

the disposal of garbage and other refuse matter, twenty-three endorse the practice of cremation. Thus is public sentiment manifesting itself throughout the country.

To begin with first principles, I would educate the people, if possible, up to an appreciation of the advantages of this method. The household cremation of animal and vegetable waste is a sanitary and an economic possibility. The ordinary kitchen range or the house furnace is a good incinerator. If the habit of banking up table-refuse to dry upon one side of the stove or heater, fire be adopted, it will be found that this material, freed of its excess of moisture, is an excellent form of fuel in itself. This complete destruction of household waste does away with all necessity for its accumulation and removal. The owners of markets and commission houses, restaurants and hotels would find it equally profitable to provide themselves with small private crematories for the destruction of refuse. Such a device, easy to operate, economic in its cost of support, and sanitary in its results, can be readily obtained.

After all private effort can do in this way, there will still be a large measure of municipal needs. A somewhat varied and difficult experience in the attempt to educate the public in this faith, has taught me that in order to its best success, a crematory must be carefully constructed, after a chosen model, and should be continu-

ously operated. So built and so constructed, I believe it will most safely and economically dispose of all the coarser and combustible kinds of waste material. My own choice has fallen upon the Engle Patent as being, with certain modifications, the most promising in its results. Its essential feature, without which, in some form, a crematory cannot be a satisfactory success is the provision of a second fire intended for the destruction of the noxious gases and vapors which inevitably escape the primary fire.

To return to our general theme: Among the hopeful indications of sanitary reform, the effort being made in several of our large cities toward the abolition of the privy-vault system is deserving of especial mention.

New York, is, I believe, the only city where this reform-measure is an accomplished fact, but other communities are following in its wake. When sewage does not exist, decided preference should be given to the well-constructed earth-closet; where the sewer is available, connections should be ordered as rapidly as possible.

The most important bar to the progress of the health-measures we have discussed lies in the torpor of public sentiment, and it should be the highest functions of this Association to stimulate the education of the people in these interests.

MISCELLANEOUS NOTES AND EXTRACTS.

⁵OLD TRUTHS TURNED UP.—In the year 1840 a commission was appointed under the authority of this Commonwealth to make a sanitary survey of the State, "with a statement of such facts and suggestions as they may think proper to illustrate the subject." The commission prepared a report and introduced their statement with the following words:—"We believe that the conditions of perfect health, either public or personal, are seldom or ever attained, though attainable;—that the average length of human life may be very much extended, and its physical power greatly augmented;—that in every year, within this Commonwealth, thousands of lives are lost which might have been saved;—that tens of thousands of cases of sickness occur which might have been prevented;—that a vast amount of unnecessarily impaired health and physical debility exists among those not actually confined to sickness;—that these prevent-

able evils require an enormous expenditure and loss of money, and impose upon the people unnumbered and immeasurable calamities, pecuniary, social, physical, mental and moral, which might be avoided;—that means exist, within our reach, for their mitigation or removal;—and that measures for prevention will effect infinitely more than remedies for the cure of disease."—Dr. H. P. Walcott, of Cambridge, Pres. Mass. State B'd. of Health, in his annual discourse in Boston before the Mass. Med. Soc.

DYSPEPSIA—THE DIET AND THE HUMORS.—The answer of the wife of the good-natured husband to that of the ill-natured one, was, if coarse and blunt, also philosophical. When asked how she managed to keep him so good-natured, she answered, "I feed the brute." Lauder Brunton in his Lettsomian Lectures, quoting Sidney Smith, said: "Happiness is not impossible without health, but it is very difficult of attain-