

MEDICAL PROGRESS.

It is true, says the *Manufacturer*, that medical practice is still, in many respects, defective, empirical, tentative and even sometimes mere guess-work; hence the carefulness of those who know the deficiencies of the healing arts, while boldness in prescribing belongs especially to quacks, who act after the maxim, "kill or cure," and mostly kill; but, luckily for the quacks, the surviving relations of a diseased patient usually think that he would have died, notwithstanding the medicines he took, while, in fact, the patient who did not die, recovered, notwithstanding the drugs he swallowed.

In the meantime, with all the deficiencies of the medical art, and the little benefit enjoyed often by single individuals, the good done by the clearer insight of the causes of diseases, the study of preventatives and of the correct principles of hygiene has been an immense blessing to mankind in general.

In order to realize this fully, we have only to look at the death lists of large European cities two centuries ago, and we find that a large portion of the then mortal diseases have been deprived of their dangerous tendency, and several other diseases have become extinct. Many people then died of fever and ague. Cromwell died of it. At present it is no longer mortal in the temperate zone, and the reason is that improved drainage and cleanliness on the part of the people in general have caused the disappearance of the moist, foggy and unhealthy atmosphere which surrounded then the dwellings in every densely populated district. Dysentery, or bloody flux, formerly caused many deaths; now it is seldom fatal. Small-pox was the most terrible of all diseases, carrying off victims by the hundreds, and scarring or blinding others by the thousand. Spotted fever, scurvy and the plague prevailed every year somewhere, but now they all are diseases of the past, and this by reason of the more correct knowledge of their nature and the means applied, resulting either in a total prevention, or at least in giving the disease a more mild form and favorable result. Even cholera, which first appeared in Europe 45 years ago, has, by a better knowledge of its nature, lost some of its former infallible malignity. It is the same with scarlatina; and we enter upon the threshold of so much knowledge respecting the nature of phthisis, that we may justly hope to see this scourge of families become more and more rare, and this by preventative measures, to be applied when there is a tendency in that direction.

Preventative medicine is slowly attaining such a degree of perfection, that the time is not very distant when the occurrence of an epidemic will be a reproach to city governments, while the chief functions of the foremost physicians will be the preservation of the public health. This assuredly will be a most noble calling, and the present boards of health, established in our large cities, is a move in the right direction, and has already been a benefit to the inhabitants which they cannot value at too high a price.

DOMESTIC RECEIPTS.

HOW TO CURL FEATHERS.—Heat them gently before the fire; then with the back of a knife applied to the feather and drawn smartly along the fibres, each separately, they will curl well and quickly.

TARTARIC ACID IN COOKERY.—This acid is put up under the false name of fruitina, and is largely used to make tarts, pies, &c. It is not a rank poison, but cannot be used very extensively without harm, and is no substitute for fruit.

INK STAINS MAY BE REMOVED FROM COLOURED FABRICS which would not bear the application of acids, chloride of lime or other strong agents, by a concentrated solution of sodium pyrophosphate (R. Bottger); old stains do not yield at once, but require a prolonged application.

AN APPLE MERINGUE.—This is a delicate, quite showy dish, easy to make, and good when it is done. It needs good apples, that is, those with a sprightly flavor; pare, quarter, and remove the cores; stew in a bright tin or enameled sauce-pan, with sugar to taste, and a little cinnamon; as soon as the apples are done through, having kept the quarters as whole as possible, turn them into a pudding dish, be careful not to break them up. While the apples are cooking, get the meringue (pronounce it always *mee-rang*) ready. For a moderate sized dish, use the whites of four eggs, beaten to a firm froth, four ounces of sugar, and flavor with lemon; spread this over the apples in the dish, set the dish in the oven, and bake until the surface is well and evenly browned. Serve hot for dessert, but some prefer to let it get cold and eat it with cream. —*American Agriculturist*.

MOIRÉ METALLIQUE is a beautiful crystalline appearance given to tin plate by brushing over the heated metal a mixture of two parts of nitric acid, 2 of hydrochloric acid, and 4 of water; as soon as the crystals appear, the plate is quickly washed, dried and varnished.

TO MAKE PLASTER OF PARIS AS HARD AS MARBLE.—The plaster is put in a drum, turning horizontally on its axis, and steam admitted from a steam boiler; by this means the plaster is made to absorb in a short space of time the desired quantity of moisture which can be regulated with great precision. The plaster thus prepared is filled into suitable moulds; and the whole submitted to the action of an hydraulic press; when taken out of the moulds, the articles are ready for use, and will be found as hard as marble, and will take a polish like it.

HOW TO WRITE ON GLASS IN THE SUN.—Dissolve chalk in aquafortis to the consistency of milk, and add to that a strong dissolution silver. Keep this in a glass decanter well stopped. Then cut out from a paper the letters you would have appear, and paste the paper on the decanter or jar, which you are to place in the sun in such a manner that its rays may pass through the spaces cut out of the paper, and fall on the surface of the liquor. The part of the glass through which the rays pass will turn black, whilst that under the paper will remain white. Do not shake the bottle during the operation. Used for lettering jars.

PAINTING FLOORS.—There is but one paint suitable for the purpose—*French Ochre*. First if the boards have shrunk, clean out the joints well, and with a small brush give them a heavy coat of boiled linseed oil, then putty up solid. Now paint the whole floor with a mixture of much oil and little ochre, for the first coat, then, after it is well dried, give two more coats of much ochre and little oil, finally finish with a coat of first rate copal varnish. This is an extremely durable paint for floors, in doors or out, such as verandas, porticoes, and the like. A floor stain is best mixed with oil, and finally varnished.

AVOID CHILLS.—It is one of the facts best known to science that when a part of the outer surface of the body has been exposed long to cold the greater risk is run in trying suddenly to re-induce warmth. To become thoroughly chilled and then to pass into a very warm atmosphere, such as is found near a fire, results in a dangerous reaction which, a few hours later, may cause pneumonia, or bronchitis, or both diseases. The capillaries of the lungs become engorged, and the circulation becomes static, so that there must be a reaction of heat inflammation before recovery can occur. Common colds, says a contemporary, are taken in the same way; the exposed mucous surfaces of the nose and throat are subjected to a chill, then they are subjected to heat; then there follows congestion, recreation of heat, pouring out of fluid matter, and other local phenomena of catarrh.

BURNS AND SCALDS.—The recent fearful explosion on board the British ironclad *Thunderer*, has called out the publication of many recipes and remedies. Among them all, the following, contributed by an old and experienced physician, has the merit of convenience and readiness. The remedy is simply this: The common whitening of commerce (found in nearly every kitchen) reduced by cold water to the consistency of thick cream, is to be spread on a light linen rag, and the whole burned surface instantly covered, and thus excluded from the action of the air. The ease it affords is instantaneous, and it only requires to be kept moist by subsequent occasional sprinklings of cold water. Painting the surface with ink soon relieves the pain of a small superficial burn.

TO PREPARE SQUASH FOR PIES.—[The following comes from "B. L. J.," Burlington Co. The method is well suited to the Hubbard and other hard-shelled, long keeping squashes, and is equally useful for preparing squash for the table. Ed.] My plan is to saw a squash in half, clean out the seeds, etc., Then place open end down in a pan containing an inch or so of boiling water, placing small slips of wood or thick wire underneath them, so that the edge will not burn on the pan. Let it steam until thoroughly tender. The flesh of the squash is then easily scraped out with a spoon, and run through a colander, if thought desirable, though it is not necessary, there being no hard lumps in it. By this plan none of the aroma of the squash is lost, while it greatly reduces the labor of preparation. Another plan is to take the two halves after cleaning from seeds, etc., join them together, and bind firmly with twine, and place in the oven to bake until tender. There is little, if any difference in the result, but I give the preference to the first method as being much the easiest. —*American Agriculturist*.