

HEALTH HINTS

ASTHMA.—I have suffered greatly from this complaint, but now enjoy good health. My first successful experiment was eating raw suet and apples; next eating beef, and chewing it till it became like a piece of bleached cotton.

While suffering from this malady, I would at times be so irascible that I could scarcely move. This I found to be remedied by a thorough washing and rubbing. Soap can be used, but the result is not as good as without soap.

HYGIENIC INFORMATION ABOUT FOOD.—Persons who decide what shall be our food and drink, and its preparation, decide, to a great extent what shall be the health of the family; hence they should obtain hygienic knowledge about food, and adapt it and cooking to the laws of health.

Peas and beans are highly nutritious and strength-imparting; the Chinese make cheese of peas; they contain casein, the chief ingredient of cheese. Milk contains everything the system requires, but it disagrees with many persons; it may be made agreeable by adding a little lime-water.

The free use of salt and salted meats, especially pork, and other fatty substances, also buck-wheat, oat-meal, and oily fish, produces pimples, boils, etc.; long abstinence from such food, also animal food, cures cutaneous eruptions; condiments contain volatile oil; continual use of them debilitates the stomach.

Dr. Henry Tomkins, an English physician, says the most striking proof of the efficacy of vaccination comes from the small-pox hospitals. During forty years experience at Highgate, no nurse or servant who had been re-vaccinated was ever attacked.

COUGH SYRUP.—Four teaspoonfuls of castor oil, four teaspoonfuls of molasses, one teaspoonful of camphor, and one teaspoonful of paregoric. Mix together and take a teaspoonful at a dose four or five times a day. Mothers, try this: a month-old baby can take a few drops, six months a half a teaspoonful, and a year-old a spoonful.

HOW TO TREAT A COLD.—When you get chilly all over and away into your bones, and begin to snuffle and almost struggle for your breath, just begin in time and your tribulation need not last very long. Get some powdered borax and snuff the dry powder up your nostrils.

SCIENCE.

CINDERS IN THE EYES.—Persons travelling by railway are subject to continued annoyance from the flying cinders. On getting into the eyes they are not only painful for the moment, but are often the cause of long suffering that ends in a total loss of sight.

A NEW VARIETY OF GLASS.—A Vienna chemist has, it is said, discovered a new variety of glass. It does not contain any silica, boric acid, potash, soda, lime, or lead, and is likely to attract the attention of all professional persons on account of its peculiar composition.

STRENGTH AND USES OF PAPER.—One of the most remarkable things about paper is its strength. Take, for illustration, a bank note of the Bank of England. These notes are made by a peculiar process, which is known only to the English mints.

Mr. Frank Travis, McCaffery Settlement has a valuable cow that was taken very ill some six weeks since, and continued growing worse until last Saturday, when, having swollen up so much as that she was just able to enter a double stall, she fell apparently in the last stages of life, and remained in that condition until Sabbath morning, when Mr. Benjamin Delong tapped her on the side and removed, by measurement 14 pails of water.

It costs very little to prepare a place where everything used about a farm can be stored without danger of rust and decay. If a permanent building cannot be made, make a temporary one, and use it until something better can be provided. It will pay.

Another great use to which paper can be applied is to substitute it for any kind of wood. It is a growing complaint in this country that black walnut is getting very scarce, and furniture manufacturers are talking of substituting cherry and other woods for it.

better piece of furniture than wood itself. A bedstead made of paper looks beautiful, and is everlasting. It is made in the same manner as the car wheels, only they are made out of long strips of paper instead of paper rings. Another very valuable article which can be made out of paper is a cooking or heating stove.

The Duke and Duchess of Edinburgh will open the new Eddystone Lighthouse about the end of March. The Duchess will be the first to light it.

THE FARM.

MANURE FOR THE HOT BED.—There is a great variation in the different sorts of manure as regards heating properties; and a little judgment and experience will be needed to make a good hot-bed. The advice usually given, to put in two or three feet of manure would perhaps be safe for cow dung, or horse dung from horses fed on meadow hay without grain or litter; but there is no need of taking all this trouble if a load or two of good fresh straw horse manure can be obtained from some village stable where there are several horses kept, and were they are well fed and littered; The hotter the manure, and the fresher, the better.

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An Ohio farmer had last winter plenty of corn, and fed it, with a good bit of wheat and oat straw, to his sheep, and never had them do better. This winter he has fed hay, with very little grain of any sort, and has about come to the conclusion that he would as soon feed good straw and corn, as hay and no corn.

A French chemist reports that water made slightly salt, and to which, when boiling, bran in the proportion of one quart to every gallon has been added, has been found in a series of experiments to increase the yield of milk twenty-five per cent, if given to the cows as their ordinary drink.

The winner is he who gives himself to his work body and soul.

HALL'S VEGETABLE SICILIAN HAIR RENEWER. Has been in constant use by the public for over twenty years, and is the best preparation ever invented for RESTORING GRAY HAIR TO ITS YOUTHFUL COLOR AND LIFE.

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