Bealth and Bome.

HOW NOT TO TAKE COLD.

Dr. Beverly Robinson, discoursing upon the subject of "colds and their consequences," gives the following useful advice: If you start to walk home from a down-town office, he says, and carry your coat on your arm because the walking makes you feel warm, you are liable to take cold. Therefore don't do it. If you should take the same walk after eating a hearty dinner, your full stomach would be a protection to you, but even then my advice would be, don't take the risk. A person properly clothed may walk in a strong wind for a long time without taking cold, but if he sits in a room where there is a slight draft, he may take a severe cold in a very few minutes. Therefore don't sit in a room where there is a draft.

don't sit in a room where there is a unit. Unless you are affected by peculiar nervous conditions, you should take a cold sponge bath in the morning, and not wash yourself in warm water. Plunge baths in cold water are not recommended, neither is it necessary to apply the sponge bath all over the body. Occasional Turkish baths are good, but those who have not taken them should be advised by a physician before trying them. Warm nufflers worn about the neck do not protect you against taking cold, but on the contrary render you extremely liable to take cold as soon as you take them off. They make the throat tender.

Ladies ought to wear warmer flannel underclothing than they now do, if one may judge from the articles one sees hanging in the show-windows of the shops. People take cold from inhaling cold air through their mouth oftener, perhaps, than by any other way. Ladies dress themselves up in heavy furs, go riding in their carriages, and when they get ho ne, wonder where they got that cold. It was by talking in the cold open air, and thus exposing the mucous membranes of the throat. The best protection under such circumstances is to keep the mouth shuf. If people must keep their mouths open in a chilly atmosphere, they cught to wear a filter.

Above all, be careful of your feet in cold damp weather. Have thick soles on your shoes, and if caught out in a rain which lasts so long as to wet through your shoes, despite the thick soles, put on dry stockings as soon as you get home. But in cold, wet, slushy weather don't be caught out without overshoes. Rubbers are unhealthy, unless care is taken to remove them as soon as you get under shelter. They arrest all evaporation through the pores of the leather. Cork soles are a good invention.

When you go into the house or your office, after being out in the cold, don't go at once and stick yourself at the register, but take off your coat, walk up and down the room a little, and get warm gradually. Warming yourself up over a register just before going out in the cold is one of the worst things you can do. Never take a hot toddy to warm you up, unless you are at home and don't expect to go out of the house till the following morning. In short, make some use of your common sense, and thus emulate the lower animals.

IS ALUM POISONOUS ?

This question has caused a good deal of discussion. Alum is used by many bakers to whiten their bread, enabling them to use an inferior flour. It is more extensively employed as a cheap substitute for cream of tartar, in the manufacture of baking powders. It has not been considered immediately dangerous; although if continued it induces dyspepsia and obstinate constipation. But the fact that many cases of poisoning have occurred from baking powders which contained alum, puts the question in a more serious aspect, and prudent people will exercise caution in selection of baking powders. Under what conditions, then, does this substance—formerly

Under what conditions, then, does this substance—formerly used only for mechanical or medicinal purposes—become poisonous? They are certainly obscure, and at present we can only surmise what they may be. We suspect that the cause exists in the individual poisoned; some peculiarity of the constitution producing a morbid change in the secretions of the stomach, with which the alum combines and forms an active poison; or the secretions may be healthy, but in unusual proportions, and that these less or greater proportions, in combination with the alum, constitute a poison.

For example: Two parts of mercury and two parts of chlorine form calomel, which is not poisonous; but change the proportions to one part of mercury and two parts of chlorine, and we get corrosive sublimate, which is a deadly poison.

Then, again, we know nothing of the causes of constitutional

peculiarities. Why is it that one person can eat all kinds of green fruit and vegetables with impunity, while the same course might cost another individual his life ? One person can handle poison ivy and sumac without being in the least affected, another is poisoned if he approaches to within 10 feet of them. Out of a family residing in a malarial district, some of its members will suffer half the year with fever and ague, while the others will enjoy excellent health during the entire year. the others will enjoy excellent nearth during the entire year. Foods that are wholesome to some persons are actually poison-ous to others. This is especially true of some kinds of fish. There is no safety in taking alum into the stomach, as it is shown to be always injurious, and often dangerous. Baking powders properly compounded, and containing pure cream of tartar instead of alum, are more convenient than yeast ; and bread and pastry made with them are just as wholesome, and far more palatable .- Hall's Journal of Health.

DIPHTHERIA.

Dr. Benjamin Browning, the Health Officer of Rotherhithe (London), has an interesting paper on this subject in the Sanitary Record. He gives a variety of cases, occurring in city and rural districts, which appear to prove beyond a doubt that diphtheria may be caused by polluted water. The disease has been found to prevail in families using the water, while their neighbors who did not use it, but who were otherwise exposed to the same chances of infection, were exempt. In one instance he met with seven cases of diphtheria in the family of a railway station-master. He says : "I could ascertain no previous contagion, but found the existence of the customary polluted shallow well, close to the public latrine, the whole premises being isolated, standing on a lofty chalky embankment. Two casual visitors to the station (not to the dwelling-house) who drank some water in the waitingroom also contracted the disease. There was no more of it before or afterwards in this parish while I knew it." Dr. Browning seems to have been careful to satisfy himself

Dr. Browning seems to have been careful to satisfy himself that the disease could not have had any other origin than the bad water. On this point he says :

"In the country epidemics I have mentioned, at their commencement, no direct personal contagion could be made out, although it was anxiously sought for; aerial infection seemed everywhere contra-indicated, owing to the open and breezy situation of nearly all the implicated dwellings; in all of them the drinking water was organically impure, and received surface filth of every description: and in the town cases there was also clear evidence of water pollution by sewergas or fetid emanations, if not by actual deposit of dirt. And I venture to submit that I have therefore supplied some of that 'evidence,' which is by Dr. Parkes and others deemed 'still wanting' to prove the 'production of diphtheria by contaminated water.'

Not satisfied, however, with this logical evidence, Dr. Browning determined to settle the question by direct experiment upon the lower animals ; and he actually succeeded in infecting two kittens with the disease, by feeding one with milk mixed with water in which he had kept diphtheritic false membrane and sputum, and the other with milk adulterated with water taken from the cistern of a house where a fatal case of diphtheria had recently occurred. Microscopic specimens of the diphtheritic membranes from these animals were shown at a meeting of medical gentlemen, none of whom were committed to Dr. Browning's theory, and pronounced by them to be identical with specimens taken from human beings. If this testimony is not accepted as conclusive, it must at least be admitted that it is of sufficient importance to show that further experiments and investigations should be made in order to confirm or refute it.

POISONS AND THEIR ANTIDOTES.

Reliable statistics, running for many years, and extending over large areas, show that accidents from poisons are of much more frequent occurrence now than formerly. This fact is no doubt due to the much more general use of poisons at present than in years past, both in ordinary household matters and in the arts.

While in all cases of poisoning the chief reliance must be placed upon medical aid, yet it often occurs that the need for a remedy is urgent, so that others should know the most ready and available methods of relief. There are some general instructions which, in the absence of direct antidotes, will apply to most poisons, and the New York *Independent* has done a good work in preparing and publishing the following quite full directions of how to act in cases of emergency or while waiting for a physician :