

ness of the human race. A judicious dietary is an evidence of a high state of civilization; for brain and brawn are in a general sense the outcome of the kind of food eaten, its method of preparation, and the style in which it is served and introduced into the human economy. Americans are a little astray in the matter of diet. The average table is a strange mixture of English, Dutch, French and everything else beside. There seems to be a strong tendency in human nature towards the consumption of food that is too concentrated. The old Indian chief complained that the pale faces, especially the women, were dying of too much house. The modern civilized world is dying of too much eat.

SOME PEOPLE are afraid to eat fruit, thinking that fruit and diarrhoea are always associated, when, if they understand the true cause of diarrhoea they would know that it was caused by eating meat. In hot weather meat putrefies very quickly, and during this process alkaloids are formed which are very poisonous, acting as emetics and purgatives. It is true that fruit eaten green or between meals will interfere with digestion and cause bowel troubles; but use fruit that is perfectly ripe at meal-time, and only beneficial results will follow. Acids prevent calcareous degenerations, keeping the bones elastic, as well as preventing the accumulation of earthy matters. Fruit is a perfect food when fully ripe, and if it were in daily use from youth to age there would be less gout, gall-stones and stone in the bladder.

MEAT PROVIDES us with a means of obtaining albuminoid material, which is indispensable in its most easily assimilable form. It affords us in this material not only an important constituent of tissue growth, but a potent excitant of the whole process of nutrition. It has a definite and ordinary place in the ordinary diet of man, and the wholesomeness of fruit, combined with farinaceous food as an alternative dietary, is not so much an argument in favor of the vegetarian principle, as proof that seasonable changes in food supply are helpful to the digestive process and nutritive changes in the tissues generally. With proper eating and drinking, there would be fewer broken-down nervous wrecks, and far more vigorous intellects. There is far too much meat eaten. Me three times a day is more than average town-dwelling human nature can endure.

IT IS NOT A LITTLE STRANGE, says the British Medical Journal, that in the course of the modern education of women, the most essential of all knowledge should be withheld—that, namely, of the elementary facts of physiology and the laws of health, as to which correct elementary ideas are essential, not only to their own well-being but to that of the families of which they are ultimately to be the mistress.

THE RUSSIAN foundling hospitals at St. Petersburg and Moscow have received, according to official statements, about one million newly born children during the last hundred years, most of them illegitimate. Of this large number nearly eight hundred thousand have died in the first months or first years of their existence! The well-known authority on statistics, Alexander von Oettingen, who in his "Moral Statistics" has treated of the state of things in these Russian hospitals satirically call it "chronischer Kindermord auf Staatskosten," ("chronic infanticide at the cost of the State"). It is now asserted that the Russian Government intends to carry out a radical re-organization of both hospitals.

FOR "BLACK EYE," according to the N. Y. Medical Times, there is nothing to compare with the tincture or a strong infusion of capsicum annuum mixed with an equal bulk of mucilage of gum arabic and with the addition of a few drops of glycerin. (This should be painted all over the bruised surface with a camel's hair pencil and allowed to dry on, a second or third coating being applied as soon as the first is dry. If done as soon as the injury is inflicted, this treatment will invariably prevent the blackening of the bruised tissue. The same remedy has no equal in rheumatic, sore or stiff neck.

A RESIDENT at Green Cove Springs, Fla., offered a premium of \$1,000 for the city or town in Florida which presented the most cleanly condition in public and private premises. The Sanitary Era says: One citizen of that spirit in every town would soon reduce the deaths in the United States by about 200,000 a year. But why should not every State offer a prize of \$100 per 1000 of population to the best cleaned place every year?

IN A RECENT VOLUME on vital statistics, Dr. Newsholme, of London, according to the New York Medical Journal, the results of careful investigation of census returns and public registers shows that there is a steady decline not only in Great Britain but throughout Europe in the proportion of births to population, amounting to almost three per thousand in seven years. The marriage rate is also on the decline, while the age at marriage shows a tendency to increase. The average number of births to a marriage is for England and Wales about four and a half, for Italy five, and for France, about three and half.

A PHYSICIAN in New York reports that during an epidemic of diphtheria in that city there were five times as many cases on the shady side of the street as on the sunny side.