

Scientific.

Cold rain-water and soap will take out machine grease where other means would not be advisable on account of colors running, etc.

Flannels are best washed in tepid water, prepared beforehand with soap and a teaspoonful of ammonia.

To preserve and mount sea-weed, place it in a large bowl of water above a suitable sized piece of glass. When it has expanded, lift them carefully out of the water on the glass. Arrange the sea-weed with the aid of a fine paint brush, lifting off superfluous pieces, and spreading out those that lie too thickly. Press between sheets of blotting paper.

No healthy person need be too stout if only proper attention is paid to diet. Those so afflicted should abstain from, or eat very sparingly of, potatoes, sugar, bread, butter, and all fatty or starchy kinds of foods; while, in the matter of drinks, milk and chocolate are to be avoided. A stout person may partake freely of lean meat, green vegetables, and fresh fruit. Nuts are to be avoided, as they are oily and therefore fattening.

Good wheaten bread should be well baked (not burnt), light, and spongy, the crumb being well permeated with little cavities. It should be thoroughly kneaded, of good color (white or brown), not acid to the taste, not bitter, not too moist. When set aside, the lower part should not become sodden. A four-pound loaf loses about an ounce and a quarter in twenty-four hours, about five ounces in forty-eight hours, and about seven ounces in sixty hours. This loss will vary with the temperature, draughts of air, etc.

To prevent mental bankruptcy, avoid, first, excessive indulgence of the emotions; second, frantic desultory efforts to accomplish in one hour an amount of mental work appropriate to double that amount of time; third, every species of excess which experience has proved leads to general constitutional drain; fourth, attempting to do two things at one and the same time; fifth, petty social and other engagements which interfere with the function of sleep; sixth, indigestible food.

If oil has been recently spilled on a carpet or floor, put on plenty of wheat-flour or whiting to absorb the oil as much as possible. If the spot is near a seam, it is well to open the carpet and place the whiting underneath as well. The next day sweep up with a stiff brush the flour above and beneath the carpet, and put on plenty of fresh flour. If spots persist in remaining after this treatment, they can be removed by rubbing with flannel dipped in spirits of turpentine or benzine. Others use a preparation made by mixing a little soap in a gallon of soft warm water, and then adding half an ounce of borax. Wash the part well with a clean cloth, and the spot will soon disappear.

A cement which is proof against even boiling acids may be made by a composition of India-rubber, tallow, lime, and red lead. The India-rubber must first be melted by a gentle heat in benzine, and then six to eight per cent. by weight of tallow is added to the mixture while it is kept well stirred; the next day slaked lime is applied, until the fluid mass assumes a consistence similar to that of soft paste; lastly, twenty per cent. of red lead is added, in order to make it harden and dry.

Dr. Cagnoli mentions in the *Moniteur Therapeutique* that, having as a patient a little boy with rheumatic fever, in whom salicylates produced severe gastric disturbance, he had recourse to compresses saturated with a ten-per-cent. solution of salicylate of soda and covered with oilskin bound round the most acutely-inflamed joints. The next day the pain and swelling had disappeared from these and the power of motion had returned to them, while the joints which had not been so treated remained exactly in their previous condition. These latter were afterwards relieved in a similar manner.

The *Lancet* publishes an article giving an account of the successful treatment of carbunculous diseases by the injection of the officinal solution of ammonia. Dr. Arendine claims that it destroys the bacillaria in all malignant pustules, and is a specific in this class of diseases. As physicians have found the carbuncle always dangerous, and almost beyond the reach of remedies, the suggestion may prove of great value to the profession and to sufferers.

Halle recommends the following application in furuncle—Tannic acid, one part; powdered gum-arabic, one part; tincture of arnica flowers, two parts. This is to be painted over the boil and for a little distance around it, several coats being applied until it forms a thick and firm covering. Halle states that this mode of treatment quickly relieves the pain and diminishes the swelling. When taken in time, the boil disappears without the formation of pus; and, when this has already occurred, the application causes extrusion of the core and prompt healing of the furuncle.

The prevailing fault of a large proportion of toilet and fancy soaps is that they contain such quantities of "free alkali" as to render them decidedly injurious to tender and sensitive skins when habitually used. Although the general public has not as yet been thoroughly "educated up" to the point of appreciating the magnitude of this evil, yet most persons whose skins are extremely sensitive find by experience, in winter, or during the prevalence of easterly winds, that frequent washing with soap and water is impossible without producing much personal discomfort, unless they use selected kinds of soap to which experience has guided them. Many such persons discard soap altogether in favor of materials like oatmeal and powders which do not contain alkaline matters.



DIAMONDS OF THOUGHT

In novels marriage ends all. The truth is precisely the reverse; it begins all.

It is better that joy should be spread over the whole of the day than that it should be concentrated into ecstasies, full of danger and followed by reaction.

A good conscience is an excellent thing, and so too is a winsome manner. It should be carefully cultivated. When frankness becomes rudeness, it should be properly checked.

In expenses I would be neither pinching nor prodigal; yet, if my means allow it not, rather thought too sparing than a little profuse.

The whole European and American world is undoubtedly advancing to a broader and more philosophical conception of the true meaning of religion.

More gentleness, more sympathy, more consideration, more knowledge of character, more real respect for one another, are needed in all the relations of life.

It does not disgrace a gentleman to become an errand boy or a day laborer, but it disgraces him much to become a knave or a thief, and knavery is not the less knavery because it involves large interests, nor theft the less theft because it is countenanced by usage.

Let the strong defer to the weak, the healthy to the sick, the wise to the unlearned, the skillful to the unskillful, the righteous to the erring, and the roots of equity will be strengthened, and the rich fruits of human love and happiness will abound.

As garment draws the garment's hem,
Men their fortunes bring with them.
By right or wrong,
Lands and goods go to the strong.

No man can afford to let go of any influence which helps to save him from vulgar and commonplace views of life; from false types of excellence; from the paltry competition which strives above all things after material success; from the deification of current popular opinion; and the desire to swim with the stream, and spread the sails to the passing breeze.

What greater thing is there for two human souls than to feel that they are joined for life, to strengthen each other in all labor, to rest in each other in all sorrow, to minister to each other in all pain, to be one with each other in silent unspeakable memories at the last parting?



SPICE BOX

February builds a bridge, March breaks it, and April weeps over it. The glory of man, the jest of fools, and the riddle of the world, is—woman.

A successful man is one who succeeds, while others are talking about how he does it.

Impudence is the effect of too little knowledge, and modesty often the result of too much.

"Mrs. Brown looks quite captivating in her widow's weeds," remarks Mr. Green, on return from the funeral of the late Mr. Brown.—"What a pity we cannot all be widows," sighs Mrs. Green.

"Mrs. Arkadee says her new spring dress is as lovely as a dream," remarks Mrs. Jones to her husband at tea.—"It ought to be," says Jones, "for Arkadee says his wife's dresses give him the nightmare."

"What dentist made your teeth for you?" "Those are my own teeth; no dentist made them!" was the indignant reply. "You don't say so! How deceptive they are! They look as nice as the best kind of false teeth. What a wonderful thing nature is!"

An artistic lady calls her accounts "Pencilings by the Weigh," and gives them to her husband in a ragged-edged envelope.

A statistician has calculated that a man spends nine dollars per year more for clothes than a woman. That is easily explained. It is because the man is too mean to give woman more to spend.—*Norristown Herald*.

Tommy asked of his father the name of a large building which they were passing. "That is a blind asylum," said the father. "Then," said Tommy, "what's the use of putting windows in it?"—*Le Figaro*.

Papa, soberly: "That was quite a monstrosity you had in the parlor last evening." Maud, nettled: "Indeed! That must depend upon one's understanding of the term 'monstrosity.'" Papa, thoughtfully: "Well, two heads upon one pair of shoulders, for example!"