

SCIENTIFIC AND SANITARY.

A new electric arc lamp is said to have been invented by a Pittsburg manufacturer, in which instead of the carbons being made pencil-shaped, they are made in the form of wheels, which are placed at right angles to each other, and by an automatic arrangement within the lamp they are kept constantly revolving. The lamp is said to be cheaper and simpler than the old lamps, while its endurance is greater, the claim being that the lamp will burn continuously 500 hours without the removal of the carbons.

WHEN you come home with wet feet, don't throw aside your boots to get hard and mouldy. Stand them up, put them in shape and then fill them with oats, such as they feed to horses. This will, in a few hours, draw all the moisture out of the leather, keeping the boot in shape meanwhile, and leaving it soft and pliable. The oats can be used again and again. This is a relic of the days when no railroads existed, and travelling was done under difficulties and in weather the present generation has no conception of.—*Ladies' Home Journal*.

FOR several hours the feasting goes on; one speaker eats nervously, talks nervously, and then, on a full stomach, when the body needs its energies for digestion, he is obliged to stand upon his feet and use all his mental resources and considerable physical strength in order to make the impression he desires. It is the hardest kind of speaking, that exhausting work, and the wonder is that it has not done more damage than has been credited to it. Certainly the guests at these banquets seldom appreciate the amount of labour and pains that it costs a speaker to amuse and instruct them. Secretary Windom had taken little food and less wine, but he had the nervous strain of waiting for his time to speak, a strain that is more telling on the body than the work of speaking itself.—*Baltimore American*.

PROFESSOR ROBERTS-AUSTIN has discovered a new alloy of gold and aluminium, the precious metal being present in the proportion of 78 per cent. It is described as "the most brilliantly coloured alloy as yet known." Its colour is rich purple, and by the reflection of light from one surface of the alloy to another bright ruby tints are obtained. The facility with which aluminium unites with most metals has long been known, and the fact has been turned to profitable account in many industries, notably in the manufacture of steel, Hercules metal and other aluminium bronzes. Other alloys of the metal with gold have also been known. One per cent. of aluminium gives the precious metal the colour of "green gold," and there is very white and hard alloy containing ten per cent. of gold.

"August Flower"

For two years I suffered terribly with stomach trouble, and was for all that time under treatment by a physician. He finally, after trying everything, said stomach was about worn out, and that I would have to cease eating solid food for a time at least. I was so weak that I could not work. Finally on the recommendation of a friend who had used your preparations

A worn-out Stomach.

I procured a bottle of August Flower, and commenced using it. It seemed to do me good at once. I gained in strength and flesh rapidly; my appetite became good, and I suffered no bad effects from what I ate. I feel now like a new man, and consider that August Flower has entirely cured me of Dyspepsia in its worst form. JAMES E. DEDERICK, Saugerties, New York.

W. B. Utsey, St. George's, S. C., writes: I have used your August Flower for Dyspepsia and find it an excellent remedy.

THE concentrated heat and ascensional velocity of a small flame, properly placed, is said to have more drawing power than a hundred thousand times its quantum of heat diffused through the air in a flue. This power is applied to the ventilation of the Southport, Eng., sewers through hollow gas lamp shafts. It has been also applied to the ventilation of rooms in New York.—*Can. Health Journal*.

SOME rare metals, possessing special qualities, are required for certain work. Thus palladium is used in making some parts of time-pieces, and iridium for the points of gold pens. Lithium is the lightest of metals. Rhodium is extremely hard and brittle, and is only fusible at a very high temperature, and iridium is the heaviest substance hitherto discovered. The uninitiated have no idea of the value of these scarce products, which are most of them far more precious than gold and silver, as far as their market value is concerned.—*Philadelphia North American*.

THE medical art is constantly, and perhaps too indiscriminately, breaking in upon and checking the progress of important conservative influences. Take a common symptom of disordered digestion, loss of appetite, probably from overeating. Means are usually at once employed, bitters and tonics are taken to remove this, to produce a false appetite; instead of employing nature's remedy, as plainly indicated—abstinence, fasting—until the return of the natural appetite. No one can say that the taking of bitters and tonics will not, under such circumstances, lessen the supply of vital force, and eventually shorten life.—*Can. Health Journal*.

THE utilization of waste products is at once a field of study interesting to men of science and profitable to men of business. It has been calculated that something like five million hundredweights of carbonic acid gas go to waste in breweries and distilleries every year. The present cost of producing the gas at soda-water works is fourpence per pound, and by means of a process lately devised by some scientific men working in conjunction with engineers, it is confidently expected that the price will be reduced to something like a farthing a pound. They have succeeded in collecting, purifying, and liquefying the gas generated by fermentation in the vats.

IN a paper recently read before the American Philosophical Society, R. Meade Bache announces that from experiments by himself and others he is led to believe electricity may soon be applied to the purification of water. The exact method by which this result is to be accomplished is not divulged, but it will consist of such an operation upon the predatory bacteria as will destroy the dangers now prevalent in the drinking-water they befall. Every consideration of good health adds emphasis to the hope that Mr. Bache is not a deluded prophet. Electricity will score its grandest triumph if it eliminates the perils that lurk in contaminated water.

ONE popular fallacy in connection with fish may be noticed, namely, the oft repeated assertion that the eating of that particular food increases brain power. No one who has studied the subject can possibly believe the assertion. A man might eat a huge portion of fish every day of his life, and on the day of his death, if the quantity of phosphorus (the brain invigorator) consumed were to become visible, it would not amount to more than might probably suffice to tip a couple of lucifer matches. Communities have existed that lived almost solely on fish, but these ichthyophagists were certainly not famous for intellectual attainments. Nor are our fisher villages, in many of which much fish is presumably consumed, the seats of any great amount of brain power. None of our fisherfolks are remarkable for genius, or even what is called common sense, their views of life and its responsibilities being shrouded in a haze of superstition, which they lack sufficient strength of mind to see through. No fishing community, so far as is known to the writer, has given to the world a great man. Men of mark—poets, preachers, lawyers, philosophers, warriors and physicians—have emanated, in Scotland at any rate, from all classes except the fishing class.—*Temple Bar*.

MAPLE CREEK AND THE CYPRESS HILLS.—The following is an extract from a letter received from the Rev. J. Cumberland, of Amherst Island, in the Province of Ontario, who is at present visiting his brother's ranch near the Cypress Hills. His statement is so good and so true that it has been considered worthy of printing: "Rain has fallen abundantly in this part of the country and the prairie is a vast expanse of waving grass and blooming flowers. Last week our party drove for three days over hill and dale quenching our thirst at the living springs that issue from the Cypress Hills, and tenting by night in some well-wooded coolie on the bank of a mountain stream, amid a profusion of roses and other wild flowers. This is the country to rusticate in. It is really life to live here upon the hills. There is no need of entailing the expense and fatigue connected with an ocean voyage in order to build up one's health. Let four join in a plain, substantial, camping outfit and travel over these hills and along the banks of these streams and there will be no need for Burdock Blood Bitters or any decoction to restore weakened constitutions. Nature assisted by this truly wonderful climate will do the rest. Crops are looking well this year owing to the abundant rainfall. I have measured oats four feet in length. They will be ready for the sickle in three weeks, and will yield all that the most avaricious farmer could desire. I saw to-day a small field of barley with long heavy heads nodding in the breeze. It gave evidence of rivalling in quality the best ever grown on the far-famed Bay of Quinte. We are daily regaling ourselves with that choicest of Irishmen's dainties, new potatoes. Indeed all kinds of vegetables are looking well. But this country is pre-eminently a stock-raising land. Large herds of fat cattle were seen quietly grazing in the coolies or lying lazily chewing their cud in the groves. Many bands of horses roam upon the ranges, and I am glad to hear that their owners are taking steps to improve their stock. There are a few sheep farmers here, and their marked success encourages others to engage in that industry. This new industry is bound to prosper under proper management, but no man should engage in it unless he is prepared to take the very best care of his stock. In conclusion I would say that any man who could speak disparagingly of this country after having seen what I have seen must be afflicted with that deplorable disease from which Mr. Goldwin Smith and others of that school suffer so severely, the jaundice eye, or else be sadly wanting in the essential elements of candour and truthfulness."

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You are troubled with Catarrh, but in this warm, dry weather do not neglect experience its evil effects and you neglect treatment. A mistake. When the disease is least troublesome is the best time to get rid of it, and this the use of Nasal Balm will accomplish. Sold by all dealers or sent postpaid on receipt of price (\$50c. or \$1 a box). G. T. Fulford & Co., Brockville, Ont.

From Toronto.

"TORONTO, ONT., Dec. 28, 1890.

"For a good many years I have been suffering from catarrh, neuralgia and general debility. I failed to obtain any permanent relief from medical advice, and my friends feared I would never find anything to cure me. A short time ago I was induced to try Hood's Sarsaparilla. At that time I was unable to walk even a short distance without feeling a

DEATH-LIKE WEAKNESS

overtake me. And I had intense pains from neuralgia in my head, back and limbs, which were very exhausting. But I am glad to say that soon after I began taking Hood's Sarsaparilla I saw that it was doing me good. I have now taken three bottles and am entirely

CURED OF NEURALGIA.

I am gaining in strength rapidly, and can take a two-mile walk without feeling tired. I do not suffer nearly so much from catarrh, and find that as my strength increases the catarrh decreases. I am indeed a changed woman, and shall always feel grateful to Hood's Sarsaparilla for what it has done for me." MRS. M. E. MERRICK, 36 Wilton Avenue, Toronto, Can.

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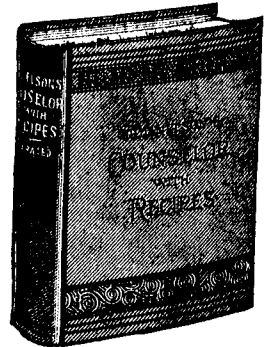
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