

DR. ALFRED CARPENTER says: The greatest danger from drains is not in the public sewer, but in the house connections and in the private drains laid by speculative builders. They are only occasionally used, they become all but dry at frequent intervals, and if they are not as clean as a back kitchen sink ought to be, they will in spite of all precaution, occasionally produce sewer air. They must be ventilated even more perfectly than the public sewers, and so cut off from all direct communication with the house that it shall be absolutely impossible for any of the products of decomposition if they arise to find their way inside the dwelling and carry living, growing germs with them. If these arrangements are carried into effect, those living in such houses may defy disease germs and live in perfect safety from their attacks and in the words of the Psalmist, we may say— (1) Thou shalt not be afraid of any terror by night, nor for the arrow that flieth by day; for the pestilence that walketh in darkness, nor for the sickness which destroyeth in the noonday. (2) A thousand shall fall beside thee, and ten thousand at thy right hand, but it shall not come nigh thee.

HOW TO "MAKE COFFEE."—Dr. W. Junker, the African traveller, says: "Any European who believed that the decoction of coffee-beans which had been tasted at home deserved the name of 'coffee,' is soon convinced of his error after sojourning for a while in Turkey, Egypt, or Arabia. He will, indeed, at first be somewhat surprised always to find some sediment in his cup, which he is apt to overlook until he has swallowed some. But he will soon learn to sip the aromatic liquid carefully from off the sediment. . . . The proper way to prepare coffee is as follows: The beans, which should, of course, if possible, be of the very best quality (genuine Mokka), are carefully examined, and all damaged ones picked out before putting them what is known as *el-bunn* *essafi*. Immediately before use, the requisite quantity is freshly roasted and powdered, which latter is preferably done in a wooden mortar. The powder should be quite fine like flour. Water having been brought to a boil in a suitable kettle or vessel, a certain quantity of the powder—a small spoonful for very small cupful of coffee to be drawn from the vessel—is added, the whole stirred, and vessel replaced on the fire until the liquid boils and foams up. It is then removed, and the coffee served."

THE "MENS SANA"—A NEW RENDERING.—We have been accustomed, in thinking of the health of the mind, to look upon it as subordinate or secondary to the health of the body. There is a well-known saying which is on every one's lips, *Mens sana in corpore sano*—a sound mind in a sound body—which saying has become interpreted, by common consent, into meaning, that if the body be sound, the mind must be sound. The proverb does not actually convey that idea; it simply suggests that a sound mind in a sound body is a good combination; it gives no precedence to the body—nay, it puts the mind first, as if it supposed a sound mind as the precursor of the sound body. *Mens sana*. And this is a perfect reading of it. There have been some philosophers, some indeed of the best, who, holding the opposite view to that which is now commonly held, have traced to the mind all the evils which appear in the body. Thus the prince of philosophers, Plato himself, teaches that all evils of the body proceed from the mind; and Democritus is quoted by industrious and quaint old Burton, in his "Anatomy of Melancholy," as teaching that if the body should bring an action against the mind, surely the soul would be cast and convicted; that by her supine negligence she had caused such inconvenience, she having authority over the body, and using it for an instrument, as Cyprian says, as a smith doth his hammer.—Dr. B. W. Richardson, in Presidential Address before the Health Congress at Hastings; Eng., April 29th, 1889.

EMBALMING.—The best process of embalming (Med. Bulletin) is called the "Brunelli Process." The circulatory system is cleansed by washing with cold water till it issues quite clear from the body. This may occupy from two to five hours. Alcohol is injected so as to take out as much water as possible. This occupies about a quarter of an hour. Ether is then injected to abstract the fatty matter. This occupies from two to ten hours. A strong solution of tannin is then injected. This occupies for imbibition from two to ten hours. The body is then dried in a current of warm air passed over heated chloride of calcium. This may occupy from two to five hours. The body is then perfectly preserved and resists decay.