

- Over-heating, 130, 131, 156.  
 Over-pressure, 690.  
 Over-work, influence on diseases of the brain and digestion, 695.  
 Ox liver, composition of, 627.  
 Oxygen for formation of tissue, 408.  
     in the blood, 43.  
 Oysters, composition of, 427,  
 Ozone, 47, 200.  
     influence of, 200.
- Paint, antidotes for, 729.  
 Palate, soft, 473.  
 Pan-closet, 264.  
 Pancreas, 479.  
     nature and offices, 480.  
 Parasites in food, 442.  
     in water, 567.  
 Paregoric, antidotes for, 729.  
 Paris green, antidotes for, 729.  
 Parkes, Dr., 8, 9, 208.  
 Parotid gland, 464.  
 Parsnips, composition of, 427.  
 Pasteur's discoveries, 292.  
 Peas, dry, composition of, 427.  
 Pepper, Cayenne, 459.  
 Pepsin, 478.  
 Peptic glands, 477.  
 Peptones, 478.  
 Perflation, 98, 105.  
 Permanganate of potassium as a disinfectant, 330.  
     for testing water, 558.  
 Pettenkoffer on water in soil, 193, 194.  
 Phosphorus, antidotes for, 729.  
 Physical development, 667-686, 694.  
     faculties, 688.  
 Pickles, 458.  
 Pictures in school, 660.  
 Pipes for water, 538.  
     for drainage, 244.  
 Place-winning, 697.  
 Plague, 290.  
 Playfair, Sir Lyon, 705.  
 Pneumatic systems of sewerage, 278.  
 Poisoning, emetics in, 726.  
     general treatment of, 725.  
 Poisonous material, absorption of, 748.  
 Poisons, antidotes for, 729-731.  
     care in storing, 332.  
     classification of, 724.  
     rat, antidotes for, 729.  
 Pollen in air, 61.  
 Pollution of air, 211.
- Pollution of soil, 213.  
     of water, 214, 229.  
 Pork, fat, composition of, 427.  
     lean, composition of, 427.  
 Porter, composition of, 427.  
 Potash, caustic, antidotes for, 729.  
 Potassium for tissue-formation, 408.  
     cyanide, antidotes for, 729.  
 Potatoes, composition of, 427.  
 Potato flour in bread, 449.  
 Pott's cornice, 112.  
 Poudrette, 280.  
 Poultry, composition of, 427.  
 Precipitation of sewage, 280.  
 Premonitory symptoms of infectious diseases, 297.  
 Presbyopia, 599.  
 Preservation of drainage plans, 263.  
 Printers, average age of, at death 14, 15.  
 Printing offices, vitiation of the air of, 15.  
     remedy for, 91.  
 Prize-winning, 697.  
 Process of growth and nutrition, 379.  
 Professions, various, relations of, to sanitary science, 2  
 Propulsion, ventilation by, 122, 123.  
 Protein compounds, 417.  
 Prussian-blue, 453.  
 Prussic acid, antidotes for, 729.  
 Puberty, age of, 700.  
 Pulman, sewerage of, 284.  
 Pulmonary circulation, 28.  
 "Punch-bowl" sites, 187.  
 Pupil of the eye, 585.  
     effects of opium and alcohol on, 497,  
     498.  
 Purification of sewage, 280-284.  
     of water, 568, *et seq.*  
 Pyloric glands, 477.
- Quarantine, 341-343.
- Railroads and color-blindness, 630.  
     and infectious diseases, 343.  
     dry-earth system for, 343.  
 Railway employees, average age of, at death, 14, 15.  
 Rain, action of, on atmosphere, 530.  
 Rainfall and sewers, 243.  
 Rain-water, 530.  
 Rank and reward, 691.  
 Rat-poison, antidotes for, 729.  
 Recesses, good effects of, 684-703.