

Much is being said in England on the hygiene of railways. The subject should be vigorously agitated in this country. The influence of the medical profession, whose power is always recognized in social and sanitary questions, should be brought to bear on this matter of vital public interest. *Maryland Medical Journal.*

The poor often envy the wealthy, but do they always appreciate what those in better circumstances do for the poor? The heated weather is a trying time for all of every class, especially for those in the extremes of life. In large cities there are societies for the amelioration of the condition of those who by force of circumstances are compelled to stay in town. There are free excursions, there are homes provided where children and even the grown of not only the poor, but of those in even better condition, may spend two or more weeks in rest and recreation, and again there are the true philanthropists, like Straus of New York, and others, who provide pure milk and abundant ice for the poor at prices within the reach of all. Every city provides for the shiftless and unfortun-

ate alike, and each year facilities for the improvement of the condition of the poor grow, and the good done is seen if not appreciated.—*Maryland Medical Journal.*

TO BLOW OR WASH?—In these days of warfare against dirt, why don't we wash our noses? Surely they get quite as dirty as our teeth, which we brush so laboriously every day. The civilized nose is, in fact, one of the dirtiest organs of the body; for so long as civilization, which mostly means crowding, involves the breathing of dirty air, the nose which is the organ by which the air receives its first preliminary purification, must become loaded with all sorts of nastiness. The man with a cold, who is always sneezing and slobbering with his handkerchief, is not a pleasant companion; but, for all that, by dint of much "running," his nose at least is washed, and is cleaner within than that of the fine lady who has trained herself never to use the highly-decorated little bit of lace which she carries about and calls a handkerchief; for in that nose condense and accumulate the soot, the dust, and the microbes of our far from cleanly cities.—*Ex.*

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