

## Scientific and Useful.

**REMEDY FOR THE SICK HEADACHE.**—Take five tablespoonfuls of mint water; one tablespoonful of aromatic spirits of ammonia; one-half tablespoonful of baking soda. Mix and shake well before using. Take a dessert spoonful several times during the day. Be careful of your diet while the headache lasts.

**EGGS AU OURRE (a new method).**—Let the eggs boil six minutes, then take them out, dip them for two seconds in cold water, crack and pull off the shells, and lay them in a hot plate cut each egg in halves lengthwise, spread a little fresh butter, and sprinkle a little salt on the interior, and eat them when very hot.

**TO WASH A KNITTED SHAWL.**—Take enough warm water, not hot, and rub about an ounce of soap in it; lay your shawl on it and pour over it a tablespoonful of magical mixture. After letting it lie for ten minutes, rub it out of this and rinse out well with cold blued water, and hang it in the wind to dry quickly.

**SWEET AND CLEAN.**—If you have jugs, kegs or cans, that have become stale or mouldy in the inside, wash them out clean and fill up with warm water; drop in a little carbonic acid and let it stand a few hours; empty the water and rinse thoroughly, and it will be as sweet as if it had never been tainted. So says a "farmer's wife" in the "Country Gentleman."

**ICELAND MOSS CHOCOLATE.**—Soak one ounce of Iceland moss in one pint of boiling water, keeping it hot until it is dissolved. Then grate an ounce of sweet chocolate, and boil it in a pint of boiling water until it is dissolved. Mix the moss and chocolate together, and sweeten so that the drink will be palatable. It may be heated and given to the invalid night and morning in such quantities as will not overtax the digestive organs. It is very nutritious.

**A SIMPLE REMEDY FOR PAIN.**—Persons who, without knowing that they are applying nature's remedy, have drawn a breath hard when they had cut a finger or barked a shin on a coal scuttle, will be pleased to learn that they have employed respiratory analgesia in its simplest form. If any man will draw breath deeply and quickly for three minutes or less, he will thereby lose acute sensibility to pain, so that he can endure a minor surgical operation without inconvenience, and can lessen the pain of neuralgia or toothache. Chewing rapidly is said to be an effectual remedy for nose bleeding.

**AN ANCIENT ODOUR OF SPICES.**—An interesting archaeological observation has recently been made quite accidentally. It is well known that the urns found on Roman burial grounds, and containing the bone remains of cremated bodies, are often covered with clay cups or dishes. The object of these dishes was supposed to have been to contain spices, which sent forth agreeable odours during the progress of the cremation. Herr Dahlem, a well known German archaeologist, was able to verify this view in the following manner: He had obtained a dish of this kind which was broken, and after cementing it, had placed it upon a stove for the purpose of drying the cement. Shortly afterwards he noticed a strong and by no means unpleasant odour proceeding from the heated dish. It seems, therefore, that the ingredients burned in the dish some fifteen centuries ago, had left traces behind, which announced their presence upon becoming heated. Herr Dahlem remarks that the odour was not unlike that of storax.—*Nature.*

**HEALTHFULNESS OF FRUIT.**—Fresh, ripe, perfect, raw fruit is safe and healthful at all seasons of the year, and amid the ravages of disease, whether epidemic, endemic or sporadic, general, special or local. Under proper restrictions as to quantity, such fruit as named will cure a diarrhoea, aid in removing a cold, colic, fever, or any other disease whose treatment requires the bowels to be kept freely open, for this effect fresh ripe fruit is acknowledged to have; but to be used advantageously in health and disease, the following rules are imperative. 1. Fruit should be eaten ripe, raw, fresh and perfect. 2. It should be eaten in moderation. 3. It should be eaten not later than four o'clock in the afternoon. 4. No water or fluid of any description should be swallowed within an hour after eating fruit. 5. To have its full, beneficial effect, nothing else should be eaten at the time the fruit is taken. It is to the neglect of these observances that erroneous impressions prevail in many families, and to an extent too, in some instances, that the most luscious peach, or apple, or bunch of grapes, is regarded as so much embodied cholera and death. When will men learn to be observant and reflective?



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