

BLUE GLASS MANIA.

No better confirmation of the assertion of a No better confirmation of the assertion of a cynic, that people "love to be humbinged," has been recently afforded than in the blue-glate delivion, which has in some sections acquired almost the character of an epidemic Whether there is a popular fondness for being deceived or not, there is certainly a manifest tendency to receive with readiness almost any novelty in the shape of a remedy for disease if it is only heralded with a sufficient amount of assurance and is backed by a few reput.

Cures "
Basing their confiden a upon such grounds as these, hundreds of people have recently been led to make a trial of the blue-light method of treating disease. Quite a business has been stablished in the manufacture of blue or coba't place. In some cities, scores of windows may be seen ornamented with a few panes of "Gen. Pleasanton's blue glacs." Every day we pass a window in which hangs a frame containing a window in which hangs a traine containing alternate panes of blue and colorless glass, be-hind which site a little cripple suffering with disease of the spine. His fond parents are vainly watching for the magic influence of the blue light to be manifested in restoring their little one to health. No doubt hundreds of

others are pursuing a similar course

It is not surprising that numerous "cures" are reported as having resulted from the use of this new remedy. Every new remedy can boast of as many "cures." Some of these, without doubt, are the effect of the imagination, which has long been recognized as a powerful agent in the treatment of the sick. It should also be borne in mind that in the use of the blue light the patient is also subjected to a sun bath, the great therapentic value of which has long been recognized. No doubt the larger share of the good results claimed for blue light are really due to the colviless

For the purpose of testing the value of the blue light when compared with co'orless light, nd one of our four sun-bath rooms at the Health Institute arranged for the up of the hiue light according to the most approved fashion. After a trial of two months we are unable to see the least advantage which it possesses over the clear, natural sunlight just as it was made by the Creator. It really seems quite improbable that the Omniscient should have made so great a blunder as to have so clumsily mingled the constituents of sunlight that it was necessary for Gen. Pleasanton to invent a means to filter out the deleterous rays. — Heach Returns.

LUNGS AND VOICE

No one can keep the body and mind orgorous No one can keep the body and mind eigerous for any great length of time in impure air. And the most, impure air is that which is hiled with emanations from the himan system. The lungs should be trained to free, full and rigorous action. They are, so to speak, the very springs of vicality. The more immediate importance of the lungs in the same. importance of the lungs in the snimal economy will be brought to mind when we recallect
that a person may live for days without food,
but to deprive him of sir, even for a few
moments, is to deprive him of life itself. Any
tormof dress or belt, therefore, which omstrains he base of the lungs and process upon the stomach and intestines must do serious harm Intimately competed with the function of breathing is that of vocalization. So great importance did the Greeks attach to this importance did the Greeks at ach to this feature of human development, that the type passed through the hands of at loss three lifferent masters in this department alone before completing his yourse. One master devoloped the power and range of his voice; another improved its quality; a third taught modulation and inflection. The production of roice is a muscular operation. It calls into action may organs directly related to the vital roles is a miscular operation. It can into action may organs directly related to the vital romany, and, consequently every step taken toward permanently improving the voice is so much done toward building up the health and ritality of the general system. The providence vitality of the general system. The privalence of harsh, graving voices, so little calculated to convey the "whisper of love," is very nouceable. The tone which often prevails in schools, and carried afterwards into life, is the hard, unnatural, half-screaming one in which both teachers and echolars often carry on their recitations. The natural, easy, nusical quality of voice which rounized quality of voice which marks refined from the beginning. Imagine a polite person asking a visitor to take a chair in the tone used by sholars in reciting their arithmetic lessest. Yet the forced and stilled tone is as fitting in the one case as in the other. Professor Munice contends that "nowhere

in our educational system is there so great a defect as the failure to secure attention to

hygranic laws To cultivate the brain while we neglect the vital system is as absurd as to furnish a powerful engine to a frail boat. The more we merease the steam power, the more should we make sure that the bull is staunch destruction when we force the regime anduly. Nervous diseases and frail constitutions are becoming every day more abundant, and they will continue to increase till an intelligent hygiene shall furnish the true preventive. Proper habits of dress, diet, sleep, cleanliness and exercise are of infinitely more importance true, hild than the grantership. more importance to a child than the geography of Siberia or the history of the Dark Ages. Yet the latter absorb a large share of time in schools where not a word is said of the former schools where not a word is said of the former May it not be asked with solemn emphasis—What shall it profit a child to gain a whole world of book-knowledge, if, in gaining it, he forfeits the chief condition of earthly welfare, bodily health "--London Free Press.

TEST FOR VINEBAR -- We have frequently been asked for some simple and practical method of testing the purity and strength of vinegar. Of course, to ascertain just what and much adultoration is in vinegar, a chemi-analysis is necessary, but for obvious reacal analysis is necessary, but for obvious reasons this is not obtainable by retailers general. by The most common adulterant, however, is acid, which is added to increase the strength, and to detect this the pickle manufacturers have a simple test that is infallible, and shows the slightest trace of that article. Each pickle nave a simple test trace of that article. Each pickle manufacturer keeps a small vial of the colution of muriate of barytes, obtainable for a few cents at any drug store. When a sample of vinegar is offered he turns out a wine glass When a sample about half full and adds about ten or twelve drops of the muriate of barytes. If the vinegar is pure it will show no change gar is pure it will show no change If it contains acids it will gradually turn to a milky hue, according to the quantity of acids in it. To show the nicety of the test we give an instance that lately happened —A farmer brought in a sample of order vinegar which, as If st conhe had made it himself, he knew was absolute-On testing it, it showed a faint milky ly pure. On testing it, it showed a faint milky cloud, indicating that there was acid of some kind in it. Not being able to explain it, he went home and tested each barrel and found it all so. After patient investigation he finally found that he had used water from a cistern supplied from a roof having copper gutters to carry off the water. We also tested, this week y off the water. carry on the water. We also tested, this week, a sample of imported bottle white wine vineger, bearing a name known all over the world, and this also showed a slight trace of saids, added probably to increase the strength.— American Grocer

SMALL FEET.—Why it should be desirable to have a small weak foot, any more than a small and weak brain, it is not easy to conceive. For the purpose of having such small feet, not a few wear boots one or two sizes too small, and about two-thirds of the width of the for t is it would be at the ball if allowed as the control as it for when of the root is it would be at the can indicate to spread as it does when standing without the confinement of the boot. As a natural and necessary result of such pinching confinement, the foot becomes deformed and larger than it would naturally grow, with enlarged joints, the toes turned from a line parallel. larged joints, the tors turned from a line par-allel with the foot, to say nothing of the troublesome corns so annoying and crippling to a large class of young women. The worst result of this crippling custom of wearing small and narrow boots, is felt by children, when allowed to outgrow their boots. It is poor economy to allow the young to wear boots when the feet have become too large for them, since deformity of the feet is easily pro-duced at this time. When the boot is too short and the heel too high, the in-growing of nalls is a perfectly natural result. Children will is a perfectly natural result. Children will have sufficient ills to contend with without this crippling from deformed is t, the most prominent cause of which is small and badly fitting boots and shoes.

GLASS FROM TROY SLAG-For some times there has lain on our dock a pamphlet setting forth the merits of a patented process for making glass from common furnace-slag, a material which has heretofore been practicalmaterial which has heretofore been practically useless and which accumulates in such masses in the neighborhood of every large furnace that it is difficult to remove or place it where it will be out of the way. An ling-lish gentleman, Mr Bashley Britten, has invented a process whereby the liquid slag it converted into glass as it comes from the furnace, thus utilizing the heat, which it necessarily acquires in the reducing process. Sand is added, thus making good the deficiency of silica, and the result is glass of almost any observed quality at a far cheaper rate than is otherwise possible. The slag is in fact a coarse kind of glass, containing same 39 per cent of silica, and it accreasing a highly useful discovery if it can be economically utilized in the manufacture of so indispensable an article as glass. The American agency is at 215 as glass. The American agency is at 215 Pearl Street, New York.

of an iron front, or a marble front, supported by iron pillars and plate glass, is the best. The iron heats readily, and bends when it heats. While the fire, if accessible is within control, it serves to keep the firemen and the water away and when it has done this service and the fire has become unmanageable within and threatens all the neighborhood, the tottering threatens all the neighborhood, the tollering columns and bulging front still serve to make the labors of the firemen at once dangerous and unavailing. A marble veneer set upon iron pillars is no better, and the majority of and unavaring A marble veneer set upon iron pillars is no better, and the majority of our business buildings are constructed after this pattern. Cheap and gaudy edifices are the fashion, and will continue to be so long as insurance companies continue to pay for their destruction. Chronic's (New York)

ACCOMMODATING WALL-PAPERS What may ACCOMMODATING WALL-PAPERS What may possibly prove to be a most valuable idea is reported from Germany. New wall-papers have been suggested which will adjust themselves to the light within the room, growing lighter and brighter as the room darkens, and on the other hand, getting darker in propor-tion as the room is illuminated. To this end it has been proposed that the papers he print-ed or coated with exalate of copper, which copper, which acts in the manner above described. It is confidently expected that very curious and novel effects of color and shade may in this way be produced, and if the proposal only turn out as well as its promoters anticipate, an entire revolution in the wall-papers of the future seems probable.

Dynamire in Agriculture -This substance. dangerous as it is, has been used successfully for some years in clearing land, and now it is applied by the Duke of Sutherland in Scotland. and by Dr. Hamm in Austria, to loosening the soil for agricultural purposes. A number of cartridges are buried at regular intervals and at uniform depth, and are explode I by electri-By this means the soil is loosened to a greater depth than is possible by any means herotofore discovered, and although the surface is hardly disturbed at all the effect is all that can be desired.

GAS-BURNERS. Each ordinary gas-burner m a room consumes eleven gall dein a room consumes electer gain has of air each minute, that is to say, it robs it of such vital principle as is requisite for our language in breathing. Ventilation is always necessary, and more especially when gas is being burned

— The London Spectator says. — The Ame can papers have been more than usually imagins tive lately on the subject of the stimulus given by blue rays to the growth of plants and animals. A blue glass house will, according to their theory, double the size of plants kept in it, and a few blue ray baths cure the worst spinal complaints. Unfortunately, however, for these cheering myths, as Mr. Thistleton Dyer, assistant-director in the Royal Garder e at Kew, showed, in a lecture on "Plant Growth," delivered at the London Institu-Growth," delivered at the London Institu-tion, the blue rays in sunlight "actually have a retarding effect on growth," and it is to the blue rays that this retarding effect is limited Mr. Thistleton Dyer even explained the move-ments of plants toward the light as "probably due to the curvature of the stems, in conse-quence of the illuminated side growing more slowly than that which is shaded." It is cuthat the ingenuity of American inventors hould have hit on the exact contrary of the truth.

-Prof. Young makes some interesting statements in the Popular Science Montaly re-garding the distance of the sun from the earth. If some celestial railway could be imagined, the journey to the sun, even if our is iso sixty trains ran sixty miles an hour, day and night and without a stop, would require over 170 years. Sensation, even, would not travel so far in a human lifetime. To borrow the curious illustration of Prof. Mendenhall, if we could imagine an infant with an arm long chough to enable him to touch the sun and burn him-self, he would die of old age before the pain could reach him, since, according to the ex-periments of Helmhostz and others, a nerrous shock is communicated only at the rate of about 100 feet per second, or 1,637 miles a day, and would need more than 160 years to make the journey. Sound would do it in about fourjourney. Sound would do it in acoustications rears if it could be transmitted through oclostial space, and a cann in ball in about nine if it were to move uniformly with the same speed as when it left the truzzle of the gun.

Tringstate of sods, says Nature, has been much talked about latery as valuable, when mixed with starch, for rendering muslin dresses uninflammable. Prof. Gladmixed with starch, for rendering muslin dresses uninflammable. Prof. Gladstone and Dr. Alder Wright save both brought it before audiences at the Boyal Institution, it before audiences at the Royal Institution, Dr. Wright showing its chicary by having a mustin dress so prepared for one of his assistants to wear, in which he walked about over flames. In repeating the demonstration in the course of a lecture at South Kenangum recently, it was fortunate that Dr. Wright had the dress placed on a dummy instead of heims were by a assistant. Pearl Street, New York.

SPEROT DESTRUCTION.—Of all the contrivation of a manufacture of the speedy and complete destruction of a building attacked by fire, that the explained, as it is believed no mistake had been light for four of fire.—Household.

made in the preparation No doubt the exact conditions under which the tungstate is rehable will be a . bject for farther investgation

Men and women who are compelled to work all day in rowded shops or rooms, ought never to neglect the practice of taking an hour or two hours exercise daily in the open are, morder if possible be undo the evil worked by the vitiated air they have breathed

DOMESTIC.

Lables Shors. There are how changes in the styles of ladies, shows. Each year brings into more general use comfortable broad shows that have full wide soles with extension edges. these prevent crowding, and leave the foot in its natural symmetries proportions. Misses and children's shoes are made with low heels and broad soles, giving the foot its natural shape and position, for very small children heels are abandoned altogether

BLACK BRAN OR MOOK TURTLE SOLE BLACK BRAN OF MOCK TURTLE SOLI One putt of black bours soaked over hight in cold water. Strain off the water in the morning, add fresh cold water and an onion with ten cloves stuck in it. Boil till the beans are very tender, then strain through a colander, add beef stock or not as is convenient, boil up, season with pepper and salt, and serve with which of learners are the same functions of learners. slices of lemon or not as you fane;

Por Roast Ment of any kind, beef, thick-

this way. Slice an onion and a few slices of pork, and put in the bottom of a kettle. Place n top whatever meat is to be cooked, add just water enough to stew it. Be careful not to use too much water, it can be easily added if it cooks away, but it spoils the dish to be obliged to take any out Keep turning the ment and let it stow or roast slowly till brown, and ten der, then take out the meat, strain and thicken he gravy, pour over the meat, and serve hot.
-Selected. the

ATTLE PUFFS - Make a light, tender crust, s for finest pastry. Prepare fine-flavored APPLE TYPES - Make a light, tender crust, as for finest pastry. Prepare fine-flavored apples, stew soit, sweeten, season, and strain R.-II out two large sheets of pastry on separ. boards. Put on a spoonful of apple in little spois all over one sheet, spread over this the other sheet, which should be a trifle larger than it under one, then cut with a biscuit cutter wherever there is a bunch of sauce cutter wherever there is a bunch of sauce— only cut them large enough to have a good rum. If too much sauce is put on it will stew over and make the pulfs look untidy. Press down the edges with some pretty stamp, or with a fork, if that is most convenient, to keep the juice in. If the pastry is light and ten-der there are very nice. der these are very nice

STOCK FOR SOLL. Take han beef and cold water in the proportion of one pound of hean beef to one quart of water, put it in a soup-kettle over the fire. When it boils add a curwater in the proportion of one pound of sean beef to one quart of water. put it in a soupsettle over the fire. When it boils add a cup of cold water. That brings the seam to the top, which must be carefully skimmed off. Then place the kettle over a moderate fire, where it is summer slowly four or five hours. where it is summer stowing tour or five hours. This stock amp be used for all soups in which meat broth is required. By adding to it, for thickening, barloy, rice, sage, maccaron or vermicelle, it will be transformed to either of these soups—rice, barley, sage, &c., or by adding turnatoes, an ier canned or fresh, we have read toward again. have good tomato soup. Serve with neatly cut bits of toasted bread.

To CLEAN GLOVES .- Just a few words about glove-cleaning, if you please. But I want to say first that I have found it the truest co no-But I want to my to buy either very light or very dark kids because the former can be cleaned again and again, and made to look as well as when new. and the latter never require cleaning at ail. The medium shades I have never been able to cleanse to my satisfaction. I never been able to cleanse to my satisfaction. I never pay over a dollar for light, and half a dollar more for dark kids. Now for the cleansing process, which is the one. I find, after trying every other known way. Four a little bename (den to be too saving of it into a saucer, take one of the cleans and trach it as your good a head the gloves and wash it as you would a hand-kerchief, giving the soiled spots special at-tention. Squeeze, (hurry new", lay the glove on a clean cloth and rub it with another glove on a clean close smarrer it with another cloth toward the finger tips until dry. Proceed as above with the other glove, using fresh beaume, then pur both to a cloth and hang them up in a window or cord doors till the scent disappears. Have the winning cloth clean, turning it about frequently for clean spots, don't rubton hard, either in nash. ing or drying never put the gloves on the hand, rub (in drying) quickly and ovenly to avoid streaks, and do the whole job as quickly as possible it takes only ten or fifteen as possion in time, and my given always look splendidly. Of course I do not a low them to rival the color of the store before I wash them Now just try it, sisters, and see if you don t