

connections ought to be periodically examined. To facilitate this they should be placed in a position of easy access, with their covering left to open freely, and not hidden in an out-of-the-way corner as they usually are.—*Plumber and Sanitary Engineer.*

EFFECT OF DIET ON LIQUOR-DRINKING. — Charles Napier, an English scientific man, has been testing the truth of Liebig's theory that liquor-drinking is compatible with animal food, but not with a farinaceous diet. The experiment was tried upon twenty-seven liquor-drinking persons, with results substantiating the Liebig theory. Among the more striking instances of reform brought about by a change of diet was that of a gentleman of sixty, who had been addicted to intemperate habits for thirty-five years, his outbursts averaging one a week. His constitution was so shattered that he had great difficulty in insuring his life. After an attack of delirium tremens, which nearly ended fatally, he was persuaded to enter upon a farinaceous diet, which, we are assured, cured him completely in seven months. He seems to have been very thin at the beginning of the experiment, but at the close of the period named had gained twenty-eight pounds, being then of about the normal weight of a person of his height. Among the articles of food which are specified by Napier as pre-eminent for antagonism to alcohol, are macaroni, haricot beans, dried peas, and lentils, all of which should be well boiled and flavored with plenty of butter or olive oil. The various garden vegetables are said to be helpful, but a diet mainly composed of them would not resist the tendency to intemperance so effectually as one of macaroni and farinaceous food. From this point of view, highly glutinous bread would be of great utility, but it should not be sour, such acidity being calculated to foster the habit of alcoholic drinking. A like remark may be applied to the use of salted food. If we inquire the cause of a vegetarian's alleged disinclination to alcoholic liquors, we find that the carbonaceous starch contained in the macaroni, beans, or oleaginous aliment appears to render unnecessary, and therefore repulsive, carbon in an alcoholic form.—*Louisville Medical News.*

A PRACTICAL REFORMER.—An occasional protest is raised against the extravagance of funerals, but no one seems ready to inaugurate the reform which few will deny is desirable. Doctors are as much interested in this reform as any. People who consider the undertaker's bill a debt of honor, and who will scrape and save to pay it, are not at all distressed about the doctor's bill. Possibly if the relicts could be persuaded to lavish less wealth on the dust of the "dear departed" they might find it less difficult to settle for the medical attendance. A doctor recently died in England, who, doubtless, often felt, as we all have, the senselessness of the extravagance of modern funerals, and took a sensible and practical means of working a reform. He believed that this reform, like charity, should begin at home, and the following are the provisions of his will, touching his interment :