

HEALTH HINTS

A GOOD BREAKFAST.—Food and Health gives this timely advice on the above subject: "The breakfast we take in winter will determine our efficiency for work during the day, and will so influence our whole being for that period of time that no after meal can correct it. It must contain more nitrogenous food than in summer; it is absolutely needed. You must store heat to furnish material for absorption and for maintaining vitality; add to this nitrogenous food something that will disengage heat from the blood, and keep up temperature, and you may defy the coldest day. Your face may feel it, your hands may feel it but your body will be impervious to it and go on disengaging that inward heat which alone withstands the lowered temperature without. If this first meal has been properly attended to we may presume that vital action can be maintained in full force for five hours at least before it needs replenishing."

THE FARM.

CURIOSITIES OF PLANT LIFE.—The service of plants to man is very great in many ways, and it is probable that a truer study of their nature may discover more service still. But recently, comparatively speaking, the value of vegetation in destroying malaria in post-lesional districts has been studied with some useful results. The eucalyptus, a rapidly growing Australian gum tree, is found, when planted in some unhealthy districts, to destroy the prevalence of fever. A farm, some twenty miles from Algiers, was noted for its pestiferous air in the spring of 1867; a number of eucalyptus trees were planted, since which time not a single case of fever has occurred. This does not stand alone. The sunflower has a similar reputation. The observatory of Washington, U. S., was placed in a very unhealthy, marshy situation, and at certain periods of the year fever was rife in the neighborhood, but after the ground was annually sown, with sunflower, the sanitary condition was much improved. On the banks of the Scheldt a Dutch landed proprietor planted some plots of sunflowers. In the houses near at hand there was complete immunity from miasmatic fever, although the disease prevailed in the neighborhood. The sunflower has been grown with such marked benefit in some of the swampy regions of the Punjab, in India, that the Agricultural Society there has published a strong commendation for its extended cultivation, with the object of increasing the health of the people.

The Orchid tribe presents many marvels. In the bee orchis, which may occasionally be found in some parts of this country, the likeness of the flower to a bee climbing up the stem is very marked. There is a plant called the snipe orchis, the blossom of which greatly resembles a bird. Perhaps one of the most extraordinary as well as the most beautiful of these is the Peristeria, the flower of which exactly resembles a little dove drinking out of a basin, all as though exquisitely carved in pure Parian marble. The largest flower known, and certainly not one of the most beautiful, is the Rafflesia. The leaves are in some places three-quarters of an inch thick, the petals are a dull red colour a foot long, the whole flower measures more than a yard in diameter, and has an offensive smell as of tainted meat.

SOAKING OF SEEDS.—When the weather is dry and hot, it may be an advantage to steep the seeds before using them, and especially so in the case of seeds that are slow to germinate, such as celery and parsnips and carrots; to steep these seeds for a few days until germination has started, and then dry them just enough to make them pass readily through the seed drill, will hasten their coming up, so that weeding will be less difficult in case the land is foul; but such seed should not be sown upon foul land if it can be avoided. Care is required in steeping seeds, that fermentation does not occur, which will frequently kill the seed. It may be arrested by turning off the water and spreading out the seed thinly upon a piece of sheeting and

partially drying it. To steep seeds in chemical solutions with the belief that this will answer in place of fertilizing the land, I believe is sheer humbug. Mr. W. I. Chamberlain writes from Columbus, O., to The Country Gentleman that to meet the foreign demand for wheat during the five months from January 31 to July 1st there is a surplus of only 2,000,000 bushels. But the foreign demand will probably equal that of last year, when 69,000,000 bushels were exported, so that it can only be met by drawing largely on the reserve supply for home use.

New land is preferable for the cabbage, and the stronger the soil the better.

Dry fish guano contains more than fifteen times as much nitrogen as is found in stable manure.

There seems to be a very general agreement that by the use of ensilage winter butter can be made equal in flavor and color to the best June butter. If this be so, it affords a very strong argument in favor of the silo.

FERTILIZERS FOR ONIONS.—A good deal depends, in the cultivation of onions, on the kind of fertilizers used. On this point the following suggestions, made in The Rural New-Yorker by Col. F. D. Curtis, are of value: Onions will do well on loamy soil, but land which is mucky and well drained is specially adapted to this crop. From this fact muck well composted with wood ashes is the best manure for onions. Hen manure or guano is the best condensed fertilizer, and these should always be well mixed with dry earth and sowed broadcast and harrowed in before the seed is planted. Only a few bushels should be put upon an acre—not to exceed six. In the absence of muck, manure approaching the nearest to vegetable mould is most desirable. Wood ashes will be found to be beneficial, and may be used at the rate of fifty bushels per acre. After the onions are up it is well to sow plaster broadcast at the rate of 500 pounds to the acre, as this will draw moisture and at the same time aid the plants in growth. There is no danger of making the ground for onions too rich, and unless it is brought to a high condition of fertility the crop will be poor.

With regard to the soil adapted to the onion, Col. Curtis remarks that ground upon which potatoes or roots have been grown a year previous will be found the best, while soil and corn ground are not good.

GOATS AS SHEEP PROTECTORS.—In some parts of the West goats are placed in sheep-pens to drive away wolves, a service for which their superior butting powers peculiarly fit them. The experiment has been tried in Hunterdon and Somerset Counties, N. J., with complete success, as a protection for sheep against dogs. Two goats, it is said, can drive away a dozen dogs, and two are about all that is necessary to keep with a moderate-sized flock. As soon as a dog enters the field at night the goats go at him, and send him rolling over and over in short order. A few doses of this heroic treatment prove quite enough for his dogship, and he is glad to limp howling away as best he can. Formerly, the farmers say, when a dog entered a sheep field at night, the timid creatures would run wildly about and cry piteously. Since the goats have been used to guard them, they form a line behind their sturdy defenders, and seem to enjoy the fun.

Tar-stains should be rubbed with lard or butter, and then washed in warm suds. Macie oil is generally removed by cold water. If not, use the same as for tar. If you rub soap directly on any stain, it will tend to set it. For iron-rust spread the garment in the sun, cover the spot with salt, then squeeze on lemon juice to wet it. The spot will soon disappear.

Don't set out raspberries, blackberries, currants, gooseberry or grape roots with much wood. Cut it back within two or four eyes of the ground, and you will get a strong healthy growth this season.

SCIENCE.

The Smithsonian Institution sent out an exploring expedition to New Mexico and Arizona the past season, for the purpose of gathering information and relics of the prehistoric nations of the West. The party, who have just returned, have been very successful; but the most important find was a deserted city, cut out of the rocky face of a winding cliff, some sixty miles long, and estimated to have at one time had no less than 100,000 inhabitants. These ancient dwellings extended in one, two, three, four, and sometimes five tiers, one above the other, and were very simple, generally of one room, with one opening for door, window, and smoke flue. On the top of the cliff were found the ruins of large temples of worship, built of well-cut square stones. Many hieroglyphic inscriptions, and some stone sculptures were also discovered. Evidence was found to strengthen the theory that these cliff-dwellers were the ancestors of the present Pueblo Indians.

A horse's hoof is of the same nature as horn. If you desire to know the effects of applying a hot shoe to a horse's hoof, place your comb on a hot stove for a minute or two, then let it cool and see how easily it will break. A hot shoe makes the hoof brittle instead of tough.

A good microscope may be made by boring a small hole in a piece of tin and filling it with one clear drop of the balsam of common fir. It will magnify 75 diameters.

In Pompeii, recently, a very beautiful fountain was found among the ruins. It is said to surpass in beauty any of the fountains hitherto dug up there. Venus is represented as rising on a shell, with Cupid in her arms. Other spirits of love are seen here and there in the ways, while in the background appears a nereid, or water-nymph, near a dolphin, with her arm thrown around the neck of a Cupid. In the foreground, on the shore are two draped women looking at the merry group in the water.

Telescopic observations of Newell's comet show a remarkable increase in brilliancy since the discovery. The head is rapidly enlarging and the tail lengthening. It must be soon visible to the naked eye.

VARIETIES.

"Mother," said a little girl, who was engaged in making an apron for her doll, "I believe I will be a duchess when I grow up." "How do you expect to become a duchess, my daughter?" "Why, by marrying a Dutchman, to be sure!" replied the little girl. Said Edith to her doll: "There, don't answer me back. You mustn't be saucy, no matter how hateful I am. You must remember I am your mother!" "We know several homes where Edith might have imbibed that principle."

I am convinced myself that things cannot be expected to turn up of themselves. We must, in a measure, assist to turn them up.—Dickens.

'You have heard, my love, that Amanda is about to marry Arthur?' 'I know it; but what I can't understand is that a woman as intelligent as she can consent to marry a man stupid enough to marry her.'

The cry of Egypt: I want my mummy.

Captain—What is the charge, Sergeant? Sergeant—This time it's drunkenness, sir. But this man is the most troublesome fellow in the regiment, sir. He goes out when he likes, and gets drunk when he likes; in fact, he might be a horficer!

"Always pay as you go," said an old Aberdonian to his nephew. "But, uncle, suppose I haven't anything to pay with?" "Then don't go."

Better go supperless to bed than run in debt.

Handsome apples are sometime sour. It is easier to blame than to do better.



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