

ing the destructive action upon mucous membranes and preventing rapid absorption. Common soap has lately been strongly recommended and may often be used in the absence of other preparations.

THE NEW YORK MEDICAL JOURNAL draws attention to a danger which is very liable to be overlooked: While the typhoid bacillus can at times be detected in the manure obtained from scavengers, no competent observer has, we think, detected it in the juices of vegetables that have been manured with that substance. The use of such manure is however not wholly free from danger, and vegetables that do not pass through the process of boiling in their preparation for the table should be cleansed from all foreign matter with unusual care. A certain portion of this fertilizer can not fail to lodge on the leaves and stems of such edible plants, as celery for example, peculiarly apt to hold bits of cess-pit manure, which filth will not be all disengaged and washed away by the ordinary process of cleansing for table.

OUR NATIONAL FOOD GUIDE, for October, is the title of a bright little sheet issued by the Ireland National Food Company of Toronto, with the good motto, "It is not what we eat, but what we digest, that nourishes us." It gives a good deal of information relative to foods, and those of their own manufacture in particular; and these we have often highly recommended, as being we believe the best prepared foods in the market. It appears that the Countess of Aberdeen was very highly pleased with them.

THE Sanitary Inspector, the organ of the Maine Board of Health, says that, "In this State the law makes it compulsory upon every city and town to keep a local board of health organized and ready at short notice to act for the protection of the public in case of emergency." This is what is boasted of in Ontario. But why wait for "emergencies"? There is always work for a board of health, in which respect it differs from a fire brigade. Causes of disease are every where and require an almost incessant combat.

THE ISLAND of Heligoland, whose name has lately figured so prominently, is another illustration of the microbe purity of ocean air. In 1888 only twenty persons died out of its population of 2,000. Of these twenty deaths, fourteen occurred in persons past seventy years of age, and none occurred among children. The average age of the twenty decedents was sixty-six and one-half years.

THERE is a law in Spain which has been in existence fifteen years requiring compulsory registration of architects.

DR. RICHARDSON says: If by some magic spell, England could wake up to-morrow clean, she would wake up pure also in spirit and godly in the recompensiveness of goodness. Cleanliness covers the whole field of sanitary labor. It is the beginning and the end: practiced in its entirety it would banish all disease from the world.

ON THE "Athletic craze" Dr. O. W. Holmes says: Whether the excessive development of the muscular system is compatible with the best condition of general health is, I think, more than doubtful. The muscles are great sponges that suck up and make use of large quantities of blood, and the other organs must be liable to suffer for want of their share.

DR. GABUZZI, (in Gaz. med. d'Orient) cites experiments going to show that the microphyte of cholera is sterile within the patient's organism, and that, in order to be rendered capable of conveying the disease, it must find a nutritive soil after being cast off from the system. The urine, he thinks, often constitutes a medium in which it may attain pathogenic powers, and personal uncleanliness may therefore be regarded as a predisposing cause of cholera.

PUT in a ton of coal or so extra to be used during the winter for ventilation,—for warming plenty of the outer pure air. It will be money well spent.

THE cheap tinware in such extensive use all over the country is said to be absolutely dangerous, the coating of the iron being adulterated with poisonous metals, principally antimony.

TWO ladies in Washington, says the New York Times, have opened a nurse for the instruction of mothers. Lectures are given, nursery improvements are exhibited, food cooked, and last, but not least, a baby is washed, dressed, fed and put to sleep by expert hands in the presence of the audience.

IN NEW YORK, directly in the midst of an immense baby population, a German and his wife recently started a bathing-house for babies, and during the past summer have done a rushing business. The charge of the bath is ten cents, which includes the dressing and undressing of the child and a thorough wash.