

maintain that our method is the best—nay, for a large town, the only possible one. Deodorization, chemical processes, precipitation schemes, are one and all, when tried on a large scale, hardly capable of being carried out with effect, and are very expensive, too; while as to the resultant sludge, not only is it impossible to make advantageous use of the same, but the mere getting rid of it is a most difficult matter.”

**REST FOR WOMEN.**—An exchange says: Many women never rest. They seem not to understand what rest, real rest, means. To throw one's self down with a newspaper or book is not rest; it is only a change of occupation. To sit down and keep the fingers flying over some sort of fancy work, as if one were pursued by a demon of unrest, is certainly not rest. But to lie in full length on a hard surface, arms extended at sides, head back, with no pillow, eyes closed, all cares and worries dismissed, this is rest; this will smooth away wrinkles in the face and in temper; this will give an air of repose to the tired, anxious, nervous woman; this will take away many an ache, and straighten out the rounded shoulders and craned out necks.

**AN ACTIVE EIGHTY YEAR OLD VEGETARIAN.**—Hon. J. E. Weeden, of Randolph, New York, says Good Health, is undoubtedly the oldest vegetarian in this country. From a letter recently received from this gentleman, we glean the following interesting facts, some of which are stated in his

own words: Mr. Weeden is a lawyer, and, although eighty years of age, still goes regularly to his office, and attends to the business of his profession. At thirty he found himself with a strong tendency toward consumption. He abandoned the use of flesh food, tea, coffee and tobacco, and took but two meals a day. He has continued in this course of life ever since. He was the oldest of thirteen children, all of whom, with the exception of himself, and the three youngest, are now dead. He has not had a sick day for thirty years. Mr. W. ascribes, and no doubt correctly, his wonderful vigor to his simple habits.

**CONSUMPTION IN PIGEONS—INTERESTING CASE.**—Dr. T. W. Mills, Prof. Phys. McGill University, at the meeting last month of the Montreal Medico-Chirurgical Society, exhibited specimens from a tuberculous pigeon, a white Jacobin, bred by himself, which had died two days previously: “The specimen illustrated two principles that seemed to hold in regard to tuberculosis among the lower animals: (1) The extreme rapidity of the process; and (2) the extensive character of the lesions. This bird had been ill only three weeks, and was fairly well nourished at death. The tubercles were very widely distributed, the organs inflamed and bound together by recent adhesions. Owing to enlargement of the organs and pressure the apex of the heart was squeezed to such an extent that it must have become functionless.” Dr. Mills stated that no doubt many birds offered for sale on the market were subjects of tuberculosis.

## NOTES ON GENERAL SANITARY PROGRESS.

**AS NOTED ELSEWHERE,** progress is being made in relation to the treatment and disposal of sewage; the “Magnetic” process giving most satisfactory results.

**WORK** relating to the examination and registration of plumbers is apparently going on satisfactorily in England, and meetings are being held in this behalf in various towns.

**A GREAT SCHEME** for the sanitary improvement of the City of Buenos Ayres is now being carried out upon a scale which dwarfs anything which has ever been attempted in any other part of the world. It is proposed not only to connect 40,000 houses to the main sewers which are almost completed, but also to sanitize each and all of these houses within a space of three years. This means that the objectionable arrangements of cesspools and other defective appliances must be removed from

the city at the rate of about 250 houses per week. If the same scheme were to be adopted in London, The Sanitary Record (Dec., '88), says, it would take nearly thirty years to arrive at a similar result, and would require an army of workmen, and an amount of material which would necessitate a vast addition to the employees in our potteries, brass foundries, and lead mills throughout the breadth of the country.

**IN PARIS** It is proposed to supply that city with water from Lake Nauchatel, three hundred and twelve miles distant and sixteen hundred and twenty-three feet higher than the mean level of Paris. It is proposed to tap the lake two hundred and sixty feet below the surface, where it has a temperature of forty-three degrees. A tunnel of twenty-two miles under the Jura mountains will be required. The supply of water is practically unlimited.