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Wantano—"At which joint did your friend have his arm amputated?"
Duzno—"That's a mighty disrespectful way to speak of a hospital."—*Baltimore American.*

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Eating and Working.

It has long been known that a man is not at his best for hard mental work directly after a heavy meal, but the real danger of work under such conditions are perhaps hardly appreciated, says the *Journal of the American Medical Association*. The tension is increased not only in the arteries of the body, but also in all probability, in those of the brain, and this makes it easy for a weakened point to give way. The still unsettled question whether or not vasomotor nerves exist for the cerebral arterioles here suggests itself with the consequent queries as to the regulation of the cerebral circulation. It certainly does not appear that brain hypertension is materially relieved by any splanchnic diversion.

We recently have had a striking instance of death from apoplexy occurring in a prominent physician while making an after-dinner speech, and the notable death of William Windom a few years ago under similar circumstances will be remembered; and still other cases might be mentioned. The dangers from this cause have not been recognized, but when we remember that these banquets involve a pretty hearty ingestion of food and a consequent rise of blood pressure, it need not be wondered at that sudden deaths from 'apoplexy' during after-dinner speeches are often recorded.

Apoplexy is a well-known possibility of mental strain; the weak point may be unknown to the subject himself and not revealed by any objective symptoms. The individual may have passed a life insurance examination successfully only a short time before, as is reported to have been the case with the physician referred to, but the special stress becomes too strong for the point of weakness, and the result is fatal. It is not work, whether mental or physical, that kills, intellectual workers, as a rule, are among the longer lived, but special stress, under certain circumstances, such as post-convivial occasions, when the normal tendency to rise of blood pressure in the peripheral circulation is most marked, may be disastrous.

Real Hope For Consumptives.

Something more than theoretical hope is held out for consumptives since the open-air camp has been established on Blackwells Island. It has been in operation now for over a year, and nearly sixty per cent of the patients have been discharged. Thirteen cases of absolute cure are recorded, nearly one hundred and fifty have been discharged as "much improved" and on the way to complete recovery and about five hundred and fifty have been sent away as "somewhat improved." Before this out-of-door camp was established practically all those who went to the consumptive hospital were encased in coffins on leaving. The camp is by no means perfect yet, but improved facilities and more enlightened methods of treatment are constantly being added. A great work has been done in divorcing death and consumption as synonyms.

Community.

The Stork and the Doctor met at the door.
"We should be friends," said the Doctor. "We have much in common."
"It is true we are both bipeds," admitted the Stork, modestly.
Here the Doctor showed his bill.
"One Hundred dollars!" exclaimed the Stork. "Well, you are a bird!"—*Puck.*

Hot Drink as First Aid in Shock.

H. L. Getz, in *Red Cross Notes*, says: "The value and use of what may be termed hot internal application by mouth of nutritious broths, milk, tea, coffee, cocoa, or even plain hot water when nothing better is available, is, I am certain, not sufficiently appreciated, and therefore not sufficiently and properly advocated and resorted to."

"If any one doubts the value of heat administered through the stomach as a stimulant to the entire organism of the individual, I would suggest that he partake of a bowl of well-seasoned hot broth or soup, then note the effect. I have labored with patients suffering from severe shock with the whole category of remedies, applied hypodermically, and hopelessly so in some cases, nothing bringing about the desired result, when a cupful of highly seasoned hot broth administered would almost instantly quiet the restlessness, stimulate the enfeebled heart to better work, cause the patient to drop to sleep, and if any value existed in the hypodermatic medication previously administered, seem to have rendered it in a very short time of its full value and effect to the patient, diffused and directed quickly and easily to the parts and purposes intended; while without the administration of the heat internally even hypodermatic medication seemed as inert and valueless as though the applications had been made into a tin horn. I would rather take chances on my own life in a case of pure shock with an occasional well-seasoned cup of hot broth than with full doses of alcoholic stimulants, strychnia, nitro-glycerine, etc., provided I must confine myself to one or the other."

How Nick "Made Good" On His Bride's Elect Deal.

Nick DeBello, of Altoona recently sent to Italy for a woman whom he intended to marry when she arrived in this country. Nick paid all her expenses incurred in the trip, but when she arrived in Altoona he was dissatisfied with her appearance and age.

Debello postponed the marriage and cogitated how he would be reimbursed for the money expended.

Finally another Italian agreed to pay Nick \$35 for the woman, and Nick jumped at the chance. Accordingly, the deal was made, the woman going to the second Italian, who last week paid Nick \$50 on account.

The wedding took place last Friday when the balance due Debello was paid.

Insult Added to Injury.

"Ethel rubbed it in on Tom when she sent him back the engagement ring."
"How?"
"She sent it back in a box marked 'Glass—Handle with Care.'"

Pennsylvania Railroad Tour to California and New Orleans Mardi Gras.

A personally conducted tour to Southern California will leave New York, Philadelphia, Harrisburg and Pittsburgh, by special train over the Pennsylvania Railroad on February 11th. The route of the tour will be via New Orleans stopping at that point three days to witness the Mardi Gras festivities. The special train will be continued through to Los Angeles, from which point tourists will travel independently through California and on the return trip. The special train in which the party will

travel from New York to Los Angeles will be composed of high-grade Pullman equipment, and will be in charge of a Pennsylvania Railroad Tourist Agent.

The round-trip rate, \$250 from all points on the Pennsylvania Railroad east of Pittsburgh and Buffalo, covers transportation and all expenses on the special train to Los Angeles, including a seat for the Mardi Gras Carnival. From Los Angeles tickets will cover transportation only, and will be good to return at any time within nine months, via any authorized transcontinental route, except via Portland for which an additional charge of \$15.00 is made.

For complete details and further information, apply to Ticket Agents; B. P. Fraser, Passenger Agent Buffalo District, 307 Main Street, Ellicott Square, Buffalo; E. S. Harrar, Division Ticket Agent, Williamsport, Pa., or Geo. W. Boyd, General Passenger Agent, Broad Street Station, Philadelphia, Pa.

Florida.

Personally-Conducted Tour via Pennsylvania Railroad.

The first Jacksonville tour of the season via the Pennsylvania Railroad, allowing two weeks in Florida, leaves New York, Philadelphia, and Washington by special train February 2nd. Excursion tickets, including railway transportation, Pullman accommodations (one berth), and meals en route in both directions while traveling on the special train, will be sold at the following rates: New York, \$50.00; Buffalo, \$54.25; Rochester, \$54.00; Elmira, \$51.45; Erie, \$54.85; Williamsport, \$50.00; Wilkesbarre, \$50.35; and at proportionate rates from other points.

For tickets, itineraries, and full information apply to ticket agents, or address, Geo. W. Boyd, General Passenger Agent, Broad Street Station, Philadelphia.

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