

Scientific and Useful.

AVOIDING COLDS. As it is so much easier to prevent having a cold than curing one already set in, let it be remembered, that the first thing to know is how to have a cold by hand. When a man reaches his fortieth year, he may expect colds from all causes which suddenly obstruct profuse perspiration. He may look for it in leaving off clothing worn for a time, and he may have cold by remaining chilled half an hour, by over exertion and by excessive thinking. He may sleep under the window where the change of air is possible in the pores of the skin being open, he closed too suddenly by currents of air, or from getting wet, or in sleeping in beds not aired, or clothes not thoroughly dry. In all cases of colds, the system is allowed to vary from its normal standard in temperature, to which extent it is liable to this invasion. When, however, with all the precaution reasonably exercised a cold takes hold of the system, the patient should take hold of a good hot bath, is quite as efficient as a barrel of pills and the world's physicians to bring about a cure.

HEALTHY NERVERS. Never eat in a hurry, because it causes indigestion. Never speak in a hurry because it is ominous of instability. Never walk on going to bed, because it makes wakefulness. Never eat between meals, because it produces irritation. Never dine in excitement, because the blood is sent to the brain, which ought to go to aid digestion. Never swallow food without thorough chewing, because it brings on dyspepsia. Never eat when you do not want it, because when you should eat you do not. Never sleep with your mouth open, because the air breathed with carbonic acid disturbs the mucous membrane. Never retire to rest without washing the hands and face, and use more dilute stimulants on the skin in the day than night, and is re-absorbed during sleep.

SNAKES AND TOADS. One day, while hunting for specimens in the early summer with a friend, we came across a fine snake, most like a little more than a yard. While measuring it, we remarked a sort of protuberance or lump midway between its head and tail. We took no further notice of this, carrying the snake with its head down ward. It appeared that the lump moved gradually toward the head. Entailing a piece of grass to the end of its tail, and hanging it to a tree, we anxiously awaited the result. At last its mouth began slowly to open, and a large toad made its appearance. The toad was covered with a greenish slime, and as some minutes had elapsed, it was, accordingly, little the worse for its imprisonment. My friend still has both the snake and toad preserved in spirits of wine. The snake was the common grey, and not by any means the largest of that kind that I have seen.—Brynnifon.

THE HEDGEHOG. No animal is fonder of water than the hedgehog, which swims and floats in it, with evident delight. When domesticated, the hedgehog requires a roomy deep box or basket, well filled with hay or straw, and it likes to be well covered and warm; it requires milk, and for food any scraps from the dinner-table, bones of pigeons, partridge, chicken, the small bones of beef and liver, and bits of lean meat. In Autumn, hedgehogs begin to look out for a Winter sleeping-place, and ought to have a convenient box prepared for them, with plenty of hay to make a nest of, and for themselves and ought not to be disturbed; it is sufficient to feel if they are warm; if they are uncolled and cold, they must be attended to directly, warmed, and fed, after which they will probably go to sleep again. Hedgehogs that are thrown out of their natural habits by being domesticated, seldom live long; for more than a week of confinement. The hedgehog becomes a most interesting pet, soon knows its name and is very gentle and most grateful for kindness, and patient under the washings necessary for keeping it free of parasites, and making itself sleek to the accustomed haul.

THE FROG BAROMETER. In some countries frogs are used as barometers. The species employed for this purpose is the green tree frog. They are placed in tall glass bottles with little wooden ladders, to the top of which they cling in the weather. An increase of air at the approach of bad weather. This is a cheap and highly interesting weather glass where the green tree frog is to be procured in its natural state.—Scienc. Observer.

THE LAUGHING PLANT. The London Garden copies, from Parry's work on Central Asia, and Arabia, an account of a plant whose seeds produce effects similar to those of laughing gas. It is a native of Arabia. A dwarf variety of it is found at Kassem, and another variety at Omsk, which attains to a height of feet from three to four feet, with woody stems, wide-spreading branches, and a bright green foliage. Its flowers are produced in clusters, each one of a bright yellow color, and the seed pods are soft and woolly in texture, and contain two or three black seeds, of the size and shape of a French bean. Their flavor is a little like that of opium, and their taste is sweet, and from them produces a sickening sensation and is slightly offensive. These seeds contain in the essential property of this extraordinary plant, and when pulverized and taken in wine, it does operate upon a person in a most peculiar manner. He begins to laugh loudly, boisterously; then he sings, dances and cuts all manner of fantastic capers. Such extravagant gesticulation and merriment was never produced by any other kind of dosing. The effect continues about an hour, and the patient is unconsciously comatose. When the excitement ceases, the excited exhibitor falls into a deep sleep, which continues for an hour or more; and when he awakes, he is utterly unconscious of what has happened. We usually say that there is nothing new under the sun; but this peculiar plant, recently discovered, as it exercises the most extraordinary influences upon the human system, demands from men of sciences a careful investigation.

Miscellaneous.

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RECEIPTS. Premiums..... \$1,670,921 51 Interest..... 661,791 61 Total Receipts..... \$2,332,713 04 DISBURSEMENTS. Death Losses..... \$116,800 09 Paid for Surrendered Policies..... 120,568 21 Paid Interest Premiums..... 345,541 21 Paid for Expenses..... 1,000 00 Total Disbursements..... \$643,910 51

Total amount returned Policy-holders. \$20,408 41 Amount, \$6,000,000. Surplus at 3rd per Cent. \$1,868,871.

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TAKEN NOTICE That after the expiration of twenty days from the first insertion hereof, the will of the late of the City of Toronto, in the County of York, Hotel keeper, deceased.

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