygienic conditions, in dry, well ventilated apartments, and should select an occupation which will keep them in open air, rather than one which keeps them confined to the house. Above all, they should avoid the respiration of an atmosphere loaded with organic impurities, or with irritating inorganic particles—dust of various kinds. Out of door life on the high and dry plains in the centre of the continent, or in the mountains, will in most instances enable them to overcome the predisposition, if commenced before infection and the resulting tubercular lesions have occurred.—Dr. George M. Sternberg, Surg. & Major U S, Army, in Lomb. prize Essay Prophylaxis against Infections Disease.

THE USE OF WATER AT MEALS.—

Opinions differ as to the effect of the of water drinking at meal times, but the view most generally received and by many acted upon is probably that it dilutes the gastric juice and so retards digestion. The British Medical Journal discussing this subject says. Apart from the fact that a moderate delay in the process of digestion is by no means a disadvantage, as Sir William Roberts has shown in his explanation of the popularity of tea and coffee, it is more than doubtful whether any such effect is in reality produced. When ingested during meals, water may do good by washing out the digested food and by exposing the undigested part more thoroughly to the action of the digestive ferments. Pepsin is a catalytic body, and a given quantity will work almost indefinitely provided the peptones are removed as they are formed. The good effects of water, drunk freely before meals, has, however another