HEALTH.

Physiological Aphorisms.

1. The foundation of three-fourths of all cases of consumption is laid before the age of twenty five years; in women, during their

2. The hereditary element is not of special account as a cause of consumption, as less than twenty-five per cent. of cases are clearly of consumptive parentage.

3. One of the ruling causes of disease and premature death, in large cities, is found in an exhausting strain of the mental energies in the struggle for subsistence-a death-race for bread.

4. Insanity runs in families; but, as in the case of family likeness, it sometimes overlaps a generation or more. 5. Personal resemblance entails like

characteristics of mind and disposition. 6. A current of the purest air from the poles, for half an hour, on a person sleeping. sitting still, or over heated, is a thousandfold more destructive of health and fatal to life than the noisomeness of a crowded room or vehicle, or the stench of a pig-stye for thrice the time.

7. To exercise in weariness, increased by every step, is not only not beneficial, it is useless and worse than useless; it is positively destructive.

8. As a good traveler, after having fed his horse, renews his journey in a trot, but with a slow walk, gradually increasing his pace, so in getting up to address an assembly for a continued effort, the first few sentences should be uttered in a low, slow tone, gradually intensified, otherwise the voice will break down in a very few minutes, with coughing or hoarseness.

9. A growing inability to sleep in sick ness is ominous of a fatal result; in apparent health, it indicates the failure of the mind and madness; so, on the other hand, in disease or dementia, a very slight improvement in the sleeping should be hailed as the harbinger of restoration.

10. No one can possibly sink if the head is thrust entirely under water, and in this position a novice can swim as easily as walk, and to get shore readily by lifting the head at intervals, for breath.

11. Intense thirst is satiated by wading in water, or by keeping the clothing saturated with water, even if it is taken from

12. Water can not satisfy the thirst which attends cholera, dysentery, diarrhæs and some other forms of disease; in fact, drinking cold water seems, to increase the thirst, and induce other disagreeable sensations but this thirst will be perfectly and pleasantly subdued, by eating a comparatively small amount of ice, swallowing it in as large pieces as practicable, and as much as i wanted.

13. Inflammations are more safely and far more agreeably subdued by the application of warm water than of cold.

14 Very excessive effort in a short space of time, as in running, or jumping a rope, etc., has repeatedly caused instant death by apoplexy of the lungs, the exercise sending the blood there faster than it can be purified by the more infrequent breathing on such occasions.

15. No disease ever comes without a warning; hence endeavor to think back for the cause, with a view to avoid it in future, and on the instant of any unpleasant bodily sensation, cease eating absolutely until it has entirely disappeared, at least for twentyfour hours; if still remaining, consult a physician.

16. The more clothes a man wears, the more bed covering he uses, the closer he keeps his chamber, whether warm or cold the more he confines himself to the house, the more numerous and warm his nightgarments, the more readily will he take cold, under all circumstances, as the more thriftless youth is helped, the less able does he become to help himself.

Taking Medicine.

Let it be remembered that it is not the medicine advised by the educated physician which has done the world so much injury, but it is the physic which the people swallow on their own responsibility. When a narrowminded person gets sick, he "calculates" the saving it will be to him to give twentyfive cents for a box of pills, instead of "employing a physician," besides avoiding the discomfort of "a course of medicine, as it is called. This answers for a while in many cases, but it is ultimately disastrous. and health and life are the fearful forfeit. A gentleman had been a dyspeptic, and hearing that a preparation of soda was "good for dyspepsia," he "tried it:" it acted "like a charm," and for six months he was so enraptured with its effects that he considered it a duty as well as a humanity to recommend it to every person who seemed to be affected as he had been. Not long thereafter, as he was standing at the gate of his newly married daughter, in London, in a passing call on his way to business, he dropped down dead. On examination, the cause was found in several ounces of sada impacted in the bowels.

Not long ago, a young lady of wealth called for a prescription at a Quaker druggist's. Being a conscientious man, he said to her very kindly that if she continued to take it in such quantities, it would destroy her. It was a preparation of morphine, chloroform and ether, which had an instantaneous and powerful effect on the whole system, and in her case excited the brain and kept it in | biled." that condition, requiring constantly increased doses. Within a month she was attacked with a very familiar disease, cured every day in its more peculiar seat. In her case, the brain having been so weakened by the continual over-excitement to which had been subjected, became the point of metastasis. In familiar phrase, "it went to the brain." She was a model of unobstructive, self-denying piety, so retiring, so pure, as to be the admiration of those who knew her inner life. In an hour the malady made a wreck of the mind. No man could hold her. Her profanity was shocking to attendant. A day or two and she We personally know that her sister perished a year earlier in consequence of a condition of the system induc d by talking daily, for mon has popular "cough lozenge," or "troche." In these last two cases, economy was no object, for they had always been the pampered and petted children of lavish wealth. But it was so much easier to get rid of an ailment in this way than by the formality of calling in the family physician; besides parental solicitudes need not be use-

leasly excited; this, no doubt, was a ruling motive. The experienced practitioner well understands that the habitual taking of any efficient medicine is the certain road to a premature and very often a violent or agontzing death.

French and English Politics.

The old Parliaments of both France and England have finally adjourned, and will be replaced by freehly chosen Parliaments this autumn. The general elections for a new Chamber of Deputies in France will take place in October; and those for a new House of Commons in Great Britain and Ireland will occur in November.

It is rarely the case that these two great countries are plunged into exciting elections at the same time. Usually, the summer and autumn are a period of rest in politics. But this year, the noise of political rivalry and activity began in England and France amid the heat of August.

There are several points of resemblance in the political situation in the two countries. In each, the Cabinet now in power m wy be said to exist on sufferance, as it did not command a majority of the Parliament during which it took office.

Each Cabinet, too, came into power, in part at least, because the foreign policy of the former Government was unpopular. Mr. Gladstone owes his fall partly to the course which he took in regard to Egypt and India; and M. Ferry lost office on account of his proceedings in regard to the Chinese War.

The term of the President of the French Republic will expire in January next. I will, therefore, be the duty of the newly appointed representatives of France, in conjunction with the Senate, to elect a successor to M. Grevy for the long period of seven years. This fact naturally adds to the excitement of the coming French elections. Aside from this, the contest in France is not, as it formerly was, between the Republicans and various factions of Monarchists, but bet ween the moderate and radical Republican sections. The moderate Repub icans will sustain M. Brisson, the present Prime Minister. The adicals are led by the energetic and able M. Clemencaeu, who wishes to make many changes in the present constitution, especially in further limiting the privileges of the church and the priesthood.

In England, the division of parties i view of the elections which are to take place in November are still more interesting. The Tories are now in office, under the lead of the Marquis of Salisbury. They came into power with a hostile House of Commons, and have had a difficult task, which thus far they seem to have performed wisely. They will struggle vigorously to secure a majority of the new House. The House of Lords has, as usual, a Tory majority.

While the Tories are tolerably well united, there are serious divisions among their opponents, the Liberals. Of the latter party there are two divergent sections. The mod erate section is composed of the Whigs, under the lead of Lord Granville and the Marquis of Harrington. The advanced section comprises the radicals, who follow Joseph Chamberlain.

Mr. Chamberlain has boldly set out upon a very radical campaign, in which he is not joined by the moderate Liberals. He demands a sweeping reform of the system of taxation and the land laws, and would, no doubt, support Home Rule for Ireland and the disestablishment of the Church of

The third party-and the only one of which it can be said that it is certain to make a large gain in the coming electionsis the Irish party, led by Mr. Parnell. This party, in the last House, comprised about thirty-five members. There is every indication that, in the new House, it will comprise, at least, between seventy and eighty members.

In both Great Britain and France, the elections will be held under entirely new conditions. In Great Britain (and Ireland) two millions of new voters have been admitted to the suffrage; and the Parliamentary seats have been redistricted throughout the three kingdoma, In France, the system of voting in block for deputies by departments -so that each elector votes for all the deputies to which his department is entitled, instead of for only one-has been adopted instead of single districts. Each of these changes inparts uncertainty to the result of the elections.

Pat's View of It.

It is no less important that a boy understand what application to make of the lesson taught him than that he comprehend the lesson itself. The greatly admired power of knowledge consists not so much in knowing things, as in the ability to turn one's information to account. An unthinking acceptance of what is told one often leads to amusing results, as in the instance below:

In Ireland regulations for fasting are differently arranged in different parishes; in some, eggs are forbidden to beused, or even milk or cream in tea, on stated days. In a parish in the county of Kildare eggs were prohibited, and in confession, Paddy Blake, the little son of a celebrated cock-fighter, deposed to having infringed the order. Upon being told by the priest that the eggs might have contained chickens, Paddy replied,-"Och, no, yer riverence! Sure, they were

" No matter," replied the priest; "they might have had chickens all the same.

The priest, however, considered the offender's age, and pardoned him. A short time after the priest, wishing for some of the fine fowl bred by Paddy's father, asked the boy for a clutch of his last eggs. The eggs were placed under a careful hen, and at the end of three weeks inspection was made, but not a single egg was found chip-

A month passed, and still no chickens. At length, after five weeks, the priest's patience was exhausted, and curiosity led him to break one of the eggs, when, to his astoni hment, it was found to have been boiled. and was as hard as a bullet. He went through the ceremony of breaking the whole clutch, and having discovered that they were all alike, he sent for Paddy and thus accosted him : " You little rascal ! the eggs you brought me were boiled."

"Och, yes, yer riverence ! I was afraid I'd smash them if I brought them raw; and sure, yer riverence told me there might be chickens in them just the same !"

THE FARM.

The Old Dinner Horn. I've heard many a strain that has thrilled me wi

But none, I will say, since the day I was born, Has pleased me so much as, when a small boy, I heard on the farm the old dinner horn.

The trumpet was tin a yard or so long, And was blowed for "the boys" at noon and at The monotone strain was piercing and strong, But sweet, for all that, was the old dinner horn.

When building the fence or to-sing the hay, Or reaping the grain or plowing the corn, With appetite keen, at the noon of the day. Oh! sweet to my soul was the old dinner horn. A mother's fond lips pressed the trampet of tin,

And blew her full soul through the barley and corn Oh! I hear even yet the "Welcome. come in. Come in, my dear boys, to the sound of the horn. Those lips are now still, and the bosom is cold,

Which sent to us boys the blast of the horn;

She is waiting in sleep beneath the dark mold,

The archangel's trump and eternity's morn. Gleanings.

The aim of pork raisers should be to get rid of the poor hogs and keep none but the best sows for breeding. Some pork raisers contend that good common what we may call "native"-animals are healthier than pure bred animals. We want the health, vigor, hardiness and powerful digestion of the native united with the quietness of disposition, fine bones, small offal, early maturpure-bred boars.

The Iowa Husbandman has these suggestive thoughts regarding basement barns: basement were well ventilated and lighted and not damp, and cattle were kept in it all the time we could conceive of nothing bet-

For feeding young calves oil-meal is best boiled in six times its own bulk of water until it becomes a thin gruel. Then mix it at the rate of one gallon with two gallons o skim milk, and feed while it is "milk warm. For calves six months old or over, the milk may be gradually left off, and a small portion of corn-meal substituted, to be cooked with the oil-meal. One part of corn-meal to three parts of the oil-meal would be a good feed. A ration one part of oil-meal cooked into a gruel and mixed with two parts oatmeal and one part corn-meal is an excellent food for calves during winter.

FALL FALLOWING .- On every farm, as far as possible, the spring work should be done in the fall. Every spring, there is some delay on account of the season, and work is so hurried, that it cannot be well done. There is always an abundance of time in the fall and the opportunity should not be missed of pushing everything ahead in good season for spring work. One special work should not be neglected, and that is plowing and working weedy stubbles, or fallowing the soil, in a season when nothing else can be done with it. This is a most useful work, which should occupy the farmer's attention, while no other work is pressing. To prevent the seeding of the weeds, is the principal thing; and this is a work, which calls for the strictest care at every season.

ing butter has been patented in Germany. of about a tenth of an inch in size, it is transdrop of water is removed, as clothes are likely that the jewellery left Glasgow .dried in the centrifugal wringer. The dry Glasgow Mail. butter is then taken out, molded and packed. It is claimed that the product thus so fully and quickly freed from all impurities, without any working or kneading, has a finer flavor, aroma and grain, and far better keeping qualities than when prepared for the present day. It is to this effect : Robo market in the ordinary way.

COARSE FOOD FOR PIGS. -In pig-feeding in the diary districts, young pigs generally grew up in a healthy condition, owing to the refuse milk of the dairy, which furnished the principal food of young pigs. Skim-milk contains all the elements for growing the muscles and bones of young pigs. This gave them a good, rangy frame. and when desired, could be fed into 400 to 500 pounds weight. But the fault attending this feeding was, that it was too scanty to produce such rapid growth as is desirable. It | a vital organ was disturbed. Robo remaintook too long to develop them for the best | ed standing. profit. It had not then been discovered by the farmer that it costs less to put the first hundred pounds on a pig than the second, and less for the second than the third, etc. : that it was much cheaper to produce 200 pounds of pork in six months than in nine and twelve months. When it became evident that profit required more rapid feeding. then they began to ply them continuously with the most concentra ed food-corn meal or clear corn. If this was fed in summer on pasture, no harm was observed, for the grass gave bulk in the stomach, and the pigs were healthy, and made good progress. But if the young pigs were fed in pen in winter upon corn meal or clear corn, the result was quite different; this concentrated food produced feverish symptoms, and the pigs lose their appetite for a few days, drinking only water, which atter a while, would relieve the stomach, and the pigs would eat vigerstomach.

WEED SEED IN MANURE. -Our farm yard in which there are weed seeds, should be applied only to some hoed crop, or green ma-

nure grop ! for in these, if we keep the grops clean the weeds will do no harm. Buckwheat is an admirable weed killer and ground cleaner, and may follow potatoes or even winter grain, but when sowed in the spring, and plowed under, its best effects are obtained, for there will be no trouble in their own seed.

THE OLEVER BURGLAR.

How the Glasgow Jewel Robbery was Accomplished:

The chef dæuvre of an astute and welltrained burglar is springing a mine on the public. As soon as the police get hold of new mode of "cracking a crib," it is utterly useless for the knights of the crowbar, as rule, to attempt an over and over repetition sell dise ses of a chronic nature, a poisoning, ailments of the of tactics; because, the detective having poisoning, ailments of the respins one but whar he walks into a trap on the second attempt. In this way burglars are constantly on the qui vive and looking about them for new and novel modes of securing entrances to premises and getting possession of booty. Like the gentleman in the story book, however, who went about changing old lamps for new, they occasionally fal back on an old semi-dead and forgotten d dge when ingenuity fails to come to the rescue. In the jewel robbery case in St. Enock's Lane there is reason to believe that the robbery was effected by the old and barefaced mode of walking right up to the outside door, opening it with a false keyity and fattening qualities of the pure-bred. no doubt previously tested—and walking in To a large degree this can be accomplished as if the parties were perfectly entitled so by selecting the best native or grade sows, to do, taking due care, of course, to see that and breeding them to the finest and best the policeman had turned the corner a few minutes previously, and taking the risk of any passer-by taking notice of them-a most unlikely thing. Once in unobserved, We notice, however, that those who have their course is clear. The premises are unthem do not always use them. They are tenated, being entirely used as wareliable to some objections. 1st. They are houses. Every tenant's departure would apt to be poorly ventilated. 2nd. They are be watched, and the moment for commencapt to be damp and poorly lighted. 3rd. They | ing operations decided upon. The "cracksare apt to keep cattle too warm and when man" is, as a rule, a crack mechanic, well turned out for exercise they take cold. If a up to the value of the contrivances laid ready to his hand and intelligence by the best heads of the age. We find in this case, as in many others before it, that the tools left tehind them by the burglars are not only of the best and finest tempered material possible to obtain for the purpose intended, but that the workmanship put upon them bears evidence of the desire to make sure that the instruments they use will not break off or fail them at the moment of action, and the work they have accomplished in this case shows how great a strain the tools of the burglar stand. It is evident to the most ordinary observer that every detail of a burglary is mapped out by experts before the attempt is made; the amount of time required for carrying out each item is withour doubt carefully calculated, and modes of retreat if possible arranged for in the event of a surprise before making the attempt. Once inside of Mr. Semlpe's warehouse they knew apparently exactly what to do. There were two safes to tackle, and this was gone about with all the method of a cracksman. A "bed" was made upon which the safe was shifted, and the keen edge of a "widener," driven home with a steel hammer, soon found its way to the bolts; hinges were attacked in a like manner, and the door drawn away from its place. The same process repeated in safe No. 2 left them masters of the situation, and the "guid gear that gangs in wee bulk" was very speedily secreted about the persons of the thieves. who no doubt quietly left the place, locking the doors with as complete assurance as Mr. Semple himself would have done. The ques-It is stated that a new method of wash- tion for the public is-Will the burglars be caught? which simply means whether are As soon as gathered in the churn in particles our detectives or the thieves the cleverest men. Our local official detectives seem to ferred to a centrifugal machine, whose drum have jumped to the conclusion that the is pierced with holes and lined with a linen | this v. s are not Glasgow men; that they are sack, that is finally taken out with the but- from some of the big towns in England. We ter. As soon as the machine is set in rapid do not believe there are any thieves better motion the buttermilk begins to escape; a able to "crack a crib" in London than what spray of water thrown into the revolving are to be found in our own city; and it will drum washes out all foreign matter adhering | be well for the Glasgow detectives to sito the butter. This washing is kept up till | der whether, in looking so far away as Lonthe wash-water comes away clean, and the don, we are not looking over the heads of revolution is then continued till the last the real culprits. We think it entirely un-

Keeping His Balance.

There is a story, told among the Tartars which has a moral for the civilized men of cousin of the Great Mogul, was condemned to death for participation in a rebellion. The most skilful swordsman in the empire was provided for the execution, and the Great Mogul and his court were present as spectators.

The thin, keen blade flashed in the sunlight and descended upon the bare neck of Robo, who stood upright to receive the

The executioner's work was so deftly done that though the head was severed, not

"What, Robo, art thou not beheaded?" exclaimed the Great Mogul. "My lord, I am," replied Robo, "but as long as I keep my balance right, my head

will not fall off."

The Great Mogul was placated, a bandage was put on Robo's neck, and he recovered. He afterwards became a loyal subject and was made Cashier of the Empire, because, as the Great Mogul remarked,-"He knows that if he keeps his balance right, his head will not come off.

The recent races between the English

yatch Genesta and the Yankee yatch Puri tan have set all the country talking "cutter" and "sloop." Both races were won by the Puritan, and our cousins are jurilant, not so much that they keep the America's cup, but because they take the victory to mean the supe iority of the sloop overithe "cutter. ously again. Now had they been fed a But we think the races have not demonstratfew quarts of turnips, carrots, beets or ed any such superiority. In the first trial, pumpkins, to give bulk in the stomach, and | with a light wind, the Puritan won easily. separate the concentrated food no harm In the second race, with a good stiff breeze, would have come. This gives the gastric the Genesta lead until within a few miles juice a free circulation through the contents of the end of the course, when the wind sudof the stomach, the food is properly digest. denly veered to another point of the compass ed and applied to the needs of the body, in- and rapidly fell. The Puritan then gradualstead of causing fever by remaining in the ly overhauled the cutter, winning by about a minute and a half. The races have proved nothing except that cutter manure is full of seeds' and they grow surer | yachts, with their deep draught and excellent and quicker than the seeds we sow. Manure sea-going qualities, are the only ones suitable for English waters, where there is nearly always a strong wind and a heavy sea.

Delicate Discus

of either sex, however induced thoroughly and permanently three letter stamps for large illustrations. tise. World's Dispensary M-dia Short and long waists are equality

Years Teach More Than

Among other valuable lesson in this teacher is the fact that for a time Dr. Pierce's "Golden Medical has been the prince of liver correct blood purifiers, being the household cian of the poor man, and the able to physician to the rich patient, and pri all for its magnificent service and digestive systems, liver disease mi cases where the use of an alterative

Jackets with hoods are again on fashion.

Pile Tumors

however large, speedily and painless without knife, caustic, powder or or Consultation free. Write for panple references, enclosing two letter the reply. World's Dispensary Medical ation, 663 Main Street, Buffalo, N. F. Pale mauve is one of the fashionsk

It is a singular fact that the chem an article should even temporarily sale, and yet that was the exper-Messrs. Tuckett & Son in the introhe their now celebrated "Myrtle Navy" co. People who had been in the smoking the finest Virginia tobaco. not for a time be made to believe the were offered the same article at about half the old price, and it was only h degrees that they were induced to question to the test of an actual trial they did adopt that test, however, it

failed to satisfy them. Stripes must be horizontal, not me

in a fashionable frock. £ 100,000,000 IN THE BRITISH COR CH - NCERY !- A large part of this vat belongs to the people of America Co., 41, Southampton Buildings, Ha London, Eng., have just published all the heirs to this enormous wealth. & send a dollar and they will forward w valuable LIST; and if you find by itte are entited to any money or property, your own, Cox & Co. will show we

Small Mediterranean oysters, or by gourmands as the most delicated valves, are now canned for exportation

Prevention Better Than (Many of the diseases so prevalenth days are caused by using soap com impure and infectious matter, Avi risk by using PERFECTION Laundy which is absolutely pure. Ask your for PERFECTION. Manufactured on the Toronto Soap Co.

LARMS FOR SALE,-All kinds.-Sent JOHN J. DALRY, Guelph. ASK YOUR GROCER FOR

IMPERIAL FRENCH SHOE BLAU TURE BRED AYRSHIRES for sale; two yearling heifers and one bull. Write in TALUABLE FARM FOR SALE-100 miles east of the city of St. Thomas siculors addr. 3 J. J. LEWIS, New Sarum, O TAYANTED-LADIES AND GENILE Distance no objection. No car vastive. New York Otty.

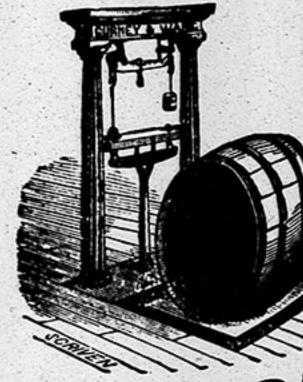
It is conceded by all that the Doma BUSINESS COLLEGE, Kingston. is describ ly the most popular business training

On account of the tobacco crop of 168 poor, we did not buy much, and selected only of it, as we always wish to keep our "I Myrtle" brand up to the standard; and there may be a scarcity of "T & B. Myrtle" a short time. If such is the case there will it supply on the market by the end of October

The tobacco we are now about to manti the finest we have ever had, and we had please our numerous consumers. Yours respectfully,

GEO E. TUCKETT & 80

STANDARD SCALE



Are the Best, Attested by the Fact that there are more of our scales in use in the Dominion than of all other makes combined. Hay, Stock and Coal Scales, Farmers'
Graip and Dairy Scales, Green's Scales, Scales for Domestic Use. Housekeepers, Consult Your

Interests

By purchasing a scale, and in buying every particular. All sizes Railread, Read Mill Trucks. Alarm Head Trucks. For sale by the Hardware List for Sphilication application.

GURNEY&WA HAMILTON. WARRHOUSES-Montreal and Winning

HOUSEHOLD.

Bossestio Receipts. COOKING FOR THE SICK,

MILE PURCE. - With one well-beaten set a teaspoonful or so of sugar. Stir all glass of new milk and a cup of very Sweeten to the taste.

PE JUICE -Equeeze two pounds of to grapes in a course cloth, after pick-m from the stems. Add three tabletels of loaf sugar, and when this is disadd one cup of cold water. Surround ice until very cold.

TON BROTH. —Cut up a pound of lean into small pieces and add a quart of nter. Let it simmer for three hours, and add a pinch of salt. Strain, cool move the fat if there is any. PUDDING.—Take two tablespoonfuls

n rice or s .go and soak in warm water o hours, then drain. Stir it in a pint k, add a little sugar and bake or boil MON JELLY. - Dissolve an ounce of isinin a pint of water, add a pound of loaf

and the juice and rind of two lemons, for ten minutes and strain it into a CREAM. - Beat the yolks of four eggs, tablespoonfuls of sugar and the rind d lightly) and juice of a small lemon, nge. Add a teaspoonful of powdered to the whites of the eggs and beat un-

Place the beaten yolks in a vessel

of boiling water and cook gently, ag all the time. When it thickens, stir whites until thoroughly mixed, then Serve in small glasses. NADA.-Lay in a bowl two Boston or m crackers split; sprinkle on a pinch of and cover with boiling water. Set the in a saucepan of boiling water, and let ad thirty minutes, till the crackers look Slide into a not saucer without break-

very hot. EN MEAL GRUEL. - Mix three tablefuls of corn meal with a little cold and stir it into a quart of boiling water teaspoonful of salt. Boil one hour, and serve.

nd eat with cream and sugar. Serve al-

PLE WATER -Reast two sour apples our over them a quart of boiling water. and let it stand for half an hour. A of washed dried apples may be used inof the roasted apples.

Kitchen Hints.

prevent flat-irons from scorching, wipe on a cloth wet with kerosene. rtar and paint may be removed from ow glass with hot, sharp vinegar. ater weakens digestion and encourages bsorption of fatty and saccharine mat-

bake pies to a fine brown, dip a clean cloth in fresh cream, and brush lighter the top crust before putting into the

erybody hould live on the sunny side air houses as much as possible, and allow un's genial rays to penetrate the rooms. not eat fruit skins or seeds. The skin apple is as bad for your child as a bit ur kid glove would be; that of a grape indigestible than sole leather.

mildew stains, mix together soft soap, ry starch and half as much salt, and nice of a lemon. Apply to the mildewed and spread the garment on the grass. make linen beautifully white, prepare rater for washing by putting into every allons of water a large handful of pow-

borax. Or, boil with the clothes one conful of spirits of turpentine. beautify the nails, hold them for fifminutes in warm water. Then, while le, cut carefully. Polish them with a

of chamois skin dipped in a mixture of very finely powdered pumice stone. my forms of too hache may be promptpleasantly relieved by chewing cinnabark. And cotton, soaked in two parts al, ten parts of oil of almonds and sixparts of glycerine, often allays earache. is said that by the following simple od almost instant relief of earache is afd: Pat five drops of chloroform on a cotton or wool in the bowl of a clay

; then blow the vapor through the stem the aching ear. gs of hot sand are much better than es of hot water to place in the beds of ids who require artificial heat. The retains hear longer than water, and bags are more comfortable "bed-feltonn bottles.

the French Academy of Medicine Dr. has made a valuable communication cting the destructive effects of the peruse of morphia on the teeth. He has bed that the victims have not a sound left after a year's addiction to this

m grains of iodine dissolved in an ounce urpentine forms a solution eminently conful in the treatment of ringworm of calp, after the parts have been thoroughashed and cleaned. It is a painless apation, and may be employed at any age to any part. ere is said to be nothing better for a cut

perdered resin. Pound it until fine man empty, clean pepper box, with top, then it can be easily sifted on put a soft cloth around the injured ber and wet it with cold water once in a a. It will prevent inflammation and

a fit the feet should be placed in warm mustard added, and the legs removed from and a cool apartment procured if in many cases of bleeding at the two temporaries fail, Dr. Rush the blood,

actroy ants: Drop some quicklime on of their nest, and wash it in with or dissolve some camphor in mir with water, and pour into or tobacco water, which has infactory. They are averse Camphor will prevent cupboard, or a sponge satuplace a ring of tar about the