HEALTH HINTS.

APRIL 23, 1884.

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SALT.—Half a teaspoonful of common table salt dissolved in a little cold water and drank, will instantly relieve 'heart burn" or dys-

If taken every morning before breakfast, increasing the quantity gradually to a teaspoonful of salt and a tumbler of water, it will in a few days cure any ordinary case of dyspepsia, if at the same time due attention is paid to the diet. There is no better remedy than the above for constipation. As a gargle for sore throat it is equal to chlerate of potash, and is entirely safe. It may be used as often as desired, and if a little is swallowed each time it will have a beneficial effect on the throat by cleansing it and al laying the irritation. In doses of one to four tea-spoonfuls in half s pint to a pint of tepid water, it acts promptly as an emetic, and, in cases of poisoning, is always on hand. It is an excellent remedy for bites and stings of insects. It is a valuable astringent in hemorrhages, particularly for bleeding after the extracting of teeth. It has both cleansing and healing properties, and is therefore a most excellent application for superficial ulcerations. MUSTARD is another valuable

remedy. No family should be without it. Two or three teaspoonfuls of ground mustard stirred into half a pint of water acts as an emetic very promptly, and is milder and easier to take than salt and water. Equal parts of ground mustard and flour or meal made into a paste with warm water and spread on a thin piece of muslin, with another piece of muslin laid over it, forms the indispensable " mustard plaster." is almost a specific for colic when applied for a few minutes over the pit of the stomach.' For all internal pains and congestions there is no remedy of such general utility. affected part.

COMMON BAKING SODA is the best of all remedies in cases of scalds and burns. It may be used on the surface of the burned place either dry or wet. When applied promptly the sense of relief is magical. It seems to withdraw the heat and with it the pain, and the healing process soon commences. It is the best application for eruptions caused by poisonous ivy and other poisonous plants, as also for bites and stings of insects. Owing to colds, over fatigue, anxiety and various other causes, the urine is often scanty, highly coloured and more or less loaded with phosphates, which settles to the bottom of the vessel on cooling. As much soda as can be picked up with a ten cent piece, dissolved in half a glass of cold water and drank every three hours, will soon remedy the trouble and always exists from the interruption, of the natural flow of urine. This treatment should not be continued more than twenty-four hours .-Hall's Journal of Health.

CINDERS IN THE EYE .- An exchange has the following: -A very simple and effective cure for cinders in the eye is within the reach of every one, and would prevent much suffering and expense were it generally known. It is simply one two grains of flax seed. These may be placed in the eye without injury or pain to that delicate organ, and shortly they begin to swell and dissolve a glutinous substance that covers the ball of the eye, enveloping any foreign substance that may be in it. The irritation of cutting the membrane is thus prevented and the annoyance may soon be washed out. A dozen of these stowed away in the vest pocket may prove in an emergency worth their number in gold.'

Whoever is sensible of his own faults carps not at another's failings. -Persian.

FARM AND GARDEN.

one who ought to know that cold tea is a good fertilizer for house plants, and that occasionally it is a good plan to put some tea grounds er leaves in the earth around the plant roots.

One of the strongest points in preparing horses for spring work is in having their shoulders in a good sound condition. With this to start with and soft and well-fitting collars, there need be but little fear of any difficulty in keeping them all right, no matter how hard the labour the horses have to endure. By keeping the collars well cleared of any dirt which may accumulate upon them from the sweating of the horse, and by bathing them daily with cold water, there need be but little fear of bad shoulders.

There is no doubt that a well kept flock of poultry is the most profitable of all farm stock. But a little flock, like a little farm well tilled, brings the most profit to the farmer. Just so many as can be kept without crowding, and with ease and convenience, will be the most profitable. Poultry will not bear crowding any more than sheep or pigs or people, and it is well and works mischief. It is a necessity of the case, because cleanliness must be sacrificed to necessity.

LIME slacked with a solution of thinned with skim milk from which ing round and round in a circle, just as all the cream has been taken, makes a permanent white-wash for out-door work, and, it is said, renders the wood incombustible.

EARLY POTATOES, -A correspondent of the Gardener's Monthly gives It acts as a counter irritant by draw- the following method of obtaining ing the blood to the surface; hence potatoes early. Of course the plant in severe cases of croup a small ing requires much more care and mustard plaster should be applied work than in ordinary planting, to the back of the child's neck. The but sometimes and on a limited scale same treatment will relieve almost it may pay :- Some years ago I conany case of headache. A mustard ceived the idea of planting my potaplaster should be moved about over toes with shoots to them. Probthe spot to be acted upon, for if left | ably the sprouts suggested the idea, in one place it is liable to blister. at any rate I carried out the plan, A mustard plaster acts as well when and have been so well pleased with at a considerable distance from the | it that I have followed it for three years. A few weeks before planting time I select my potatoes, and set them in a warm place to sprout. By the time my ground is ready the shoots are about three inches in length. The petatoes are handled carefully so as not to break the growth, and cut up in suitable sizes as in the ordinary way. One strong shoot is left to each piece. The sets must be put into the ground carefuly, of course, or the shoots will be broken off. As growth commences at once, the green tops show in a few days. There is easily a saving of two weeks' time at the start. Those who have rather low ground which cannot be worked very early in the spring, as I have, will find this method will enable them to compete with their neighbors on higher ground, with success. By July 10, I was using fine Beauty of Hebrons (an excellent early sort by the way), cause relief to the oppression that planted April 27. They were not centre of the table on the occasion of then fully ripe, though the yellow tint in the leaves was getting quite perceptible. Generally the tops are dead by this date, but an unusually fine potato season kept them growing later this year.

SCIENCE.

VERY HARD STEEL -a new steel is said to have been produced at Sheffield, England, which is expected to be of incalculable value to the manufacturing and railroad world. It is said to be made 'by adding from 7 to 20 per cent of the ordinary ferro-manganese of commerce to iron either wholly or to a good extent decarbonized and refined and treated by any of the ordinary processes, or to steel produced by such processes. It is stated that a small test bar containing 12 per cent of The commonplace sun in the commonmanganese was bent double when cold, and was sufficiently hard to The moon and the stars are common place turn iron; that an axe containing the same percentage, and which had square. A correspondent of The American Manufacturer, giving these facts, says that the steel is capable

of being hammered or rolled the same as ordinary steel, and showed TEA FOR PLANTS.—It is said by no magnetic qualities. If these accounts are in any measure correct, the discovery is likely to prove of great economic importance.

> A correspondent of the Scientific American has made some calculation on how long it would take to fill the Sahara with water from the Mediterranean Sea. He finds that it would require 4,000 years for the waters from the Mediterranean to fill the valley of the Jordan, which is 1,000 feet below the former, the water to flow through a passage 100 ft. wide by 25ft. deep with a velocity of 4 miles an hour. With a channel 100 times this capacity it is possible he says to limit the period of filling to 40 years. At the same rate it would take 40,000 years to fill up the Caspian Sea to the sea level, and thousands of years to fill up the Sahara.

An infallible test for buttererine is said to be to melt the suspected substance, and then suddenly chill it by surrounding it with cracked ice, when the lard will go to the bottom and the butter to the top, the line of separation being plainly visible.

Nearly all the alcohol produced in Germany is made from potatoes.

VARIETIES.

There was once a horse that used to pull around a sweep which lifted dirt from the depths of the earth. He was kept at the business for nearly twenty

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PERCEVAL LOWELL,

Gen. Pass. Ag't Chicago. known that when any of these are kept at the business for nearly twenty too closely kept, disease appears years, until he became old, blind, and too stiff in the joints to be of further use. So he was turned into a pasture, and left to crop the grass without any one to disturb or bother him. But the funny thing about the old horse was that every morning, after grazing salt in water, and then properly awhile, he would start on a tramp, gohe had been accustomed to do for so many years. He would keep it up for hours, and people often stopped to look and wonder what had got into the head of the venerable animal to make him walk around in such a solemn way when there was no earthly need of it. But it was the force of habit. And the boy who forms bad or good habits in in his youth will be led by them when he becomes old, and will be miserable or happy accordingly.

> The forms of greeting are almost as varied as are the races of mankind. In the ancient days, the Greeks, instead of saying, " The top of the morning to you!" would wish one to be of " good cheer," while the Romans would say "Health and safety to you!" But in China the form of salutation seems to be quite funny. The Chinese expression for "good-morning" means, " Have you eaten your rice? and is your stomach working well?" That would sound very strangely to us, but people become accustomed to all sorts of saluta-

> Jesh Billings says: "There is one thing about a hen that looks like wisdom. They don't kackle much until after they have have laid their egg. Some pholks are alwuz a bragging and kackling what they are going to do beforehand.

A young man in town sent a note to his sweetheart the other day, inviting her to go with him to the "skating hang off for a mere matter of spelling." That's where she is right. Men that can't spell a word have been known to make most excellent husbands. Orthography is nothing where the heart

A long and narrow mirror, edged with flowers, is the proper thing in the | monthly-\$1.50 per year. a fashionable dinner party, it lies ' flat on its back, and looks like a pond you

A lady lately offered four prizes to the scholars of the Boston schools, for the best historical essays. Three of these prizes were taken by girls in the Latin and High schools.

The latest thing in Parisian millinery is the cat adornment. Small stuffed kittens are now fashionable as the ornaments of the prevailing large brimmed hats, and the effect of these tiny tigerish animals is striking. At present only one cat at a time is worn ; but after a little while, when emboldened by success, a family group of cat and kittens may be looked for.

COMMONPLACE. "A common place life," we say and we But why should we sigh as we say? place sky,

Makes up the commonplace day; And the flower that blooms and the bird

that sings : never been hardened or tempered, But dark were the world and sad our lot cut in two a bar of iron half an inch | If the flowers failed and the sun shone and God who studies each separate soul Society.

Out of commonplace lives makes His



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