

minimum and all the advantages of a sarcophagus are obtained without its expense. Electro-plating is the application of a perfectly even metallic coating to the entire body by the same process which produces an electrotype plate. The effect obtained an exchange *sa, s,* is beautiful. "The repulsive corpse is transformed into a glistening statue of bronze, gold, or other metal; form, features, and expression even, being perfectly preserved. Hermetically sealed by this metallic shell, putrefaction is impossible, and the body merely mummifies." More than eleven human corpses have been treated by this method and samples were on exhibition at the Paris Exposition 1885. It is sanitary, cheap, æsthetic, and avoids one great objection which can be validly urged against cremation, that it gives opportunity for the defeat of justice by destroying the evidence of crime. The expense is slight, of course depending largely on the metal used.

HOW TO INCREASE THE BODILY WEIGHT.

—In a little pamphlet of "Practical Directions for Exercising and Using the Gymnasium at Amherst College," are the following good rules: Exercising all the muscles moderately for a short time daily. Do not become greatly fatigued. Take a short spray bath, with moderate cool water, two or three times a week. Avoid excessive mental exercise, study or worry. Do things quietly and moderately and not with a rush. Lie down and rest, or sleep for half an hour after dinner and supper if possible. Do not study soon after eating. Practice deep breathing and holding the breath, to exercise the diaphragm and stomach. Retire early at night and sleep as long as possible. If sleepless from brain work, eat a few graham crackers before retiring,

to draw the excess of blood from the brain to the stomach. Then bathe the head and back of the neck with cold water, and if necessary the feet also and rub them briskly until red and dry." It is recommended to eat slowly of plain nutritious foods—sweet vegetables, corn-starch, fat meats, soups, with milk, chocolate and cocoa.

HEALTH RULES—FOOD ADULTERATION.

—In one of Dr. William Hitchman's "Lectures on Health" is the following: Urge the most punctilious observance of normal skin, natural temperature, intellectual recreation, regulation of work, sleep, and waking hours, not omitting scientific ventilation and improved dwellings for the poor, cheap food, good cookery, as well as singularly minute attention to clothing and changes of weather—physical puritanism, in fact, with avoidance of alcohol, tobacco-snuff, and *every* intemperate habit; yet none shall raise Britannia's present veil of darkness until each child is radiant with the beauty of individual reform. Nobility of character is the only real life. In justice to the work-classes, however, with whom I have been largely intimately associated for some half century past, either as medical student, hospital surgeon, or poor, law medical officer and Sunday lecturer, let me say that—opposed to their progress is a social fiend; in the *adulteration* of food and drink is to be found a veritable "demon of humanity," or coldness of heart and barbarous cruelty. Surely that man *is* a devil in deed and in truth who, "when asked for bread, giveth a stone." Why does not a competent board of chemists scientifically declare on each article *ex cathedra*, that the veriest necessities of life are really what they seem to be? Some of these sophistications, comparatively speaking, are perfectly harmless—I