

tion against all three of the injurious orders of pollution present actually or possibly in every water—the irritative and obstructive mineral matters, the unwholesome decomposing organic matters, and the pernicious classes of living organisms. Of the latter, even those larger parasites that take possession of internal organs and tissues in formidable size or number, are mostly conveyed in unsuspected waters, and constitute by the large aggregate of distressing cases a veritable scourge, from which, as to liability, no person is exempt. At the same time, the various micro-organisms now well enough known to be the causes, most probably, of pestilences, epidemics, and malarial or zymotic diseases, are in such active circulation and infinite propagation all over and under the earth, that no water can be wholly safe without constant purification. Optimism and skepticism—nearly allied supporters of delusion—laugh at these rigorous results of science as theoretical terrors that sober experience universally refutes. Fifteen hundred millions of people, more or less, who are well enough at least to be about, seem to be so many perpetual witnesses to the chimerical nature of these alarms. Really, they are witnesses to the power of vitality and to the benign protection of Divine Providence, that ward off innumerable dangers, seen and unseen, from every one of us. But on the other hand, the equal and ghastly multitude of the dead and dying bear witness, interpreted by science, to the power of these invisible hosts, from which few of us ultimately escape to end our lives by natural decline. Instructed thus, shall we still be such fools as to shut our eyes and ears to demonstrated danger, to all but ascertained destiny, and

to proved and practicable redemption from both ? ”

Once more as to water purifying itself, so to write, in running streams, Sir Benjamin Brodie, the late distinguished professor of chemistry in the University of Oxford, made the following statement before the Rivers-Pollution Commission of England :—“ I should say that it is simply impossible that the oxidizing power acting on sewage, running in mixture with water over a distance of ANY length, is sufficient to remove its noxious quality. . . To think to get rid of the organic matter by exposure to the air for a short time is absurd.”

Plainly, the only way to obtain absolutely pure and safe water, is to either obtain it from great depths in the earth, as from Artesian wells, or to have it carefully purified by proper filtration. The people of any town or city in this country are able to provide an absolutely pure and safe water for public supply in one or other of these ways, and it is plainly their duty to do so.

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ON COOKING.—Dr. Lauder Brunton says cooking should be regarded as one of the fine arts. Miss Parloa, of the New York uptown school of cookery says, “ We cook too fast, do up things in a hurry, and outside of a few fashionable restaurants the best method in preparing food are not in vogue. One reason I attribute good cooking to the French is because they do not rush things with big-heated fires, but are sparing with their fuel and cook more slowly. Then, too, they understand more thoroughly how to season food properly. Our great fault is that we are apt to season too highly from having a plenty.”