It is not proposed to discuss the "alum question" here, or to refer to recent scientific work on its physiological aspect. It is enough at present to state that the use of alum in bread-making is prohibited in most countries where food adulteration laws have been enacted, and that alumina is not to be found in any species of food or drink used by man, nor does it occur in any part of the system. Nature has entirely excluded it from every form of animal or vegetable life, and no doubt for good and sufficient reasons, although we are not able at present precisely to define them. These facts alone justify the conclusion that the use of alum in compounding baking powders is quite inadmissible."

EDUCATION, TRAINED SPONTANEITY.—In an article on Labor, Recreation and Play the British Medical Journal (of Nov. 16th last) says :—The general results of observation appear to indicate progress in the average conditions of development, and more spontaneity of the nerve system among the population; to favour such progress should be one of the highest aims of hygienic science. The social reformer would do well to investigate the proportion of cases of exhaustion and ill development among various classes, as well as conditions of ill living and bad environment; improved surroundings, better food, and recreation undoubtedly tend to improve mental power. Depressing circumstances of life, acting upon plant, animal, or man, tend to produce "sports" and reversions, represented in the human species by ill-made bodies and feeble minds. Education is trained spontaneity, and depends for its success on the impressionability of the subject and its capacity for co-ordination of action; hence in school life submission to training is essential. The public school boy needs his games to bring him into the social system: he usually has plenty of spontaneity by inheritance, but this needs culture.

CHEAP LIVING.—Dr. Allinson, who has made the experiment of living a month on cooked wheat-meal and water, gives the following experience: I have just finished my month's trial diet of wholemeal and water; by the time this is in the hands of the public, I shall be on vegetarian diet as usual. A month of simple diet has got my palate used to plain fare, and I relish it and enjoy it. Were it not for the former knowledge of savory foods, I should never crave for them. I will now sum up the results of the experience. My weight has decreased eight and one-half pounds from the first, which I lost in the first week in trying to live on one pound of meal a day. My strength of grip has actually increased, and I could squeeze six pounds more with my right hand, and five pounds more with my left hand, than when I began. My breathing capacity is less by a few inches; this I blame to want of exercise this Christmas week. My sight has improved a little, my nervous system responds to reaction quicker, and I am altogether in better form. I have worked as usual every day, and found my capacity for mental work much greater. My food has cost me under two pence a day. The experiment shows the great value of whole-meal, or wheat, as an article of food. I doubt very much if a person could do what I have done on white flour and water. I find, also, that it requires about one and a half pounds of wheat-meal a day to keep me in good working order—doing my ordinary work and walking six miles a day. The outcome is satisfactory, and when the results of the more scientific inquiry—for which due notes have been made from day to day—are known, I will let my readers have full particulars.

MEATS AND THEIR DIGESTIBILITY.—According to Payen, without there being anything absolute in those qualities which depend on the particular state of the digestive organs of different individuals or on their idiosyncrasies, we may say in general that meats are more easily digestible the less strong their cohesion and the less their hardness. We might thus establish between them the following order, beginning with the lightest:—Sea and river fish, fowl, game, crustaceans, lamb, veal, mutton, wild boar and pork. In these categories are generally considered heavy and hard to digest, salmon, eels, geese, ducks, and some other water birds, as well as strongly smoked and salted meat. The following shows about the time required for the digestion of different kinds of food:

	Hours.
Roasted pork	5.15
Salt beef (boiled)	4.15
Veal (boiled)	4.00
Boiled hens	4.00
Roasted mutton	3.15
Boiled beef	3.30
Roasted beef	3.00
Raw oysters	2.45
Roasted turkey	2.30
Boiled milk	2.00
Boiled Codfish	2.00
Venison steak	1.35
Trout (broiled)	1.30
Tripe	1.00
Pig's feet	1.00
Eggs (hard boiled)	3.30 to 5.30
Eggs (soft boiled)	3.0