

SCENTED CAKE SUSPICIOUS.—A practical baker says: if a cake is scented with something pleasing to the smell, you can make up your mind that cake was thus scented to kill the odor of bad materials. I have seen as many as six bad eggs put into a large cake. The scent used killed the smell. Tainted meat is also used by some conscienceless bakers in mince pies, where the high spicing and liquoring disguises the putridity.

NEED OF ARM EXERCISE :—Although there is no question as to walking being a very good exercise, there is much truth in the following (from Pop. Sci. News): Walking is a proper substitute for arm exertion. The reason is partially plain, since walking requires little attention, much less volition and separate discharges of force from the brain, than in the case with the great majority of arm movements. The arm-user is a higher animal than the leg-user. Arm motions are more nearly associated with mental action than leg movements. A man's lower limbs merely carry his higher centres to his foot or work. The latter must be executed with his arms and hands.

VALUABLE CONTRIBUTION ON FILTERS.—In an exhaustive paper on filters read at the New York Academy of Medicine, on the 5th, inst, Dr. Charles G. Currier gave the following summary of practical conclusions, after having quoted many high authorities and given in detail the history of his own experiments with Croton water: (1) Boiling sterilizes water and within thirty minutes will have killed harmful bacteria. (2) Drugs and other agents acting chemically if used in amounts which are safe, do not sterilize water. (3) The prolonged heat which water undergoes in the usual process of distillation destroys all germs which may be in the water undergoing the process. (4) Ordinary filters, even if satisfactory as strainers, fail to remove all bacteria from drinking-water. So far from lessening the number in the original water, the filtering substance may allow a more rapid multiplication than these micro-organisms would ordinarily undergo in the unfiltered water on standing, and the germs of disease, even if held back by the filtering substance, may be harbored in all filters. (5) The finer the substance through which the water passes, and the lower the pressure, the more perfect is the action of the filter in holding back the bacteria. (6) Of all substances thus far furnished for domestic filters, porous rebaked porcelain, carefully selected, I have found to be the best. If thick and strong enough to allow the use of a large surface, and the

substance remain perfect (without flaw or break), this may yield a fair flow of clear water free from all bacteria; yet under our ordinary Croton pressure of one atmosphere or less, this yield is only in rapid drops, unless the apparatus be complex. To ensure the permanency of this action, the filter should be occasionally sterilized throughout, by steaming or by other means. For, under prolonged pressure, various kinds of bacteria can go through, and in the copious organic matter collected on the filter some harmful micro-organisms can retain a high degree of vitality, for weeks longer than I have ever found them to live in pure water. (8) Where filtering is really necessary, it is in general best for the community that it be done carefully on a large scale through sand-beds upon which a fine layer of organic and inorganic matter is expressly produced by sedimentation, because of its valuable action in holding back the great majority of the bacteria. (9) A bad water filtered is less desirable than a pure water in its natural state. When, therefore, filtration is employed because of real danger of infection, the filtered water should, as a rule, be furthermore boiled, as the entire absence of sediment and cloudiness does not insure that the bacteria of disease may not have made their way through the filter.

THE absence of good sanitary administration in Italy permits the occurrence of nearly 300,000 cases of typhoid fever annually, with 27,000 fatal cases. In some districts more than three per cent. of the population die of this disease.

FACTS ABOUT CORN.—A bushel of corn makes four gallons of whiskey. It sells for \$16 at retail. The Government gets \$3.60, the farmer 49 cents, the railroad \$1, the manufacturers \$1, the vendor \$7, and the drinkers all that is left,—delirium tremens.

MOSES AND OTHER DOCTORS was the subject of the annual address to the public and the profession, by Dr. W. T. Walker, of Lynchburg, Va., which went to show that preventive medicine was not only the medicine of the future, as was being maintained, but had been the medicine of the past.

It is very necessary, says Good Health, after sweeping, to wash out the throat and nostrils with warm water. One would better let the face and hands go without washing in this case than let the nasty dust be absorbed by the delicate lining of these organs.