

SCIENCE JOTTINGS.

BY DR. ANDREW WILSON IN THE ILLUSTRATED LONDON NEWS.

Some time ago in this column I remarked on the necessity which existed for the more frequent investigation of our food-products, in the sense of ensuring their freedom from injurious ingredients and additions calculated to produce illness in those consuming the foods in question. The recent prosecution of a milk-seller, who dispensed milk containing a very large quantity of boracic acid, revives this topic, and shows the necessity for increased supervision of the kind to which I have referred. Medical opinion inclines to the belief that the continual consumption of boracic acid—in itself a mild antiseptic—would tend to produce kidney troubles, and in face of this belief, would seem only right that all excess of this or any other antiseptic in foods should be made a much more reprehensible feature than it is commonly regarded. I have been told that in many meat-extracts salicylic acid is employed as a preservative. If this is so, it is high time that the attention of our analysts should be directed to this phase of adulteration. The cheapening of our food supplies is an excellent feature of our modern enterprise, but we may pay too high a price for our free breakfast-tables if lessened cost is to imply deficient quality or injurious additions. Even the very sweetmeats which our youngsters consume are not above suspicion, if analysts' reports are to be believed; and as for that insidious horror, the ice-cream barrow—emerging from a dirty court laden with microbes—the less said regarding it the better, unless, indeed, we could agitate for its complete repression.

CURE FOR INSOMNIA.

A cloth wet with ice water and laid across the eyes is often a cure for the most aggravated case of insomnia.

DONATIONS FOR JULY.

St. Lawrence Sugar Refining Co'y, barrel of sugar.

McIntyre, Howe & Co., Postum cereal and three bags of flour.

Morton, Phillips & Co., two waste paper baskets.

Walter Baker & Co., one doz. tins Baker's cocoa.

Barwick, Miller & Co., two bottles ink.

John Lovell & Sons, Directory for 1898.

W. Foster Brown, one bottle ink.

Robert Greig & Co., 10 lbs. cocoa, 1 doz. cans Imperial jelly, 2 tins soup, 1 doz. farola.

Rose & Laflamme, 6 cans condensed milk.

Mrs. Dinning, magazines.

Mrs. Sheffield, flowers.

Miss Moodie, 5 pails of fruit.

Mr. Samuel Bell, 4 boxes raspberries.

Mrs. Scarff, cake for nurses.

W. C. T. U. Central Flower Mission, flowers.

ORANGES FOR BILIOUSNESS.

Oranges are not half appreciated; if they were there would be much less of the bilious complexions and ecru'd skin we see every day. Their acid is a tonic and purifier for the blood. As a spring relish, when the system requires more acid foods than at any other season, the orange is incomparable. Eaten at breakfast, it quickens the appetite when all else fails. Instead of dosing with spring medicines, try eating oranges.

HOT WATER FOR HEADACHE.

Putting the feet in hot water will sometimes cure a headache. The head aches when, from any cause, the little blood vessels in the brain are too full. Putting the feet in hot water draws the blood from the head.

ABBHEY'S EFFERVESCENT SALT.

A pleasant effervescent aperient, taking the place of nauseating mineral waters. Recognized and prescribed by eminent members of the profession in Great Britain and Europe and Canada.