

fever germ and a preventive or a cure for the disease.

SOME INVESTIGATIONS by Dr. Grassi, of Rovellasea, show that common flies may carry contagion. They carried exposed ova of human parasites to different parts of his house. The ova were found in the dejecta of the flies.

Individual Hygiene.

DIET—MASTICATION.

In selecting his food, it is said, and truly, that man is choosing his mental and moral, as well as his physical character. Of all subjects of hygiene, taking it altogether, that of diet is probably the most important. Perhaps no part of the subject of diet requires more attention than that of the process of mastication. Thorough mastication and insalivation getting the food well mingled with saliva and air, is indispensable to good digestion. With the habit of thoroughly grinding the food, that of eating slowly is secured, and hence the natural feeling of satisfaction when enough has been eaten is more readily observed and over eating is avoided. And there are but few who do not injure themselves by over eating. It is only what is digested and assimilated that nourishes the body, whatever is eaten more than this is harmful. Imperfect mastication is then responsible for a good deal of trouble. Imperfect digestion imperfect and impure blood, and general derangement of the entire organism, with mental irritability.

PREVENTION OF SUMMER COMPLAINT. — Dr. David Little, of Rochester, N. Y., had been physician to a children's orphan asylum for twenty-two years, and every summer there had been enteric disease. In the summer of 1882 he ordered that the infants be fed only every three or four hours, and that water be given if the child cried in the interval. There was not a single case of enteric disease in the institution during that season.

OLD AGE MAY BE RETARDED, it is said, by moderation in eating, avoiding food rich in the earthy salts, and drinking distilled water. It is well known that

advancing age is characterized by an increasing per cent. of earthy matter in the tissues. The quantity and selection of the food may exercise an influence over this accumulation of earthy salts. It is supposed that the powerful solvent properties of distilled water will prevent these accumulations and tend to remove them when already formed. It may be drunk *ad libitum*. Its solvent power increased by the addition of a few drops of dilute phosphoric acid to each tumblerful. As the *Medical World* says, "this procedure seems quite as clearly indicated in advancing age, as the giving of phosphate of lime and medicines and foods rich in this salt to rickety children."

THE MOST PERFECT REST to all parts of the organism is obtained when the body is in the recumbent posture—lying down flat, on a level surface. In this position the heart beats slower than in any other, and the breathing is calmer, so that the organs of the circulation, and the chest and lungs, are taxed in the least possible degree, while all the voluntary muscles are entirely inactive. The more perfect the repose and the lower the degree of excitement, the more complete will be the renovation of the tissues, and the greater the after ability to endure labor. The wild Indian, the Tartar messenger, and the wandering Arab, yielding to a sort of instinct, when weary, stretch themselves prone upon the ground or upon mats or cushions; and they rise again wonderfully refreshed and ready for more of their wonderful pedestrian feats. We might take a valuable hygienic lesson from these creatures of nature. So when you are tired, instead of taking some stimulating drink, as too many do, or sitting in a stiff, straight-backed chair, lie down or recline as much as you possibly can.

We regret that we have not yet been able to get the cuts, as we expected, for illustrations in the "hints on the methods of developing the chest and lungs" prepared for this number.