NERVOUS PEOPLE.

US VAGARIES WHICH ACCOM AN AMERICAN DISEASE.

Clears His Throat-Pulling tache-L st? Stages of Ner-Affliction-Trick of a Victim of

t do you think of nervous tricks and doctor" asked a reporter of Dr. H. Hughes, at the physician's office. it serious consideration would fill upr," be answered: "But of what at be characterized as tricks and petty ins possessed by so many people, I y that they are only too often the sy that they are only too orten the series of a graver nervous condition; tial warnings of nature, as it were, of etion in which the system is tending. to be sure, these habits never become the condition of the nervous system the condition of the nervous system e condition of the her vous system is to them recovering through some circumstance. There are sudden patient is easily frightened, dis-is motor area of the brain and givthe motor area or the brain and giv-to semi-spasmodic actions. What as call the inhibitory power of the a street morbid influences becomes a so that what the mind would usuability to enforce such restraint, but affords so much relief that the sufs, and nervous habits, newly

ed, are the result. e all seen the practices into which people fall. There is the man who throat or coughs, when he has never his throat or coughs, when he has never n of a cold, or who yawns when he has son whatever to feel bored. Others rich their beard or mustache, pull at hohing or buttons, or pick and bite at age nails until the blood runs. Then other such familiar evidences of ment as the continual shifting of reserved in company, and this, to-with a tendency to automatic and ab-inded actions when not dependent on nd mental preoccupancy, may be taken as indicating the approach of prostration. When one gets very marked habits of irritation appear and naturally agreeable sounds-be pratile of children-become anania will set in, the repair of tem becomes unequal to the daily de-and the result is seen in irregularities and movements. Some people will, ad twitch their bodies when they fall from an irregular explosion of motor ce, the energy of a spinal cell becom-This same condition anly liberated. age higher up in the brain gives rise to rune and incomplete ideation, disturb-d comfortless dreams, when the natural of the brain to secure its own timely nnaired.

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still graver states of nervous troubles enterved morbid fears, some of them peculiar. There are people afflicted monophobia, or the fear of being alone, is a most peculiar condition of the I knew a lawyer who would never I knew a lawyer who would never to appear in court for the purpose of ing a case when unaccompanied by his a some other member of the family as supported he would argue well and oth but otherwise an indefinable terror hat might happen-he knew hat-would seize him and render him Then there are victims of clauss, or the fear of going through nar es, and I have known people to be tal terror when proceeding along any ebroadest thoroughfares, lest the houses se in on them and crush them. Anaskia and gynephobia, the one the fear ads and of men, and the other the fear en, are not uncommon. These and troubles, ass ciated with morbid sin the ears, are symptoms of what has rmed American nervousness, or neuvsicians. Again, we have perversion and taste, all local causes being cases of people who smell smoke when one at hand, and the predilection of girls for chalk and ground state pencils. ng for alcohol is often a matter of and even acquired tastes for articles of food and drink may be to the same cause. of the saddest symptoms of nervous

and one which in many instances marks at stages of the affliction, is the indecismen previously remarkable for vigor rapidity with which they grasped and acted on their convictions, ips the most characteristic of all aution, which appears to have developed ince the advancement of the bascilii y, and which so affects some persons ey will not shake hands or otherwise into actual contact with their neigh-

PHYSIOLOGY AND HYGIENE.

The Healthful Way to Live-Food That

Makes Strong, Sound Teeth. For continued health of mind and body For continued health of mind and body and a perfect development of all the numerical it cannot be disputed that regular exercise in the open air is necessary. As a people, says a writer on this subject, we shut ourse/vesup too much in our houses. Four or five hours a lay-in the open air is the allowance needed by every human being. For most women that is in-practicable during a great part of the year; but they could and should spend much more time out of doors than they do. In summer there is no reason why they should not habit-ually sit on their lawns or porches with their work and reading. It would be much health-ier than sitting in darkened rooms. In this way the greater part of the day could be spent in the open af.

About the Skin.

About the Skin. Should be skin appears to be, it is very complicated, and plays an important part in the working of the physical system. Its glands secrete the oil that keeps the surface soft and supple. Another set of its glands pour out a fluid, the evaporation of which he bedy to maintain its means here

pour out a fluid, the evaporation of which enables the body to maintain its proper heat amid the many sudden changes of the at-mospheric temperature. It is one of the eliminating organs for ex-pelling from the system waste and poisonous matter,. Its network of nerves is the source of sensation that recognizes the presence and qualities of external objects, that is, of the sense of touch. re of touch.

It consists of three parts. The inmost is the seat of color. The middle, a tough, elas-tic and fibrous membrane, is the true skin, and is the seat of the nerves of touch. The outmost, a transparent and borny film, is itself wholly without sensation, and protects the sensitive skin below.

The human nail and the horse's hoof are merely medifications of this, which is called the epidermis. So complicated an organ is exposed to many ailments.

Tooth Building.

According to a Brooklyn dentist, oatmeal is one of the best foods for supplying the teeth with nourishment. It makes the den-tine, cementum and enamel strong, fint like and able to resist all forms of decay. If you have children never allow any white bread upon your table. Graham bread is made of whole wheat ground, not bolted, so that the bran, which contains the minute quantities of lime, is present. To make a good, who some, nourishing-bread, take two bowls of some, nourising bread, take two bows of wheatmeat and one bowl of white or holted flour, and make by the usual process. Nothing is superior to Boston brown bread for bone and tooth building. This is made of ryemesi and commeal. Baked beans, too, of ryemen and commeal. Baked beans, too, have a considerable supply of these lime salts, and should be on your tables, hot or cold, at least three times a week. In brushing the teeth, always brush up and down, from the gum instead of across. Brush away from the gum and on the grinding surfaces of your

When Massage is Valuable.

Massage treatment has excited much at-tention of late, and, owing to ignorance of its real value, it is by many regarded as a cure for every kind of disease. Dr. William cure for every kind of disease. Dr. William Murrell states, however, that, as a matter of fact, its sphere of action is very limited. If carried out under the direction of a scientific physician, who has had experience in this mode of treatment, it yields excellent re-sults; but if allowed to drift into the hands of an ignorant empiric, it soon degenerates into the most arrant quackery.

A Simple Remedy for Rheumatism

One who has seen the following simple rem dy tried in a case of acute rheumatism, with painful swelling in the feet, says that it quickly removed the agonizing pain. Into one quart of quite hot milk stir an ounce of alum; this makes curds and whey. Bathe the affected parts with the whey until cold. In the meantime keep the curds hot, and, after bathing, put them on as a poultice and wrap in flanuel

Cure for a Stve.

A French physician recommends the fol-lowing treatment for that most unpleasant little affection, a stye. Dissolve one part of boracic acid in thirty parts of distilled water, and drop on some of this solution with a wetted piece of wadding, several times a day. It is said not only to effect a cure, but to prevent a return of the trouble.

HOW SAILORS ARE FED.

JACK RECEIVES BETTER VICTUALS THAN HE DID TWENTY YEARS AGO.

The "Doctor" is the Most Important Personage on the Ship-The Allowance of Food-Serving Out Provisions The Slush Cask.

Sailors on deep water ships are better fed now than they were fifteen or twenty years ago. They get a greater variety. On board all deep water vessels three meals are served daily when the watches are changed at cight bells—at 8 a. m., noon. are changed at cight bells-at 8 a. m., noon, and 6 p. m. Besides this what is called early coffee is served to the watch on deck at 5 a. m., before the work of washing the cabin tables. These are called "gubbins," and are brought forward in what is called the dog basket, a large basket lined with tin.

Now as to the diet provided for Jack in the forecastle. Every sailor, when he goes aboard, is provided with a knife, fork and spoon, a "hookpot" and a pannikin. The hookpot is a tin pot with an iron hook and apoon, a "hoospot The hookpot is a tin pot with an iron hook riveded oneso that it can be hung on the side of the bunk while Jack is using both hands to eat with. In England ev-erything is said to be done by fact, of parliament, and the sail-ops food is certainly regulated by the act, and his daily bill of fare is fixed by law. In this country it is fixed by act of con-gress, and in vessels of both nations the ship captains are compelled, under a heavy penalty, to post in a conspicuous place in the forecastle a copy of the agreement signed by the sailors on shipping contain-ing the quantity of rations signed for.

THE ALLOWANCE OF FOOD.

The regular allowance of food for each nan in both English and American merchant vessels should be as follows: Bread, one pound; tea, one-eighth of an ounce; coffee, one-half ounce; sugar, two ounces, coffee, one-half ounce; sugar, two onnees, and water, three quarts per day. Beef, six pounds; pork, one pound and a half; flour, one pound and a half; peas, one pint; rice, one-third of a pound per week. These provisions are to be served out in addition to the daily issue of lime juice or other anti-scorbutics. It is also provided: "No sheath knives or group allowed on "No sheath knives or grog allowed on board. Substitutes at master's option. The following substitutes are allowed: One ounce of coffee, cocco or chocolate for one-quarter ounce of tea; molasses for sugar, quantity to be one-half more; one pound of potatoes or yams; one-half pound of flour or rice; one-third pint of peas or one-quarter pint of barley may be substituted for each other. When fresh meat is issued, the proportion to be two pounds per man per day in lieu of salt

A landsman might think that one-half pound of beef or one and one-quarter pounds of pork would be sufficient for a man, but when it is considered that a good deal of it is cut off as unfit for human food and thrown overboard, that the is weighed with the bone in, and that when salt meat is boiled it shrinks a great deal, Jack won't have much meat left to eat with his hardtack. The beef, or as it is always termed "salt horse," is always all lean, and the salt pork is generally all fat. The meat is generally kept on deck in two casks called the "harness casks." The fat that arises to the surface when the ment is boiled in the salt water is saved by the cook and put into the slush cask. Th slush or fat is the cook's perquisite, and many a pound of fat meat he surrep-titionsly cuts from the meat to increase the amount in the slush cask. Arriving at port this fat is sold to the soapmakers, and the price fetched largely increases the "doctor's" pay. A good deal of the meat has made several voyages round the Horn or Cape of Good Hope, and when the cask is opened smells frightfully, and is really unfit for human food.

"WHO'S THIS WHACK FORS?"

When cooked the meat for each watch "when cooked the meat for each watch is placed in a wooden receptacle called a "kid," and taken into the forecastle. The peas are made into soup, the flour is made into "duff." It is mixed with water and belled in a sector back boiled in a con ter. This makes the outside of the duff taste salty. On being taken into the fore-castle, one man cuts the duff into as many nicces as there are men in the watch, some pleces larger than others. Another one then turns his back, and as the carver holds up a piece on his jack knife and says, "Who's this whack for?" designates the man who takes the piece. Sugar is eaten with the duff, or molasses when served out extra, as is often done. The pea soup is often made thick by pouring a little vinegar in and eaten that way, and some old salts stir a spoonful of sugar in the soup, making a queer mess. On Christmas day, and maybe the skip-per's birthday, raisins are boiled in with the flour, and then "plum duff" is served. Whenever a pig is killed on board ship the afterguards crete chong and sausages and lack gets the skip-boiled in gets chops and sausages, and Jack gets sea pie, and it makes his mouth water to think of it, for it is a tasty dish, and, like angel visits, few and far between. I is how it is cooked: The "doctor" pla This a layer of bones on the bottom of his largest copper or kettle. On this he places a layer of pork. cut in chunks and seasoned on this goes a layer of pastry, then another layer of pork, and so on, till three layers of each are laid. This is called a "threedecker," and when bolled to perfection is a sailor's delight. The meat is always sent to the forecastle at noontime, and it invariably happens that all or nearly all is eaten at that meal, and for the following supper and breakfast next morning Jack has nothing to eat but hardtack, washed down with the decoctions called tea and coffee. Any housewife knows the strength of a decotion made of a pint of water and one-eighth ounce of tea or one-half ounce of coffee.—San Francisco Call.

PICTURE OF JAMES W. RILEY.

the Indiana Poet Talks About His Art and His M

and His Method of Work. "James Whitcomb Riley, the western poet and humorist, took the intellectual audience, by storm the other afternoon at Chickering fail when he recited his quaint lines entitled, "When the Frost Is on the Punkin." Even James Russell Lowell could not repress a suile, and Bunner, Eggleston, Cable and Bichard Henry Stoddard laughed alond. Phose who have read Mr. Riley's poetry Those who have read Mr. Riley's poetry Those who nave read Mr. Kiley's poetry would almost instantly recognize the poet, if it were possible for ideas to picture in the mind's cye their creator. Riley is quaint and almost homely, until he speaks. Then the veil is lifted and mirth and humor illumine his features. He has a large, strong, smooth shaven, mobile face. It is a humorous face that retreats fore and aft; in other words, it curves from forehead to chin. His large Ro Curves from forehead to chin. His large Ro-man nose plays a strong part in the ensemble of features. Large blue eyes, rather sunken, give a beaming expression to thin, radiating wrinkles. When he smiles these lines fairly glow. His hair is so thin and close cropped that it is not easy to distinguish its color. It looks a pale sandy. He is snugly built, of medium height, and has great suppleness in the shoulders. the shoulders.

Mr. Riley is a ready composer. Maj. Po asked him for an autograph, when he down and immediately wrote these lines: sat

t hain't no use to grumble and complain, It's jes' as cheap and easy to rejoice; When God sorts out the weather and sends i W'y, rain's my choice.

After he signed his name, a large, b handwriting, some other person desires autograph, and this is the verse he imu ired his tely wrote:

ately wrote: We say and we say and we say, We promise, engage and declare, Till a year from to-morrow is yesterday, And yesterday is — where? A reporter asked him how he worked and how he went about selecting, something suit-able for his particular style. He replied: "I able for this particular style. He replied: "I have no trouble whatever to find something to write about. I cannot throw a stone but that I hit a subject. They are everywhere about, wherever I go, and I take them as I find them. I have no special system to work by. I always write as I feel, and that per-haps is the only system I have. It is useless to force anything: 4t must come forth with natural feelings and then it will strike the right chord. A writer cannot-teil every time how he selects a theme to write about, at least I cannot. Nature is spread out be fore us, and somehow I stumble over things that awaken within me the instinct and feeling to write. That is finding a subject."

"In writing your dialectic poetry do you put it in good English and then translate it, so to speak?"

"No, I do not. I imagine that the old farmer is talking, and I for the time am the old farmer, writing down the thoughts that come to me in a homely, easy way. The spelling and all, as the old farmer would do it, so do I, and I find it satisfactory as to re-sulta."—New York Mail and Express.

Inner Circles of Swelldom

A census of "good society" has just been ade in this city, and it is found that of the population of nearly two millions-counting in the metropolis and its suburbs only 700 are qualified to rank with the best. In a republic where the notion is outrageously general that behavior is the true test to worthin ness, it requires an authoritative edict once ness, it requires an authoritative edict once in a while to squelch the leveling tendency. The Patriarchs have done the job-this time. They are an organization of intensely swell gentlemen who give annual balls at Delmo-nico's, and they put what they regard as their minds to the drawing of the line distinctly between "society" and common people. The Patriarchs' next ball is to occur this month. Ward McAllister an old beau of monusticated Ward McAllister, an old beau of unquestioned standing, is the high mogul. Every autumn he maks out a careful list of ninety nine other real gentlemen, making 100 in all. They con-

stitute the Patriarchs. They are assessed \$50 apiece for a fund with which to pay the ball's costs of music and supper. Upon them is placed the awful responsibility of issuing invitations, for the documents are substantially credentials of the highest possible character, proving that the holder is "in society." Each one in the 100 names soven persons. The number is based on a c reful and critical estimate that there are no more than 700 men and women in all New-York quite worthy of the glorious distinction. The separate lists of seven are sent to LicAllister, who calls a secrit meeting of the entire 100, to whom the names are read, and a single vote against a candidate is sufficient for exclusion, all of which is funny to the reader, but very momentous to the

FROM TURTLES' BACKS.

THE REVIVAL OF THE BIG TOR-TOISE SHELL COMB.

A Fashion of Our Grandmothers That is Becoming Popular With Modern Belles-How the Combs are Manufactured-Tortoise Shell Cap Forepieces.

"The fashion for tortoise shell combs is returning," said a large uptown retailer to a reporter, "Some, five years ago combs were considered out of fashion, and nobody used them except ladies of the old nobody used them except ladies of the old school, and then the combs were very small. But the style has been growing in favor, and I-should not be surprised to see in a few years the enormous comb of our grandmothers worn again." "Does the style of the comb originate here, or is it imported from Paris, with the rest of a woman's headgear?" asked the revorter.

the reporter. "Oh, no; I buy my goods from a manu-facturer in the city who has been in the trade for a number of years. The French combs do not take here, and at the same time the designs are so elaborate that they cost, with the duties, too much for the

On the second floor of an old fashioned building the reporter found the largest building the reporter found the largest tortoise shell comb manufacturer in the city. He said: "Tortoise shell comes chiefly from Central America and the West India islands. The natives trade the shell for provisions and clothing, and down there it is as good as silver:" / "'Are the shells, brought here whole?" asked the reporter.

asked the reporter. "Oh, no. When the natives catch the

"Oh, no. When the natives catch the tortoise they kill him and expose the shell to the fire, which loosens the plates, and then they are easily pulled apart. There are thirteen plates on the back of the tor-toise and thirteen on the stomach. The stomach plates are what we call amber shell, and are worth more than the rest, for when they are polished they are al-most a light as empire amber "

Near the door sat a white haired old Frenchman scraping and cutting some shells which a lad took up and bound to-gether with a thread. A comb has to be several shells thick. After the shells are out out in the general change of the design cut out in the general shape of the design wanted, they are wrapped in several thick-nesses of wet cotton cloth and placed between two heavy heated irons in a press, which is screwed down. Left there for half an hour, the steam welds them together nicely, and when taken out they go to the designer, who pastes a paper pat-tern on the shell, so that all the delicate filigree work can be cut out with what looks like an ordinary scroll saw. They are then sent to another room, where the rough edges are cut off with circular saws about as large as the end of a lead

pencil. After going through several proce the comb arrives at the last stage, the polishing room. There are a number of polishing room. There are a number of wheels of different sizes, some thicker than others, revolving at a rapid rate. The proprietor explained: "These wheels are composed of many layers of musiin cloth, and the heat generated, through friction removes all roughness and pluts on a beautiful polish, which lasts as long as the comb."

"Do you make any of those very large combs, like that specimen in the case?" The manufacturer picked up the comb, which measured fifteen inches wide and eight inches high, beautifully carved, and eight increasing, beautifully carved, and replied: "That comb was sent here from Brazil by a lady of Dom Pedro's court. I mended it, but it has never been called for, and I am not sorry, for it is a curios-ity in this country. We do not make any like it. I have some pretty large one however, for the ladies of Havana sti still eling to the antique style. Tortoise shell is used for various purposes. Here, for instance, are a lot of cap fore pieces for the officers of the Spanish navy. Each peak weighs just one-half an ounce."

In Their Summer Attire.

The Englishman and the Frenchman are nowhere more unlike than in their behavior in summer. The Frenchman loves to look summer like. If he is obliged to remain in the city he will endeavor, by his attire, to practice upon his imagination the innocent deception that he is walking upon the yellow sands of the sea shore. He wears a straw hat, an alpaca coat--not necessarily white trousers. Not unfrequently he saunters over the burning asphalt in sand shocs. He is a practical philosopher, for a thorough change of dress changer the ideas if it does not change the air. Englishmen are the direct opposite. They are rigidly formal in the matter of dress, The typical Londoner and man of busi-ness, so long as he is in town, wraps himself up in his frock coat, although the dog star may be raging and the heat has changed him to the color of a boiled lob-ster. When he is on duty he is afraid to appear before the world in free and easy garb, lest he should be suspected of being giddy and frivolous. He has his notions, however, of comfortable clothing in sum-more sub he freequently indulges them mer, and he frequently indulges them when he goes abroad. His appearance on the boulevards often astounds the Pari-sian. When abroad, at the opera, at din-ners and similar occasions, he loves to show his superiority to all rules and horrify the natives by his neglige.-Home Journal.

ction with this last a certain gen a well known in St. Louis, but now may be recalled by many in whom was uped in a remarkable degree this fear He wore gloves, and not 10n. would not shake hands, but had the et aversion to touching any one sitting him in a street car. Many people there in in a street car. Many people there to have some one nervous affliction that develops into anything worse, and is merely a source of annoyance to the a merety a source of annoyance to the ad. One gentleman found it impossible op at times, and after chasing imaginary over imaginary fences without avail, upt himself of tracing the figure "8" shall of his thumb with the forefinger same hand. This intricate process atich a matter of habit that it was con in waking bours, and when iast heard he victim was unconsciously laboring himself asleep in the day time. are but a few of the many types of

us men that every one encounters. they could be reduplicated by the score without saying, but lest the reader be to the long list of unfortunates, it may the well to let the medical books tell at-St. Louis Republican.

liver bracelet of ball hnks, hand craited, is a novelty.

eastern palms in ornamental pote the favorite piazza decoratio

ret, faille Francaise, moire and gros terials that will figure in aut

og the newest ornaments betterflies and dragon flies made of

A harmless lotion for freckles consists of orange flower water, one pint; glycerine, one ounce; borax, one dram. For skins to which glycerine is not agree

able the following answers equally well: Borax, three grains; rose water, five drams; orange flower water, five drams,

Heir Apparent and Heir Presumptive.

The heir apparent is the oldest son of the sovereign, whom nothing except his own death can deprive of the hingdom. If the death can deprive of the hingdom. If the sovereign has no child, then the relative nearest the throne is the heir presumptive, so called because the birth of a child to the king would lose him the right of succession.

A Long Bridge.

The longest bridge in the world is in China The roadway is seventy feet wide, and the bridge is seventy feet high. There are 300 arches seventy-five feet spart, each one of which bears a pedestal on which is the figure of a lion twenty-one feet long and made of one solid block of marble.

The Age of Louis XVI.

Many persons who have seen pictures of King Louis XVI of France in the powdered wig of that period are accustomed to look upon him as either a man past midd e age or an old man. When he was executed he was 88 years old.

Pinchbeck

The composition known as "pinchbeck" is employed in the manufacture of cheap jeweiry, to which it gives its name. It was called so after Christopher Pinchbeck, a Lon-don vender of jeweiry.

German Territory.

The provinces of Alsace and Lorraine origi-nally belonged to Germany. She lost them at the end of the Thirty Years war in 1684, and regained them at the end of the Franco Prussian war in 1870.

This is the festive season of the county fair, when the big pumpkin vies with the pretty country girl for the attention of the crowd, and gets left every time; world without end. -Oil City Derrick, small coteric of persons concerned. When Mrs. William Astor gave a notable ball two years ago she extended her invitations to 800, and was by her friends considered liberal, considering how sacred are the precincts of "society." Thus you will see that to be an New York is concerned there may be an Thus you will see that so far as "upper 10,000," but towering altitudinously above them are less than 1,000 positive super-latives.- New York Cor. Pittsburg Dispatch.

Notelty in the Medical World,

Popular Science News announces as the latest novelty in the medical world the employment of enemeta of sulphuretted bydrogen and carbonic dioxide gases as a cure for consumption. Many prominent physicians have testified to the immediate inprovement of consumptive patients under the treatment. There seems to be no phil osophical basis for this very peculiar and roundalout method of treating an affection of the lungs, and the strongest point in its favor is the high standing of the physicians who claim to have used it with success.

Foreign and Native Trees.

Foreign and Native Trees. Professor Bargent, director of the Arnold Arboretum, of Harvard college, estimates that five foreign trees are planted in New England to one native. Yet, of all foreign trees introduced into America, the willow alone, he thinks, has qualities not possessed in a greater degree by some native. The Euro-men one and the Botch Austrian and Corn oak and the Scotch, Austrian and Cor pean oak and the Scotch, Australian when sican pines all die at about the time when they should be in their prime, and the Norway spruce, at a corresponding age, is de crepit and unsightly.

A Safeguard Against Fire.

It is a common practice in France to cra the beams, the joists and the under side of the flooring of buildings with a thick coating of lime wash as a preventive against fire. is a preventive of prime ignition, althou it will not check a fire when once under he It

Perception of Cold and Heat.

It is well known that a cold sensation reaches consciousness more rapidly than a sensation of warmth. Dr. Goldscheider, of Berlin, whose researches on the hot and cold points of the skin have gained him a well deserved reputation, has recently ac-curately measured the length of the time accurately measured the length of the time curately measured the length of the time necessary to perceive these sensations. The observations were made on parts equally sensitive to heat and cold qually with intensities of heat and cold equally different from the temperature of the part. The time of contact was recorded electric-The time of contact was recorded electric-ally by means of a metallic button fixed to the skin. Contact with a cold point was felt on the face after 13.5, on the arm after 18, on the abdomen after 22, on the knee after 25, hundredths of a second. The sensation of a hot point was felt on the same surfaces after 19, 27, 62 and 79 hundredths of a second respectively. This great difference in time has an important