

rain and glutinous rice. The Natslong is the hardest grain and is the rice which is principally shipped to Europe. The Meedo is the chief of the soft grain varieties. It is much preferred by the Burmese to the hard-grained sorts, and it is certainly superior in taste when cooked; but the hard-grained rice is chiefly purchased by the merchants for export, as it keeps better, and the soft-grained rice is too much broken by European machinery in cleaning. Latterly, on the continent, his last objection appears to have been overcome, and a greater demand is constantly bringing up for the meedo rice for the markets of Europe. The Koungnyeen or hill rice is called glutinous rice by Europeans, from the property it possesses, when cooked, of the grains all adhering in a thick glutinous mass. It is the chief article of food with the hill tribes, but it is not much eaten by the inhabitants of the low, swampy plains, where the common rice is grown. Rice is used as food for man, beast and bird, for the manufacture of starch, distillation of spirits, &c.

CHANGING HIS CLOTHES.—For sometime, writes the distinguished author of "British Butcheries," previous to changing his dress—even eating is nearly or quite suspended—the caterpillar becomes sluggish and shy, creeping away to some more secluded spot and there remaining until his time of trouble is over. Various writhings and contortions of the body now testify to the *mal-aise* of the creature in his old coat, which though, formed of a material capable of a moderate amount of stretching, soon becomes outgrown, and most uncomfortably ill-fitting, with such a quick-growing person inside of it; so off it must come; but it being provided with buttons, there's the rub. However, with a great deal of fidgeting and should-er-shrugging, he manages to tear his coat down the back, and lastly, by patient efforts, shuffles off the old rag; when lo! underneath, is a lustrous new garment somewhat similar, but not exactly a copy of the last, for our beau has his peculiar dress for each epoch of his life—the last splendid being reserved for the last. This change of dress ("moulting") it is sometimes called is repeated thrice at least in the creature's life, but more generally five or six times. Not only does the outer husk come off at these times but, wonderful to relate! the lining membrane of all the digestive passages, and of the large breathing tubes is cast off and renewed.

USE OF ICE.—To drink ice cold liquid at meals retards digestion, chills the body and has been known to induce the most dangerous internal congestions. On the other hand, ice itself may be taken as freely as possible, not only without injury, but with the most striking advantage in dangerous forms of disease. If taken in sizes of a pea or bean, and swallowed freely as practicable, without much chewing

or churning between, it will often be efficient in checking various kinds of diarrhoea, and has cured violent cases of Asiatic cholera. A kind of cushion of powdered ice kept to the entire scalp, has allayed inflammation of the brain, and arrested fearful convulsions, induced by too much blood there. Water as cold as ice can make it applied freely to the throat, neck and chest, with a sponge or cloth, very often affords miraculous relief, and if this be followed by drinking copiously of the same ice-cold element, the wetted parts wiped dry, and the child be wrapped up well in the bed clothes it falls into a delightful and life giving slumber. All inflammations, external or internal, are promptly subdued by the application of ice or water, because it is converted into steam and rapidly conveys away the extra heat, and also diminishes the quantity of blood in the vessels of the part. A piece of ice laid on the wrist, will often arrest violent bleeding at the nose.—*Hall's Journal of Health.*

CITY HAYMAKERS.—Such was the surrounding of one city church-yard that I saw last summer on a Volunteering Saturday evening, towards 8 of the clock, when with astonishment I beheld an old man and an old woman in it making hay. Yes, of all occupations in this world, making hay! It was a very confined patch of churchyard, lying between Grace-church street and the Tower, capable of yielding, say an apronful of hay. By what means the old man and woman had got into it with an almost toothless hay-making rake, I could not fathom. No open window was within view; no window at all was within view sufficiently near the ground to have enabled their old legs to descend from it; the rusty churchyard gate was locked, the moldy church was locked. Gravely among the graves they made hay, all alone by themselves. They looked like Time and his wife. There was but one rake between them, which they both had hold of in a pastorally loving manner; and there was hay on the old woman's black bonnet, as if the old man had recently been playful. The old man was quite an obsolete old man, in knee-breeches and coarse gray stockings; and the old woman wore mittins like unto his stockings; in texture and in color. They took no heed of me as I looked on, unable to account for them. The old woman was much too bright for a pew-opener; the old man much too meek for a beadle. On an old tombstone in the foreground, between me and them, were two cherubims; but for those celestial embellishments being represented as having no possible use for knee-breeches, stockings or mittins, I should have compared them with the haymakers, and sought a likeness. I coughed and awoke the echoes; but the haymakers never looked at me. They used the rake with a measured action, drawing the scanty crop towards them; and so I was fain to leave them under three yards and a half of darkening sky, garvely making hay among the