

THE LIME KILN CLUB AND HYGIENE.

" 'My frens, de aiverage man comes mighty nigh being an idiot in takin' car' of hisself. You hev seen him wearin' a fur cap on his head, while his shoes let in de snow and water. He wears an obercoat on his back, an' nuffin' but a thin shirt over his chist.... An' he's ailin'—ailin'—or thinks he is. It's herb teas, root tonics, pills, plasters, an' cures, until de balance wheel in his machinery comes to a dead stop. [Applause.] Natur' wants to keep goin', but she can't. He drinks whisky and dat clogs de valves. He drinks beer an' dat clogs de wheels. He pours down lemonade, giner-ale, buttermilk, ice-water, tea, coffee, an' what not, an' den wonders why de fires under his biler won't burn. [Shouts of applause.] Take an ox an' put him through a like performance, an' he'd be dead in a y'ar. De simplest an' plainest laws of health ar' outraged eb'ry hour in the de day by de aiverage man. Did Adam smoke? Did Eve wear corsets? Did Solmon chaw terbacker? Did Ruth chaw gum? Did de children of Israel make for a beer saloon after crossing de Red Sea? Did Rebecca eat gum-drops an' ice cream, an' call for soda water? Adam was de fust man, an' made perfect from head to heel. How long would he hev remained so arter eatin' half a mince pie before goin' to bed? Suppose he had slept in a bedroom 6x8, wid de window down, de doar shet, an' two dogs under de bed? [Yells of applause.] Supposin' Eve had laced herself up in a corset, put on tight shoes, sot up all night, eaten her fill of trash, and sizzled her ha'r? When you cum to look into de way man misbehaves hisself, you can only wonder how he eber libed to get dar.

IDENTITY OF CROUP AND DIPHTHERIA.

The American Lancet says: In spite of the fact that so many Boards of Health assert the practical indentity of croup and diphtheria, many physicians refuse to accept the evidence and persist in the belief that membranous croup is non-contagious. For the benefit of such we quote the following from the Monthly Sanitary Board: At Mansfield, Ohio, a serious outbreak of diphtheria has been traced to a case of so-called membranous croup. At the onset a child was attacked with what the attend-

ing physician pronounced membranous croup. The case was not reported to the Health Officer. The child died on Monday but was not buried till Wednesday. Scholars sat up with the corpse and a public funeral was held. Two children in the same family and one in the neighboring family were attacked about this time with genuine diphtheria. The Mansfield Board of Health will now require physicians to report cases of membranous croup, which will be dealt with in the same manner as cases of diphtheria. This is only another illustration added to the long list showing that genuine diphtheria may develop from exposure to cases diagnosed as membranous croup.

BAKING POWDERS.

When will people learn to buy pure cream of tartar and bi-carbonate of soda from a reliable house, and with a little rice flour, as we have repeatedly pointed out, make or mix their own baking powder, at one-third the cost of the best in the market and far better? The following agrees with the conclusions of Mr. MacFarlane, Dominion analyst: T. T. Wheeler in Science sums up numerous experiments thus: 1. The residues of all baking powders, no matter how pure may be their constituents, have a harmful effect upon digestion, due, probably, primarily to the fact that the salts are acted upon by the hydrochloric acid of the gastric juice with the formation of more soluble compounds, and that these salts may form organic compounds with albuminous bodies in the same manner as many of the metals do. 2. Calcium phosphate, on account of its great inhibitory action on digestion, must be regarded as a poor agent for the manufacture of a baking powder, while ammonium tartrate may be looked upon with more favor. 3. The presence of alum in a baking powder made with calcium phosphate greatly increases its retarding action. 4. The least harmful baking powder is one containing only the bicarbonate of soda and cream of tartar. The presence of any other chemical substance, however harmless in itself, tends to increase the complexity of the residue and impair the activity of the gastric juice.