

body, and produced a result that we confess we were not prepared for. Accustomed to daily use of the ordinary warm and cold baths, and the constant use of "flesh gloves," we fancied that we had left little to be removed; but, under the skilful hands of our manipulator, we were soon divested of a rough coat of dead epidermis, that must have been a terrible obstacle to the delicate process of respiration, which nature intends to go on constantly over the whole surface of the body. Next we were rubbed from head to foot with soap, followed by a delicate stream of warm water poured over us, which produced a delightful glow of invigoration such as we have rarely experienced before. A sense of purity over the whole body, and a deep calm as of settled peace, fell upon us with all the freshness of a new birth. Next a bracing stream of cold water, and we stepped again into the first apartment. When the body had been rubbed perfectly dry we were conducted into the vinery, where, reclining on a couch, every muscle in repose, we were exposed to a current of cold air, with the loins only girded. Yet, as we imbibed a fragrant cup of coffee, there was no feeling of chill, but one of perfect health and renewed energy vibrated through the body, while through the mind, sympathising as ever with her earthly dwelling, passed rapid visions of all that was pleasant in the past or hopeful in the future; and we left the dwelling of our friend convinced that few blessings of modern civilisation, as auxiliaries to health and comfort, are to be compared to this English version of the Turkish bath.

—*The Builder.*

STATISTICS OF LONDON BRIDGE.—In ten years the number of persons passing through London Bridge Station has increased from 624,000 to 13,500,000! and of these nine-tenths cross over the bridge, being about 30,000 on foot, 10,000 in cabs, and the remainder in omnibuses. Of this multitude of railway travellers, who cross the bridge, whether on foot or in some vehicle, a large proportion are destined for parts west of Holborn and Temple Bar; and hence to reach their destinations have to pass through the city in cabs, carriages, or omnibuses, the lower classes chiefly making their way westward by the river steamers. Some idea of the degree to which the thoroughfares are crowded by this incessant flow of traffic westward may be formed from the one fact that upwards of two thousand omnibus journeys are daily performed between London bridge station and places west of Temple Bar, all of which must of course pass through the city by the Poultry and Cheapside. Of the number of carts, waggons, and other heavy vehicles we have no exact return; but if it correspond in any fair proportion to the other means of locomotion it must rise to an almost fabulous height. No other similar structure in the world endures such a daily and nightly burden of toiling, incessant traffic. Twenty-three years ago, when the bridge was first built, at an expense of a million and a half sterling, it more nearly sufficed for the wants of the busy millions who dwelt along the Thames; but now, since London has doubled its former population, and every year still adds to her teeming myriads, the accommodation seems but a narrow and scanty one. In spite of all that clever and active police can do—in spite of all city laws, rules, and regulations, the traffic on the bridge itself, and for a long way on either side of it, is too often slow and densely crowded, or comes almost to a dead stop. From the Flower Pot in Bishopsgate Street to the Town Hall in Southwark the mighty chain too often extends in one unbroken line, and the single stepping of a cart in Chick Lane, or some other trumpery affluent of a main thoroughfare, may cause a thousand charioteers to waste in impatient delay some precious half-hour, the loss of which will upset all their business plans for the day. This evil is not only great, but is actually increasing.—*Morning Herald.*

VERMIN RIDDANCE.—It is stated in *Hall's Medical Journal*, that half an ounce of soap boiled in a pint of water, and put on with a brush while boiling hot, infallibly destroys the bugs and their eggs. Flies are driven out of a room by hanging up a bunch of the plaintain or seawort plant after it has been dipped in milk. Rats and mice speedily disappear by mixing equal quantities of strong cheen and powdered squills. They devour this mixture with greediness, while it is innocuous to man. When it is remembered how many farmers have lost their lives by swallowing in mistake mixtures of strychnine, ratsbane, corrosive sublimate, &c., which are commonly employed for this purpose, it becomes a matter of humanity to publish these items.