

CARBOLIC ACID, Dr. Lee, of England, asserts is the best disinfectant for the air in rooms, because when combined with water and boiled, it evaporates with steam in a constant ratio and is therefore evenly distributed in the air.

SEWAGE AND RIVER WATER.—Franz Hulna has found that the water in the River Oder, above Breslau, is tolerably pure; that in passing through the city a continuous change for the worse takes place—increase of oxidizable matter and chlorine, a hundred fold augmentation of ammonia and albuminoid ammonia, and abundance of the organisms of putrefaction; gradual process of purification takes place—by contact with oxygen and vegetable animal growth, and at ten miles below, no indications of sewage could be detected either by chemical or microscopical examination.

REGARDING THE SMALL POX epidemic in London (Eng.), which it appears is not decreasing, a correspondent of the *Times* states that the disease was soon stamped out in a town in South America by huge bon fires of creodoted railway sleepers to which gas-tar was occasionally added.

A NEW WAY OF PRESERVING MEAT gives some promise of being successful. It is that of injecting a warm solution of boracic acid and salicylic acid into the blood vessels of the animal to be slaughtered after it has been rendered completely insensible by a blow and the jugular vein has been opened. A party of gentlemen after dining off meat preserved in this way for many weeks, pronounced it very good.

MONEY PARASITES.—The Frankfurter Zeitung states that Dr. Reinsch has found, as the result of a long series of minute investigations, that the surfaces of 50-pfennig pieces (six pences) which have been long in circulation are the home and feeding ground of a minute kind of bacteria and vegetable fungus. The thin incrustation of organic matter deposited upon their surfaces in the course of long circulation rendering them very suitable for this parasitical settlement.

BACTERIAL INVESTIGATION.—Professor Bollinger has been the means of founding in the Munich Pathological Institute a new laboratory for bacterial investigations, where already a bacterial course of lectures had been commenced for young docenten of the medical faculty.

THE TORONTO NEWS (July 26) says, the sanitary inspectors are waking up and the work of cleaning that city has been begun. "This is gratifying. If the cholera will only be kind enough to defer its visit for a couple of years we will be in a moderately good sanitary condition when it arrives—provided, of course, that the scavengers are kept busy." How about other cities?

Individual Hygiene.

THE LUNGS AND HOW TO PRESERVE AND STRENGTHEN THEM.

In the May and June numbers of this JOURNAL it was pointed out that those who die of consumption have relatively small lungs and a small chest, and that the mortality from inflammation of the lungs "seems to have a direct ratio to the respiratory capacity," or in other words, to the size of the lungs. A great many people have relatively small lungs, and there are many who do not use and exercise their lungs to the full extent to which these organs would naturally admit of. Hence one of the chief causes of the frequency of lung disease. It is proposed to give now simple directions by means of which the chest and lungs may be largely developed and increased in size. By like means, the writer of this, when past twenty years of age, increased the circumference of his chest to the extent of two inches; his constitutional vigor and general health being proportionately improved.

As it will be most desirable for all about to carry into practice the directions herein given, to know some thing about the structure of their chest and lungs, those of our readers who are