

CLOTHING

is very important. Woolen garments should always be worn next the body, winter and summer, subject to immediate change in case of dampness from perspiration or otherwise.

FINALLY.

All excesses should be avoided, especially frequent sexual intercourse, overtaking the mind either by study, grief, or anxiety. In fact, the prolific causes of Consumption are such as induce weakness of the vital functions, among which are mental activity, anxiety, grief, excessive venery, insufficient nourishment, rapid growth, child-bearing, residence in filthy localities, &c.

To Clean Brass.—Rub the tarnished or rusted brass, by means of a cloth or sponge, with diluted acid, such as sulphuric, or even with strong vinegar. Afterward wash it with hot water, to remove the acid, and finish with dry whiting.

Ink stains.—Housewives who are alarmed at the sight of ugly ink stains will like to get hold of a receipt for removing them. The moment the ink is spilled, take a little milk and saturate the stain; soak it up with a rag, and apply a little more milk, rubbing it well in. In a few minutes the ink will be completely removed.

To prevent a Felon.—When a soreness is felt immerse the finger in a basin of ashes and cold water, set it on the stove while cold, and stir it continually, without taking it out, till the lye is so hot it cannot be borne any longer. If the soreness is not gone in half an hour, repeat it.

To Extract Grease from Cloth.—The following is infallible: To half a pint of pure alcohol add 10 grains of carbonate of potash, half an ounce oil of bergamot, and one ounce of sulphuric ether; mix, and keep in glass stoppered bottle. Apply with a piece of sponge, soaking the cloth thoroughly when the grease is not removed. The mixture emits a peculiarly fragrant odor, and being a fluid chemically composed, will be found a perfect solvent of oily matter.

Cure for Rheumatism.—Lemon juice is recommended as a certain cure for acute rheumatism. It is given in quantities of a table-spoonful to twice the quantity of cold water, with sugar, every hour. The effect of the lemon juice was almost instantaneous in one case mentioned; in ten days the worst case was cured, and in seven the other was able to go out, and there was a flexibility of the joints of the cured, quite unusual, in recovery after other modes of treating.