

terations. ENLIGHTENMENT OF THE PEOPLE on the subject is likely to increase the demand for pure articles of food and drink. Increased supply is sure to follow. Healthy public opinion thus formed will also sustain comprehensive measures of legislation. In time, the adulteration of the "daily bread" of man will become infamous, and the practice will cease, except as an occasional crime, against the organic community, called the State, to be punished by law. Hand in hand with the healthy growth of public opinion, government must do its part by the enactment and execution of appropriate statutes.

BIBLE HYGIENE.

PUT AWAY THE EXCRETA.

"Thou shalt have a place also without the camp, whither thou shalt go forth abroad: and thou shalt have a paddle upon thy weapon; and it shall be, when thou wilt ease thyself abroad, thou shalt dig therewith, and shalt turn back and cover that which cometh from thee: For the Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy; that he see no unclean thing in thee, and turn away from thee"—12, 13 and 14th verses of the 23rd chapter of Deuteronomy.

In this present enlightened Bible age, when millions of copies of this book are distributed amongst the people, and it is recognized as the guide book in the life of millions, is it not somewhat strange that the above three verses are so rarely brought into practical life? Were practical sermons preached from the pulpit from those verses as a text, much good might follow.

That most eminent sanitarian,

Dr. Parkes, writes in his valuable work on hygiene, "it is highly probable that to the barbarous and inefficient modes of removing the excreta of man and animals we must partly trace the great prevalence of disease in the middle ages, and there is no doubt that many of the diseases now prevailing in our large towns are due to the same cause."

Instead of having the excreta destroyed and rendered innoxious by being mingled with the earth, as the Israelites were directed to do, it is now allowed to accumulate in vaults of one sort or another near our own doors and wells, or other water supply (in Toronto in the bay for example), or it is sent away by the nearest water route to be deposited in the proximity of a neighbor's dwelling place. "Barbarous," indeed. So the products of its decomposition, instead of being absorbed by and mingled with the earth, are taken into our bodies with the air breathed or water consumed and act as a most dangerous poison in the blood. When sickness and death come through filth diseases, say not that it is a "dispensation" or "visitation of providence."

Careful study of the Bible would discover rules of Hygiene, commonly entirely disregarded, which, if followed, would prevent sickness and prolong life.

VARIETY IN FOODS.

Most persons are ready to admit that there is an almost universal practice, in most or all civilized countries, of over-eating; ready to admit that nearly everyone eats more than is healthful. There are two things which contribute to this over-eating:—they are, fast eating and variety in foods. The first hardly needs a word here; everybody knows fast eating is injurious to digestion and to health; it is not