

spherical vicissitudes. The area of outlets for the foul air should be about the same.

Where special ventilating apparatus is not provided, tolerably good ventilation may be obtained by lowering the upper sash of a window a little, and raising the lower sash, thus providing inlet and outlet. The bed should not stand too near and directly opposite the open window, or in a current of air which would be distinctly perceivable to the occupant. During the day, the bed-room and bedding should be thoroughly exposed to fresh air by the free opening of doors and windows.

BLOOD AS FOOD.

It appears somewhat strange, in this age when almost everything is utilized to the highest degree, that some means has not been devised whereby the rejected blood of slaughtered animals might be brought into more general use as food for man. From one-fifth to one-fourth part of the nutrient matter of all animals slaughtered for the purposes of food is now actually thrown away in the form of blood, and becomes a source of pestilential developement. According to Pareire, blood is about equal in nutritive value to flesh, with which it is almost identical in chemical composition. It is a constituent to a limited extent of the flesh of animals, and by many is partaken of in this way, or when having escaped from the cut in serving, with particular relish. In some parts of Europe, the blood of the pig is mixed with fat and aromatics, pressed into the prepared intestines, and sold in shops under the name of "black pudding."

Does this waste of valuable nutriment arise entirely through prejudice? What other reason can be given for refusing to use as food that blood which just at the moment of death chanced to be flowing in the larger blood-vessels, while most of that in the smaller vessels throughout the flesh is eaten? If some such means were now employed to re-