

HEALTH HINTS

WHAT MAKES A HOUSE BEAUTIFUL.—The best cheer of every house must come from the heart and manner of the home mother. If that is cold and this ungracious all the wealth of India cannot make the home pleasant and inviting. Intelligence, too, must lend its charm, if we would have home an Eden. The severe style of house-order neatness seldom leaves much margin for intellectual culture. A simple style of living and house-furnishing would set many a bonded slave at liberty, and vastly to the comfort of all in the house.

Hospitality rarely prevails in the spotless line-and-letter houses. Company disarranges the books, and disorders the house, which had work enough in it before. The mother cannot throw off her household cares, and sit down for a real heart-to-heart converse with the old friends of her childhood. Still less can she enter into the joys and pleasures right and delightful to her own children, because of the extra work of clearing away it will be likely to make.

With all your toils to make a house beautiful, do not neglect the first element 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 ice-berg 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.

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 flour 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 PUDDING.—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 of nutmeg, one 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, and put the whites of the eggs in last. This may be baked in a loaf, but not being rich it will then need fruit or nuts to give tone to it.

SCIENCE.

HOW LONG WE ARE TO LIVE.—It is not every one who asks himself this question, because, strangely enough, it is the belief of many persons that their lives will be exceptionally lengthy. However, life assurance companies are aware of the credulous weakness of those whose lives they assure, and have therefore compiled numerous tables of expectancy of life for their own guidance, which are carefully referred to before a policy is granted. The following is one of these well authenticated tables, in use among London assurance companies, showing the expectancy of life at various ages. In the first column we have the present ages of persons of average health; and in the second column we are enabled to peep, as it were, behind the scenes of an assurance office, and gather from its table the number of years it will give us to live. This table has been the result of careful calculation, and seldom proves misleading. Of course, sudden and premature deaths, as well as lives unusually extended, occasionally occur; but this is a table of average expectancy of life of an ordinary man or woman:

Age.	More years to live.
1.....	79
10.....	51
20.....	41
30.....	34
40.....	26
50.....	21
60.....	14
70.....	9
80.....	4

The long-continued eruption of Mount Vesuvius, according to late advices by mail, has assumed large proportions. Copious streams of 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 provinces.

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 bread. 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 world, and progress begins. Several tribes of the Shoshone family of 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 mortar 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 mill, probably the first and certainly the most important machine used in the peaceful arts, marks the transition from the barbarous to the patriarchal state. This admirable contrivance, with which two women still grind corn wherever patriarchal institutions 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 oven—that 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 machinery for doing the work of several households at once.

Words are things; and a small drop of ink, falling like dew upon a thought, produces that which makes thousands, perhaps millions think.

AGRICULTURE.

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, peas, and the like, that ripen early, so the ground could 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 growth all winter and spring, when not entirely covered with snow; and I do not know of anything that is such an advantage to them as winter food, and causes them to lay so freely.—*Cor. of Globe.*

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 preference for Down or black-faced 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 long-wooled 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 that by spring they will make an animal poor. The sooner they are killed the better. Kerosene oil, mixed 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 first brood.

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 'pyromania'? 'Incendiarism,' says Dr. Gray. These technical terms the Drs. put into plain English.

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 expects 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 order.

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CLASSICAL AUTHORS FOR 1882.—Caesar DeBello Gallico, Bk. vi; Ovid Metamorphoses—L.; 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 Indices.

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. 4 ins.

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