

amounts of arsenic taken for a long time can poison a person. In factories where arsenical compounds are made, and in those where wall-papers are manufactured, arsenious poisoning is practically unknown. The conditions which would demonstrate to a certainty that a person is poisoned with, we will say, arsenical wall-paper, have not yet been absolutely secured.

**A GOOD POINT FOR VEGETARIANS.**—The editor of *Good Health*, a member of the Michigan State Board of Health, draws attention to the following point: It being contended that, as the digestive canal (or intestines) is of enormous extent in most herbivorous animals, being in the sheep about twenty-eight times the length of the body, while in the purely carnivora it is comparatively short,—being in the lion only about three times the length of the body, and in man it is about six times the length of the body, it would, therefore, appear that the digestive organs of civilized man are suited to a mixed diet, of flesh and vegetable food. The above writer urges that, in measuring the length of the lion, the ape, and the sheep, we measure from the end of the nose to the end of the backbone; in measuring man, we take his total height, which includes the length of his legs. In order to put the figures on the same basis for man as for the lion and the sheep, we must put man on “all fours” to measure him, or at any rate, we must exclude the length of his legs. To include the legs in the case of man would be just as sensible as to add the length of the hind legs to the length of the trunk in the measurement of the sheep or the lion. The legs, as is well known, being on the average, exactly one half the length of the body, we must multiply our result by two. In other words, we find the proportion of the length of the body to the length of the alimentary canal to be twice six, or twelve; exactly that which we find in the anthropoid ape. Besides man is certainly not herbivorous, like the sheep, living on bulky grass.

**NEW FACTS ON STERILIZED MILK.**—Dr. Kellogg, superintendent of the Battle Creek (Mich.) Sanitarium, for some months has conducted experiments in sterilizing milk. He found boiling milk in well-stopped bottles, placed in a saturated solution of salt, will raise the temperature of the milk to about 230° F., a temperature sufficient to destroy all germs, as proved by the fact that milk thus sterilized will keep for any length of time without spoiling. The scum which rises to the surface of boiled milk is formed of coagulated albumen or lacto albumen, which is indigestible, and tends to produce inactivity of the bowels. When milk is boiled thus under pressure no surface scum is formed, and it is almost entirely free from the ordinary flavor of scalded milk, having the sweet and palatable taste of fresh milk. The bottles may be boiled in an ordinary kettle without breaking, by wrapping them with a cloth so as to prevent the glass from coming in direct contact with the bottom of the kettle. The bottles should be left in this salt solution until cooled.

**ON QUARANTINES.**—Quarantines were first instituted by the old Republic of Venice. As to the usefulness of quarantines and sanitary cordons, Dr. Sambon, a Continental Sanitarian of high repute, in the *Lancet*, London, says: Modern investigations shew them to be useless, and a long experience has utterly condemned them. England has been accused of being commercially and politically interested in the abolition of quarantine; but no nation can boast of having held public health so high above commercial interest, and it must be remembered that the English at one time were most sanguine supporters of quarantine. “The most important and perhaps the only satisfactory measure against infectious diseases,” he says, “is the sanitation of towns and hygiene,” that is, personal hygiene. There are of course exceptional cases wherein a quarantine is useful, as our own Canadian; but even it is of but secondary importance.