into the mouth and passed along, even to advantage, if a man was hungry. She retired, but spent a night of agony; the whole house was in commotion, and the next day we were called on to prescribe for a felon, the safest treatment for which, if early, is to drive a lancet to the bone, and scrape upon it, so as to be sure of having gone deep enough. But to treat the pretty finger of a pretty patient in that way, was not to be thought of, until the last resort. Upon cross-examination, as necessary in physic as in law, all the above facts were ferreted out, when we concluded that there was nothing the matter but fright and the white of an egg. Thus: it had dried over the skin of the finger-end and became as impervious to the exhalation of that heat and moisture which pass out of the system unceasingly, as if it had been hermetically sealed with an encasing of brass. The result was, the heat and fluids accumulated, the parts became dry and hot and hard, and the pain became as unendurable as a pirate's thumb-screw.

Moral.—"Simples" are only simple when in their proper place; and the familiar quotation, "It can do no harm if it does no good," is, in medicine at least, a dangerous untruth.

Reader! Let us give you the most wholesome piece of advice of the season—

Do nothing remedially without your Doctor's consent.

SOUND SLEEP.

Any man who can bound out of bed as soon as he wakes of a mid-winter's morning is worth something; no fear of his not making his way through the world creditably, because he has the elements of a promptitude, decision and energy, which guarantee success. To invalids we make a comfortable suggestion worth knowing. If you have force of will enough to keep you from taking a second nap—and it is the "second nap" which makes its baneful influence felt on multitudes—it is better for you to lie awhile and think about it, until that feeling of weariness passes out of the limbs which you so commonly feel. But to sleep soundly, and to feel rested and refreshed when you wake up of a morning, four things are essential—

1. Go to bed with feet thoroughly dry and warm.
2. Take nothing for supper but some cold bread and butter and a single cup of weak warm tea of any kind.

3. Avoid over fatigue of body.

4. For the hour preceding bedtime, dismiss every engrossing subject from the mind, and let it be employed about something soothing and enlivening in cheerful thankfulness.

---

THREATENINGS OF DISEASE.

All serious diseases give their far-off warnings. Intelligence and careful observation would make a doctor's calling almost a sinecure. A gradual failure of the memory is a sure indication of approaching bodily infirmity or decay. Another important fact is, if any set of muscles are unduly exercised, they will lose their power; so also, if any function of the mind or brain is unduly stimulated, the result is temporary prostration or permanent destruction, according to the intensity and duration of that stimulus. Thus it is, that the young, who learn by memory, if highly stimulated to learn, become precocious, and either die early, or disappoint the expectations of their friends by settling down into mortifying mediocrity. Hence

1. Let the young learn slowly.

2. Under intense bodily or mental application, if you find your memory failing you, as you value bodily health, and the mind itself, break away at once from all your engagements, and spend weeks together in out-door recreations.

---

THE GOOD PHYSICIAN.

No man can fully discharge the responsible and delicate duties of a practitioner of medicine, unless he possesses largely four cardinal qualities.

He must be Learned, Observant, Courteous and Moral. Learned, that he may fully understand his business. Observant, that he may daily add to his knowledge and know how to apply it. Courteous, that he may win his way to the hearts of the suffering.

Moral, that he may obtain and secure the highest confidence of those who place their lives in his hands.