

satisfactory way. On a number of occasions we have recommended this composition to our readers and we are very glad indeed to learn that it constitutes the best powder; as it is, too, altogether, by 60 or 70 p. c., the most economical.

OF ALL THE BAKING POWDERS examined, 54 brands, very few were unobjectionable. Indeed 13 only were mainly cream of tartar powders, the only powders which are fit for use, if we regard the health. Five were tartaric acid (with cream of tartar in some cases); 2 cream of tartar with carbonate of ammonia; 4 alum powders; 3 phosphate powders; 26 alum phosphate powders, and one bi-sulphate of potash. Eleven of the brands were from the United States. One was from England. Four of the American samples were cream of tartar powders; one each cream of tartar and carbonate of ammonia, and cream of tartar and tartaric acid; one alum, and two each of phosphate and alum phosphate. The English was an alum powder. Fifty-seven per. cent. of the Canadian brands were found to be alum phosphate powders and hence not fit to be taken into the stomach.

IN A LEADING ARTICLE bearing on the analysis of these powders the Monetary Times says:—If, after all, white bread, irrespectively of wholesomeness, is the great desideratum, the buyer will use the flour and the baking powder that assist in accomplishing this end. It has been proved that the refining process of the modern roller mill denudes the flour of one of its most vital components, *i.e.*, potash salts, which are said to lie next the inner bran. The bone and muscle forming flour is not the whitest flour and when a baking powder is added to make a white and light loaf by reason of the bleaching qualities of the alum contained therein, the result may be something nice to look at but decidedly injurious to health. By all means give us the names of the manufacturers whose powders are found to contain the objectionable element and then there can be no excuse for the consumer to act ignorantly in making his selection.

THE PRECISE PROPORTIONS, as given by the Dominion Analyst, for the safest and best baking powder, are as follows: starch 20.0 per cent., bi carbonate of soda 23.7 p. c., and cream of tartar 56.3 p. c. Without some admixture of

a neutral substance, such as starch, a gradual deterioration of the baking powder results from long keeping, due to the slow interaction of the constituents as they become affected by atmospheric moisture. Rice flour or wheat flour, we believe, answers every purpose. Indeed we have always recommended rice flour. A reliable druggist is the best to buy from, who will give the exact proportions, carefully weighed, of the two active ingredients. The proportion of flour or starch is not so important, but should not exceed one-fourth the quantity by weight of the two other ingredients. Always ask for the purest, BEST, cream of tartar, as it is often adulterated with most objectionable compounds. We would again strongly urge our readers to adopt this plan, and this only, of supplying their cooks with baking powder.

THE DANGER of contracting tuberculosis in travelling on ship board with a consumptive patient was recently brought out by a barrister, in the Australian Medical Gazette. Dr. Whittaker, of Cincinnati, at a recent meeting of railway surgeons, has shown a like danger in sleeping cars. Although we have frequently been all night on board a train, we have not now for several years taken a birth in a sleeping car, on account of such a danger, and from the absolute lack of any means of proper ventilation in these curtained cells; preferring to occupy a seat in a better ventilated, even if still very badly ventilated, parlor or other day car. No more disgraceful and disgusting condition exists in society which has the means to provide better, than this one of foul air in the "palace" sleeping car, to say nothing of its danger.

IT WOULD be difficult to conceive of a conjunction of circumstances; Dr. Whittaker says, more directly contributive to disseminate this disease than is offered in the palace car. It is always badly ventilated, the vestibule car especially, close and hot with sixteen to thirty people in a space that might make a small hall in a house, but never a bedroom for a pair of human beings. Somebody is always hurt by a draught, so that windows are kept closed. With the gathering shades of the evening, the compartments containing the bedding are opened into the car to diffuse through it a disagreeable musty odor. The traveller is treated to the visible luxury of clean sheets and pillow-cases, but the blankets, mattresses, carpets, and worst of all,