

know, from analysis—whilst other foods and drinks are absolutely poisonous, and often, alas! fatal. Adulteration of food and drink results in the daily construction throughout the country of mansions urban and suburban, whose foundations are the graves of its helpless and indigent victims.

"HEART DISEASE" v. HURRYING.—The *Pacific Record of Medicine* says, almost every day we hear of persons dying of "heart disease." In most cases, we may as well say "they died from want of breath." That men and women may have heart disease, or difficulty of any other organ, is true; but many cases of "heart disease" should be attributed to most wanton improprieties, which overtax the lungs and heart and the whole machinery. As we passed through a gate of a railway station, the other day, a young man fell in the passage and died almost immediately. The doctor summoned pronounced the cause heart disease. A gentleman standing near said: "If you had seen him running, you would say he died from hurrying." There was probably no disease of the heart or of any other organ, but an overtaxing of all the organs. By this foolish desire to catch a train or to reach some point a little sooner than we can do it safely, some of us are frequently jeopardizing our health and perhaps our lives. If we behaved ourselves, and lived and acted in moderation, we should have less deaths from "heart disease."

CARPET-BEATING.—The time for the annual domestic revolution of house-keepers, known as "spring cleaning," is at hand, and the carpet-beating nuisance, with its horrid din and clouds of dust, will soon be in full activity. Some

arrangements should be made by municipal authorities in villages and towns as well as in cities, whereby all carpets should be taken to a safe distance from any dwelling for the purpose of being beaten; although nothing should be done to discourage this most essential renovating process, but rather to encourage. It should never be permitted in back yards nor in adjacent vacant lots. The *Lancet*, on this subject, says: It will be unavailing, we know, to complain of the noise—no appeal in this direction will gain a moment's sympathy; but we hope more attention will be paid to the other nuisance. When we reflect on the nature of the dust thus raised, we are surprised that sane persons allow to be thus stirred up under their noses all the nauseous accumulations of dining room, bedroom, and stair carpets, to say nothing of door mats, etc., into a fine dust, and which thus dispersed finds its way again into our houses in a form most readily accessible to our respiratory organs. Indeed, it is fortunate if the dust thus roused is only nauseous and not infective, since the desquamated cuticle of scarlet fever, the scabs of small pox, the dried sputa of consumptive or whooping cough patients, living parasites, and hairs from mangy cats and dogs may thus invade our rooms. Carpet beating should, in any form, be prohibited within a reasonable distance from dwelling houses; and for those who cannot afford to pay the small sum required to have their carpets and mats properly cleaned, the authorities should set aside some open space, to which on stated days and at certain hours persons might bring their carpets and have them beaten, without causing annoyance or danger to themselves or neighbors.