HEALTH HINTS

WHAT MAKES A HOUSE BEAUTIFUL. -The best cheer of every house must It is not every one who asks himself come from the heart and manner of this question. because, strangely the home mother. If that is cold enough, it is the belief of many perand this ungracious all the wealth of sons that their lives will be except-India cannot make the home pleas- ionally lengthy. However, life ant and inviting. Intelligence, too, assurance companies are aware of must lend its charm, if we would the credulous weakness of those have home an Eden. The severe whose lives they assure, and have style of house-order neatness seldom | therefore compiled numerous tables leaves much margin for intellectual of expectancy of life for their own culture. A simple style of living guidance, which are carefully refer-

spotless line - and - letter houses. ages. In the first column we have Company disarranges the books, the present ages of persons of and disorders the house, which had average health; and in the second work enough in it before. The column we are enabled to peep, as mother cannot throw off her house- it were, behind the scenes of an hold cares, and sit down for a real assurance office, and gather from its heart-to-heart converse with the old table the number of years it will friends of her childhood. Still less give us to live. This table has been can she enter into the joys and the result of careful calculation, and pleasures right and delightful to her | seldom proves misleading. own children, because of the extra course, sudden and premature ly to make.

house beautiful, do not neglect the of life of an ordinary man or woman: first clement of all, to beautify yourself, body and soul. A sweet, loving word, and a warm clasp of the hand, are far more to a guest than the most elaborately embroidered lambrequins at your window, or the most exquisite damask on your table. There are bare cabin homes that have been remembered with pleasure, because of the beautiful loving presence there; and stately palaces which leave the impression of an icebarg on the mind.

There is one city provided with pure milk, and that is Frankfort-on the-Main. The business is conducted by a concern called the anstalt, established by the medical association and managed by a commission consisting of three physicians, one veterinary surgeon, and a chemist. The cows are carefully selected and properly fed and housed-managed, in fact, pretty much as the herds of the "gilt-edge" dairymen are-and the milk is delivered within four hours from the time it leaves the cow, in glass bottles, sealed with wax.

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THE HOUSE.

Polished Floors .- One quarter of a pound of yellow beeswax, melted and poured into one quart of turpentine. Let it stand three hours. Apply with a woollen rag; rub with woollen cloth vigorously to polish.

SALLY LUNN TEA CAKE .- One pint of sweet milk, a quarter of a pound of butter, a little salt, a heaping tablespoonful of sugar. Put the butter in the milk and set them on the back part of the range, or in some warm place where the butter will melt and the milk will not burn, then stir in fiorr enough to make a dough like that for pound cake (a good stiff dough) : when the flour is well mixed with the milk and butter add, beating vigorously, a tablespoonful of yeast. Put the dough in a buttered tin basin, and when light bake. It will need baking about an hour.

Fig Pupping.—One cupful of molasses, one of chopped suet, one of milk, three and a quarter of flour, two eggs, one teaspoonful of soda, one of cinnamon, one teaspoonful of nutmeg, oue pint of figs. Mix together the molasses, suet, spice, and figs cut fine Dissolve the soda with a tablespoonful of hot water and mix with the milk; add to the other ingredients. Beat the eggs light and stir into the mixture, Add the flour and beat thoroughly. Butter two small or one large mould. Turn the mixture into the mould, or moulds, and steam five hours. Serve with cream or sweet sauce. Date pudding is made in the same way, using a pint of dates instead of the figs.

WHITE LAYER CAKE.—Half a cup of sweet milk, two cups of flour, two teaspoonfuls of baking powder, the whites of three eggs. Beat the butter and sugar to a cream, aud put the whites of the eggs in last. This may be baked in a loaf, but not upon a thought, produces that being rich it will then need fruit or which makes thousands, perhaps nuts to give tone to it.

SCIENCE.

and house-furnishing would set red to before a policy is granted. many a bonded slave at liberty, and The following is one of these well vastly to the comfort of all in the authenticated tables, in use among London assurance companies, show-Hospitality rarely prevails in the ing the expectancy of life at various work of clearing away it will be like- deaths, as well as lives unusually extended, occasionally occur; but With all your toils to make a this is a table of average expectancy

More years to live. 1......79 10......51 20......41 30.....34 40.....40 50.....21 60.....14 70....

lava have been flowing in an easterly direction. It is noteworthy that this increased activity was preceded by sensible seismic agitation of the soil in the neighboring pro-

BREAD-MAKING AND CIVILIZATION. -Each stage of society's advance, from lowest to highest, may be broadly characterized by the prevailing manner of handling the staff of life: that is, by the methods pursued in making broad. Whether pre-historic races made bread or not is more than can be certainly determined, but we know that existing tribes of cave-dwellers and burrowers made no bread. They are differentiated from the brutes by ability to light a fire, by the practice of cooking, and by that of wearing clothing, but their diet consists for the most part of reptiles and roots. A striking advance occurs when the seeds of the field come into use as food. Grain bruised on a flat stone with a billet of wood is wet into dough and cast on the embers; bread makes its appearance in the that by spring they will make an world, and progress begins. Several tribes of the Shoshone family of killed the better. Kerosene oil, mixed Indians make bread in this way. The mortar and pestle succeed the billet and stone, and a baking-plate of clay or stone is added to the household outfit. The morter and the pestle are the utensils of the earlier nomadic period, and most tribes of American Indians use them until contact with the whites modifies their habits. The hand nill, probably the first and certainly the most important machine used in the peaceful arts, marks the transition from the barbarous to the patriarchal statc. This admirable contrivance, with which two women still grind corn wherever patriarchal iustitutions prevail, has rendered more service to man, it may almost be said, than all other machines together. It is the type of the patriarchal state, but its use was not abandoned till the advent of the existing form of society. The use of leaven probably originated in the patriarchal period, while the oventhat is, what is now known as the baker's oven-belongs to the era of village communities. The grist mill is the type of existing civilization; being the first experiment in removing domestic industries from the household, the first attempt to set up

Words are things; and a small drop of ink, falling like dew millions think.

machinery for doing the work of

several households at once.

AGRICULTURE.

How LONG WE ARE TO LIVE .- A Good Practice in Garden Management.

Every farmer has noticed how the hens will pick and eat the green wheat plant through the winter when a field is sown near the barn, where the poultry can get at it readily, and another thing he has seen is, that when for any reason a field that was sown to wheat had to be ploughed up for planting ground, it was unusually mellow, friable, and free of weeds. Acting on these suggestions I have for years made a practice of planting, say one-half of the garden with all those plants, such as early corn, potatoes, pas, and the like, past season. Price for two-year vines \$2 each, \$20 per dozen. One-year vines \$1.50 each, \$15 per dozen. Special terms to be cleared off and sown to rye, or oats, or wheat, either or all, as one chooses sowed from the middle of August to the 1st of October, only the earlier the better. This will make a dense growth, keep the ground light and clean, and in the spring, leaving it to plant the latest, will give a good growth to plough under as green manuring, which gives a clean piece of ground, and very easily worked, for the other half of the garden; while the other half is managed as that was the year before, thus rotating with a two years' course, and so after renewing the land with such a green crop ploughed in, the sowing of this can be done just after cultivating or dunging without using the plough, and is an excellent thing for garden management; besides, as it is always near where the poultry can get at it, I find they will pick and eat this green The long-continued cruption of growth all winter and spring, when not Mount Vesuvius, according to late entirely covered with snow; and I do advices by mail, has assumed large not know of anything that is such an proportions. Copious streams of advantage to them as winter food, and causes them to lay so freely .- Cor. of

The English flockmaster has settled two points in British experience, first that mutton is more profitable than wool, and second that among English mutton consumers there is a decided mutton. Tender, juicy flesh, with a fine grain and a rich flavour, ripe, and yet carrying plenty of lean meat, is that which suits the English market. A combination of these qualities is found to most perfection in some of the black or grey-faced breeds or their crosses. This preference on the part of buyers is so marked that the butcher is enabled to give at least two cents per pound more for dark-faced mutton than for any of the white-faced and longwoolled sheep.

LICE ON LIVE STOCK .- Stock of all kinds should be carefully examined to see if there are any lice on them. A few lice now will increase so rapidly animal poor. The sooner they are with hog's lard, melted together, is a handy and effectual remedy. Make the mixture one-third lard and rub it into the hair thoroughly all over the body. Two applications are necessary to destroy the vermin hatched after the

VARIETIES.

What is 'moral insanity '? ' Wickedness,' says Dr. Gray. What is 'kleptomania'? 'Stealing,' says Dr. Gray. What is dipsomania '? ' Drunkenness,' says Dr. Gray. What is 'pyromanio'? 'Incendiarism,' says Dr. Gray. These technical terms the Dr. puts into plain

It is related that while preaching from the text, 'He giveth his beloved sleep,' a Toledo minister stopped in the middle of his sermon, gazed upon his sleeping auditors, and said: ' Brethren, it is hard to realize the unbounded love the Lord appears to have for a good portion of this congregation.

Chinese table etiquette is very peculiar. According to its rules no conversation must be carried on at the table; all begin to eat at the same moment, each person exclaiming, 'Let us begin,' and accompanying the remark with a flourish of the chopstick; it is rude for any one person to finish before the others; all must keep together; but remarks on the food are always in

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Through the liberality of GEORGE MUNRO, Esq., of New York, the following Exhibi tions and Bursaries will be offered for competition at the commencement of the Winter's Session of this College, 1882, 1883, and

In 1882 Five Junior Exhibitions of the annual value of \$200, tenable for two years, and TEN JUNIOR BURSARIES of the annual value of \$151, tenable for two years. SEVEN SENIOR BURSARIES of the annual value of \$200, tenable for two years.

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value of \$150, tenable for two years. In 1884 Five Senior Exhibitions of the annual value of \$200, tenable for two years. TEN SENIOR BURSARIES of the annual

value of \$150, tenable for two years. CLASSICAL AUTHORS FOR 1882:-Cæsar DeBello Gallico, Bk. vi; Ovid Metamorphoses - I.; Xenophon's Anabasis, Bks. III. and IV. To the Geometry of last year is added the Third Book of Euclid. To the Algebra of last year is added the Theory of

The Exhibitions are open to all candidates; the Bursaries are open to candidates from the Maritime Provinces The Junior Exhibitions and Bursaries are open to candidates for Matriculation in Arts; the Senior Exhibitions and Bursaries to undergraduates of any University who have completed two, and only two, years of their Arts course, and who intend to enter the third year of the Arts course in this University.

A statement of the conditions, dates, and subjects of examinations, &c., may be obtained on application to the Principal, Dalhousie College, Halifax, N. S. Feb. 1.

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