

cooked in sand, as is done in hot climates, or laid beside a hot kettle, or wrapped in towels, is not proper food to be consumed, this may appear to us as senseless, but nevertheless it stands to reason that an egg cooked in the above described manner may become partly hatched. By this it can be seen that hatching eggs by artificial temperature is not entirely a modern invention,

One, and above all, of the hygienic laws of the Jews is the separation of women during their menstrual period, *halchot niddah the laws of menstruation*. It is the duty of every husband at least two or three days prior to the expectation of that period to separate from his wife not only from the bed, but even the chamber they occupy if possible, or if any spots be visible upon her clothes, or she should inform him of it, he should at once sever from her and they must remain apart during all the period of her sickness and until six days thereafter, and during that time they are not allowed to eat out of one vessel, and it is advisable not to dine at the same table, nor in any way play or joke with each other. This last to prevent the awakening of passion. In six days after the period has ceased, she must test herself with a clean white cloth, if no red spots appear she must then go *mikvah*, pool or *tabilah*, bathing. Bath houses for that purpose are generally erected by Jewish congregations, but the wealthy people sometimes have them erected in their residences. The bathing must be done by immersing so that every hair on top of her head is covered with water; her legs and arms must be spread in order to allow the water to surround all parts of the body. Gentlemen, I can not describe in less than a volume the laws and regulations of separation. The same laws as the above are applied to newly married women: they must make the separation and go through the same *modus operandi*.

They are also instructed how to visit the sick *bakur cholim*, whom they shall visit, and in what diseases. Not only that but even the clothes they wear are regulated, how they should be made and of what fabrics. The cloth must not be a mixture *shatnez*, of linen and wool; this may appear very frivolous to us, but I say there are sanitary measures even in this, as these two textures counteract each other, wool retains its temperature,

is a non-conductor of heat and keeps the body warm, while linen is a conductor of heat and cools the body. The custom of burying their dead in linen, is done for no other purpose but to prevent infection, as wool is a retainer of contagious and infectious matter. Pasteur's experiments are but too fresh in our minds. I do not know whether he attributes the contagion of the sheep to the animal body itself or to the wool. I can not conceive that an animal interred for many years could still contain contagion, as the body would be entirely decomposed. But I do believe the wool might retain its infection for hundreds of years, especially if buried in dry ground.

In accordance with the above proofs it can be seen, as heretofore stated, that the laws of morals and health were with the Jews from their earliest history. And those who are acquainted with the Talmud, which is based upon the fundamental principles of the Bible, know that there is not another religious sect or creed in the universe, with the exception of the Jews, and the Mohammedans, who have in their theology, hygiene and diet. It is an established fact that the Koran is taken from the Talmud, or the Mohammedans would not have it.

One thing is certain; the Mosaic and Talmudic laws have accomplished more by their terrific fear of some unknown power that they inculcate than all the legislation of the civilized world with their rigid pains and penalties.

Some say the works of Shakespeare were written 200 years before their proper time. I have just as much reason to believe that the Talmud was written a thousand years ahead of its time. It appears to have every field of literature cultivated, and those pertaining to health to the utmost extent.

You may ask, what have the Jews to show for their sanitary or hygienic measures? Gentlemen, I will say they have a superior claim to the respect of society. Statistics speak for them and show that they produce a vast amount less of venereal diseases than any of the civilized or uncivilized nations on the face of the earth. Above all, I believe that the sanitary mode of Jewish life has great tendency to cultivate the brain and mind.

The Jewish race appears to produce a greater per cent. of great men (according