HEALTH HINTS

PHYSICAL EXERCISE FOR GIRLS.—Books and lectures directed against fashionable absurdities find readier acceptance with men than the sex in who interest the warnings are promulgated, and the reason is not far to seek. Men look at the matter in the cold, clear light of abstract reason and in the strong sense which adapts means to ends, whilst their wives and daughters are under the thraldom of the despot fashion, and are blind to all considerations as save those of paying implicit obedience to his imperious dictates. We incline to the opinion that an enduring reform is not to be looked for as a consequences of the fulminations of professors and doctors however strongly urged and backed up by weight of argument and diagram, but as the outcome of the requirements of modern life. It may be postulated that the women of a nation fond of outdoor life, and sport involving exertion, will, at any rate during the time spent in exercise, study to some extent the necessity of a fit garb, and one adapted to the requirements of free play of body and limbs. A sedentary and active life will, on the contrary, permit of a morbid, following of the unnatural impulses to distort and cramp themselves to the prevailing fashions. the multiplication of the facilities for lawn-tennis and other outdoor games and pursuits in which a woman may, without detriment to the soft dignity of her sex, compete with men, is, we feel confident, a great factor in the contest with disease-generating tight corsets. Medical authorites are most unaminous that with certain reservations the physical education of both sexes need not differ up to the adult age. The full and free developement of the physique of both boy and girl should undoubtedly be as largely attended to by parents and guardians as the education of the mental faculties. We have only to notice the springy step, ringing voice, and splendid health of the devotee of tennis to be assured of the possibilities within the reach of every girl, and of the fallacy of supposing that women must necessarily be delicate and more susceptible to ailments than men. Up to a few years ago the sphere of outdoor exercise for women was a very restricted one. Too great gratitude cannot be bestowed on Major Wingfield for his invention of lawn tennis, which, whilst fulfilling all the neccessities of out door exertion, yields an interest and a pleasure to players both good and indifferent. Indoor gymnastics, too, afford a good means of attaining to physical perfection and health, and there are in this metropolis many facilities for the systematic training of girls and women in classes or singly. Professors of gymnastics do not now feel it incumbent upon them to confine the exercise to a few calisthenic contortions, but put their fair pupils through the same course in many instances of parallel bar, jumping horse, high jump, &c., as was formerly considered only desirable for men. The result of such a training cannot but be beneficial in every way, giving as it does command of muscle and nerve, and inducing a strengthening of the body not otherwise possible. These desireable reforms in physical education are steadily gaining ground, and many of those to whom the care of girls is entrusted, who formerly looked with disapproval on anything which had the faintest taint of an approach to what they considered to be purely manly exercise, now enter enthusiastically into the question of bodily training, and reap their reward in the increased health and vigor of their pupils.—*Land and Water.*

SCIENCE.

A new device in electrical machinery is a lure for fish; a lamp in a glass globe is put down into the water, and the electricity turned on. It illumines the sea, and the fish, attracted by the rays, come in large numbers. The nets are then brought into use and the fish taken in quantities.

Milk when heated in closed vessels to a temperature of 75° Centigrade (167° Fahr.) remains sweet for 96 hours. If the vessel is opened sourness occurs after 48 hours. Milk heated in the open air remains sweet only 24 hours.

It is stated that a large shoal of menhaden fish, swimming at night, will emit a strong phosphorescent light, which the superstitious fishermen on the coast firmly believe to be a fantom vessel—a sort of flying Dutchman—sailing the briny deep.

WEATHER PROGNOSTICATIONS.—Many so-called weather prophets make numberless guesses, the public frequently applauding those which happen to prove correct, while generously forgiving the much larger percentage of errors. The following described colors of the sky, at different times, are a wonderful guidance, as many an observing farmer knows from experience. Such an observation, and others of similar nature, confirmed by daily experience of farmers and mariners, are better and safer to follow than the prognostications of the weather by any professor who foretells a rainy or windy day twelve months in the future. A clear sunset not only indicates fair weather, but there are other tints which speak with clearness and accuracy. A bright yellow sky in the evening indicates wind; a pale yellow, wet; a neutral-gray tint, in the morning. a dry, calm day; in the evening, very unfavorable weather. The clouds are also full of meaning, and are in themselves many times very safe guides. If they are soft, undefined, and feathery, the weather will be fine; if the edges are hard, sharp and definite, it will be rainy and windy. As a general thing, deep, unusual hues betoken rain and wind, while more moderate tints bespeak fair weather. If a dense, cloudy sky suddenly clears up in the northwest at sunset, it indicates wind from the direction of the clear space. A luminous circle, known as a halo, around the sun or moon, caused by the reflection of light through the crystals of ice in the atmosphere, foreshadows a storm—wind, rain, or snow. When the atmosphere is dense and in a condition to convey ordinary sounds long distances, foul weather is sure to follow.—*American Cultivator.*

PINCHING MELON, CUCUMBER, AND SQUASH VINES.—A practical gardener makes the following important statement:—"Last year, as a test of a frequent practice among growers of melons and squashes, I pinched the ends of the long main shoots of the melons, squashes, and cucumbers, and left some to run at their own will. The squash plant sent out a single stem reaching more than forty feet, but did not bear any fruit. Another plant was pinched until it formed a compact mass of intermingling side shoots eight feet square, and it bore sixteen squashes. The present year, a musk-melon plant thus pinched in covers the space allotted to it, and has set twenty-three specimens of fruit, the most of which has been pinced off. The pinching causes many lateral branches, which latter produce the female or fertile blossoms, while the main vines only produce the male blossoms. The difference in favour of the yield of an acre of melons, treated by this pinching process, may easily amount to a hundred barrels."

THE FARM.

A correspondent of *The National Live-stock Journal* has discovered that sheep never scour in summer so badly as when feeding on hard, dry grass. They should be provided in summer, if possible, with grass that is always tender and of quick growth.

An Iowa law requires that at least twelve shade trees shall be set out in every school-yard—a capital idea.

It is said to be the custom in Spain for every one who eats a fruit to dig a little hole in the ground, and plant the seed. In consequence, the roads of that country are lined with trees, the fruits of which are free to all. There is a hint here which might well be acted on in this country.

THE MANURE HARVEST.—In the midst of the harvest of grain and grass tubers, we must not forget the compost heap, in which we garner and store the unsowed crops of a future season. The saying that "any thing that grows in one summer, will rot before the next," is a safe guide in collecting vegetable matter for the compost heap. When sods, muck, and weeds form a part of the heap, it is not alone the material which we are assiduous in collecting, and put into the heap, that constitutes its whole value. The fermantation induced by the dung and liquid manure, and the action of the lime or ashes added, work upon the earth, adhering to the roots of the weeds, and forming a considerable part of both sods and muck, and develop an admirable quality of plant food. Hence this element of the compost heap, which is generally over-looked as possesing any special value, should never be wanting. It has moreover, its own offices to perform, in promoting decay, in the formation of humus, and in preserving, locking up, and holding on to valuable ingredients of plant food.

The compost heap should always be laid in even layers, and each layer should go over the entire heap, for thus only can final uniformity be had. We do not mean special purpose composts, but those made for general farm crops. It would be well if every particle of dung, liquid manure, straw, litter, leaves, weeds, etc., could be worked together into uniform fine compost, and there is really no substantial reason why this should not be done. The gardener would plead for certain special composts. It might perhaps be well to make a special hen-manure compost for corn in the hill, and take the general compost as a basis, to make one for turnips, by the addition of a large percentage of bone-dust. All this may be done—establish once the rule to compost everything of manurial value, and we have in prospect an abundance of farm-made fertilizers at all times, and for all crops—victory over weeds, a good place for decomposable trash of all kinds, a sacred burial-ground for all minor animals and poultry, whose precincts need never be invaded. There will besides be no stagnating pool in the barn-yard, for all liquids will go to the tank, to be pumped over the compost heaps; everything will be daily gathered for the growing compost heap, and the harvesting of the manure crop, and its increase day by day, all the year round, will be a source of constant pleasure to master and men.—*American Agriculturist.*

OVERFED PIGS.—When young pigs are sick it may be pretty certainly understoood that they have been overfed. The general treatment of pigs seems to be based upon the idea that they are naturally greedy and gluttonous animals, and that their habit should be encouraged as much as possible. Hence all the diseases which so frequently affect pigs. When young a pig is a tender animal, with a stomach not much larger than that of a human infant, about as old, and yet people will cram the little creature with sour slop, grease, milk and cornmeal until it can swallow no more.

THE HOUSE.

TREACLE POSSET.—Heat half a pint of milk in the saucepan, and when in the act of boiling pour in one gill (quarter of a pint) of treacle. The milk instantly curdles. It must be taken off the fire and allowed to stand for ten minutes, and then strained through a piece of muzlin to separate the curds. This must be drank hot. Lemon whey is prepared in a similar manner, only substituting a glass of lemon juice for the treacle. All wheys must be strained before they are taken.

SUMMER DRINK.—Put cherries or raspberries into a bowl, pour over them the best cider vinegar (not too sour) about a quart to a pound. Let it stand two days, press out the juice and add more fruit. Let it stand two days longer. It is rich if the fruit is added three times. The last time pass it through a linen bag. Put into a porcelain kettle adding to a pint of the juice one pound of white sugar. Let it boil 20 minutes, and when cold bottle it.

PICKLED CHERRIES.—Do not allow the cherry season to pass without adding a few jars of pickled cherries to your store of good things for winter. Use the large red tart cherries. For two quarts of the fruit allow one pint of vinegar, half a cup of white sugar, two dozen whole cloves, and a dozen blades of mace. Boil the vinegar and the sugar with the spices for five minutes; turn into a stone jar until perfectly cold. Meantime fill small jars three-quarters full with the fruit, leaving half the stem on, and when the vinegar is cold strain it over the cherries. Pint glass jars are best for this purpose.

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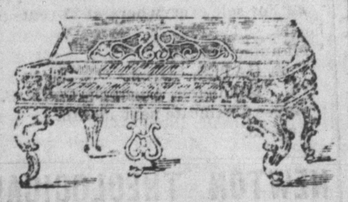

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