

OPIMUM smoking seems to be one of the dissipations indulged in by a few Harvard students. One of these opium smokers was recently found dead after smoking a pipe, and is supposed to have died of opium narcosis.

A WRITER in the Popular Science Monthly states among the Parsees of India baldness is unknown, although they are obliged by a religious law to keep their heads constantly covered, wearing a tall tightly fitting felt hat out of doors, and at home a skull cap.

AN English brewer, recently deceased, Mr. Richard Berridge, has left a fund of £200,000, or \$1,000,000, to be applied to the advancement of economic and sanitary science.

FOR THE SICK CHAMBER.—An exchange says: Don't let stale flowers remain in a sick chamber. Don't be unmindful of yourself if you are in the responsible position of nurse. To do faithful work you must have proper food and stated hours for rest. Don't appear anxious, however great your anxiety. Don't forget that kindness and tenderness are needful to successful nursing. Human nature longs to be soothed and comforted on all occasions when it is out of tune.

DANGER IN TINFOIL.—A great deal of the material which is erroneously called tinfoil is used to wrap articles of human food, including Neufchatel cheese, chewing gum, licorice pellets, fig paste, various kinds of candy, chocolate and nearly all kinds of chewing tobacco. As the most of this tinfoil is largely composed of lead, it is very dangerous to health, and its use for wrapping food has been legally prohibited in France. Nothing that is to be taken into the mouth should be allowed to come in contact with lead.

Castor-oil is said to be an infallible remedy for the stings of bees or other insects. It appears to counteract the poison and allay the pain as soon as applied.

Spirits of turpentine, or, better yet, "Sanitas," will remove unpleasant odors from the hands when all other deodorants fail.

A CITIZAN of Iona, Mich., while standing with wet rubbers on an iron doorstep, suddenly lost the power of walking. He nearly fainted with terror, thinking he was paralyzed. Upon discovering that his rubbers were frozen to the doorstep he felt better.

ENGLAND's leading woman doctor is said to be Mrs. Garrett Anderson, who has a practice worth \$50,000 per year.

THE INCREASE OF CANCER in England and Wales in the ten years 1871-'80 as compared with the decade 1851-'60, was equal to sixty-two per cent. among males and forty-three per cent. among females. The disease appears to prevail most extensively in London and its environs—possibly by reason of the attractions offered to patients by its hospitals—and in Devonshire—possibly on account of the health-resorts.

ARSENIC IN HANGINGS.—What might have proved a serious epidemic if the goods had not been removed was started recently in a civil-engineering college in England from the brilliantly colored cretrome and muslin hangings of some of the student's rooms. Even such colors as black and dark blue, have found unsafe.

OF PERFUMES.—W. P. Ungere, in the Popular Science News, says: I have watched for years the action of inhaling perfumes on the human system and come to the conclusion that inhaling perfumes and odors of flowers is not only a valuable therapeutic agent to the human system, according to Professor Schonbein's statement, but it is my personal opinion that living in perfumed air will prevent lung diseases, and arrest the development of consumption. In my connection with perfumery manufacturing, for over thirty years, I have had several consumptive persons in my employ of both sexes, who were condemned to die young of the inherited disease, out side of that occupation, but who lived to a good old age in the saturated air of perfumes. In my late visit to Grasse, in the south of France, which is called the Flower-Garden of Europe, my assertions were confirmed, as consumption is of rare occurrence in that locality. The air is full of the escaping vapor from the distilling of perfumes and ethereal oils, which is the chief occupation of that country; and the in and out door air is saturated with the exhalation of the flowers and plants all the year round. "Moral:" Cultivate abundance of fragrant flowers.

OAT MEAL PROPERLY COOKED.—Table Talk gives this process: Oat meal will turn out like properly boiled rice, each grain swollen four times its natural size, and no two sticking together, if cooked by the following rule: Put four table-spoonfuls of finest quality Irish oatmeal, with one quart of cold water, into a double boiler; add a teaspoonful of salt, and stir for a moment to mix. Stand it over a brisk fire and boil the water bath without stirring the meal for two hours, or until the mass has a thick, jelly-like appearance; push it to the back part of the range, where it will steam over night. In the