

the curtains, remain the same until worn out. Consider now that every car contains or has recently been occupied by a consumptive traveller, and there be deposited upon bedding, curtains, etc., tuberculous matter. What becomes of it? The car may also have been recently occupied by a person only recently convalescent after smallpox or scarletina, or by one suffering from primary syphilis.

THE REMEDY suggested is as follows: The plush velvet and silk hangings must go. Seats should be covered with smooth leather that they may be washed off, carpets substituted by rags, to be shaken in the open air at the end of every trip, or better still, abolished for hard wood floors. The curtain abomination must give place to screens of wood or leather; blankets of invalid's beds subjected to steam at a high temperature; mattresses covered with oiled silk or rubber cloth, that may be washed off; and above all things, invalids provided with separate compartments, shut off from the rest of the car, with the same care that is taken to shut out the smoke of tobacco. Dr. Whittaker did not mention better general ventilation of the car, perhaps thinking it too much to expect of a railway company. This, good ventilation, we think of the first importance.

FOR INTEMPERANCE we believe there is no better direct remedy than strict "vegetarianism." Since the time when Sir Charles Napier, F. G. S. read a paper on the subject before the British Association at Bristol, England, a great deal of evidence has been advanced in favor of this remedy. The experiments of Sir Charles were based on the theory of Liebig, that the use of alcoholic liquors could not be indulged by those who confined themselves to farinaceous food. Sir Charles tried a vegetable diet as a cure for intemperance in twenty-seven cases, and the cure was effected in every case, the time varying from 36 days to 12 months.

FURTHER EVIDENCE is now given in one of the "Penny Papers" published by the National Temperance Society and Publication House, New York. The experience of a physician is given, who states that he inherited a good constitution but wrecked health and happiness by bad habits early in life. He commenced to chew and smoke tobacco, thinking there was no harm in it because preachers visiting at his father's house used tobacco. The tobacco habit led to

indulgence in intoxicating liquors. He struggled against the growing habit but to no purpose. His life was a struggle against an appetite which usually came off victorious, leaving himself the defeated victim. After much suffering and many broken resolutions he determined, if it were possible, to eradicate the appetite. For this purpose he studied and experimented on various methods pursued at Inebriate Asylums but failed in every experiment. At length he was induced to try the experiment of a vegetarian diet.

HIS EXPERIENCE: "My health is greatly improved, and the old craving for tobacco and stimulants has been entirely obliterated. Tobacco and alcohol had made me almost a complete physical wreck; my nerves were so shattered that my hands were as tremulous as a palsied man's; indigestion and palpitation of the heart were common; while I suffered intensely at times from rheumatism, neuralgia, and such obstinate and painful constipation that I had to take my medicine as regularly as my meals. Under the new habits and diet, I was soon enabled to lay aside medicine entirely, and I have not taken a dose for more than five years. My nerves are steady, my mind is clearer and more vigorous, so that I can do twice the amount of work with half the labor. Six months after adopting the vegetarian diet, I missed the rheumatism. It has never returned. I am fleshier than ever before; I have a splendid appetite; eat all kinds of vegetables, fruits, nearly everything but meat, though I use sweet things very sparingly; pickles, pepper sauce, mustard, and all such innutritious, irritating substances I avoid.

A MOST SUGGESTIVE case, with the result of which we are in full accord, is brought to mind by the reference to "tobacco smoke" and "tobacco habit." A man was recently brought before a police justice of Chicago for thrashing a fellow-passenger on a street car. The man who was pommelled was smoking. He was requested to stop. He did not, and was thrashed. The verdict of the justice was: "The public has rights. The prisoner did perfectly right, and is discharged." The editorial comment of one of the dailies, was as follows: It is therefore settled, so far as a police court decision can settle anything, that a man who