

digestible, by interfering with the digestive form of the stomach. While it lessens the nutrition of the body it enables the person to use up much more energy than would be possible without it and so injuriously affects the nervous system. Although tea prevents fatigue from being felt for a while exhaustion is going on both in mind and body and tends to destroy the power to do any useful work, either mental or physical. It may induce neuralgia, which has been described as the prayer of the nerve for better blood and more of it, and the over-exertion which tea makes possible renders the neuralgia more severe and continuous. Tea is a powerful stimulant to the circulation, and if abused will lead to feebleness of the pulse and to palpitation. Tea if taken in moderation and prepared in the proper way by infusing for two or three minutes and then pouring the water off the leaves, suits healthy people very well. When taken in too great quantity, or with meat when too strong or infused too long, it is apt to produce digestive disturbances.

Green tea and black tea are obtained from the same plant and only differ in their preparation. In green tea the leaves are roasted in a pan soon after they are plucked; in black tea they are allowed to undergo a form of fermentation before being roasted.

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A REMEDY FOR CHOLERA.—Dr. Ussher, a medical missionary at Van, Asiatic Turkey, has tried a remedy for Asiatic cholera, said to have been first used in this country by Dr. Erskine B. Fullerton, with the following results: C. D. Ussher, inspired by Koch's statement that quinine in 1/1000 to 1/2500 solution destroyed the cholera germ in from ten to thirty minutes, has used the drug in the treatment of cholera, giving ten grain doses every hour till bile reappears in the stools; from forty to eighty grains have been given. While under the old treatment nearly every case was fatal, under this medication 90 per cent. of the patients recovered, including some who were almost moribund. The routine method is described as follows: Quinine sulphate, 10 grains every hour till ricewater stools ceased and bile reappeared; sweet spirits of niter, dry cupping, heat, and friction for suppression of urine; saline injections when the wrist pulse had disappeared (some of these patients recovered under the quinine without injections). Occasionally a diarrhea mixture was employed if intestinal irritability continued after the reappearance of bile. If irritability with foul odor persisted, a mixture of equal parts of sulphophenolates of zinc, calcium, and sodium was used at intervals of from two to four hours.