

tented ; life, droning on in this monotonous, uneventful way, seeming even pleasant and soothing. Her physician saw her only once a week, and her nurse was no sociable Sairy Gamp, but a deft, quiet, middle-aged woman, soft of tread and placid of face, who was no sort of distraction, but to whom, however, one could get wholly used and unconsciously attached. At the end of three months she got up as suddenly as she had lain down, dressed and walked three miles. Then her husband and children went to her, and she traveled with them for four months, knowing no fatigue, and with more endurance than any other member of the party. Such it is to be wholly rested.

#### PRACTICAL VEGETARIANISM.

The Rev. John Higgins, a clergyman of Melbourne, Australia, in a letter to the Vegetarian Messenger, gives the following : After much reflection, despite suggestions as to the risk of so serious a change of habit at my age of life, I resolved to give Vegetarianism a fair trial. I was then fifty-six, and had been for over forty years in the habit of partaking of flesh once a day. At this time I was residing in the Australian bush, leading an active open-air life in a delightful climate, and with healthy surroundings. Yet I suffered from dyspepsia and many of its accompaniments, especially languor and dull spirits. It seemed as if old age was coming sooner than welcome. In the bush but few vegetables were to be had ; much variety was out of the question. It was under these conditions that I made at once, a complete change, abandoning the use not only of flesh, fish, and fowl, but butter, eggs, and other animal products (so-called), except milk. The effect, ere long, was exhilaration of spirits, increase of vigor of body and mind, and a sense of placid power. Work which before was a burden, became an enjoyment ; life wore a new aspect ; the mental faculties became brighter and more steadily available. After over fifteen years' experience of the reformed diet, nothing but absolute necessity could induce me to return to the old system. Now, in my seventy-second year, I am, thank God, remarkably free from the infirmities of age, and can do full ministerial work, and enjoy it, besides handling spade and hoe in the early mornings in my garden. While not always, during those fifteen

years, in circumstances to fully carry out my views, I have noted that the more simply I have lived, and the more rigidly I have confined myself to fruits and grains, the better it has been with me ; also that for promoting working vigor, two meals a day are better than three."

#### WHOLESALE MURDER BY NOISE.

Under a government by demagogue (miscalled republican). The Sanitarian Era says, we fear there is little use in advocating any public right that is opposed to the selfish indulgences of an appreciable number of voters. But if any reform could affect brutal selfishness so mildly as to avoid a political boycott of its authors, we should think it might be directed against some of the needless noise of cities. We do not refer to the barking of the worthless curs on which the best affections of laboring men are so often placed. It is not our idea to risk a revolution by a dog tax or other ultra measures of repression. We would begin at the other end of society and first silence the tartarean yell of the shop and railroad steam whistle. This would be no oppression of "Labor," but on the contrary might be rather popular as a blow at capital. The aggregate of agony and murder inflicted by this single cause every day, in a city like New York, would be appalling if it could be realized ; where at all times there are thousands lying in conditions that demand repose at night and early morning at least, as the price of tolerable life, and even of a chance for life in critical stages of sickness, other cities as well as New York are long suffering in this respect.

#### RESUSCITATION BY HEART IRRITATION.

Dr. McArthur, of Chicago, writes to the North American Practitioner of several remarkable instances in his experience in which life seemed to be resuscitated by needle puncture of the heart. The following is an example of the practice : The case was one of apparent death under operation, from chloroform. All breathing had stopped for about two minutes. Artificial respiration seemed to cause no air to enter or leave the lungs. While the battery was being brought and attempts