

USEFUL INFORMATION.

COUGHS.—It is said that a small piece of resin dipped in the water which is placed in a vessel on a stove (not an open fire-place), will add a peculiar property to the atmosphere of the room, which will give great relief to persons troubled with a cough. The heat of the stove is sufficient to throw off the aroma of the resin, and gives the same relief that is afforded by the combustion, because the evaporation is more durable. The same resin may be used for weeks.

THE LUNGS.—Persons desirous of ascertaining the true state of their lungs, are directed to draw in as much breath as they conveniently can; they are then to count as far as they are able, in a slow and audible voice, without drawing in more breath. The number of seconds they can continue counting must be carefully observed; in a consumptive the time does not exceed ten, and is frequently less than six seconds; in pleurisy and pneumonia, it ranges from nine to four seconds. When the lungs are in a sound condition the time will range as high as from twenty to thirty-five seconds.

GOOD SERVANTS.—The following is a recipe for obtaining good servants:—Let them observe in your conduct to others just the qualities and virtues that you would desire they should possess and practice as respects you. Be uniformly kind and gentle. If you reprove, do so with reason and with temper. Be respectable, and you will be respected by them. Be kind, and you will meet kindness from them. Consider their interests, and they will consider yours. A friend in a servant is no contemptible thing. Be to every servant a friend; and heartless, indeed, will be the servant who does not warm in love to you.

EARLY RISING.—Dr. Philip Wilson, in his "Treatise on Indigestion," says: "Although it is of consequence to the debilitated to go early to bed, there are few things more hurtful to them than remaining in it too long. Getting up an hour or two earlier, often gives a degree of vigour which nothing else can procure. For those who are not much debilitated and sleep well, the best rule is to get out of bed soon after waking in the morning. This at first may appear too early, for the debilitated require more sleep than the healthy; but rising early will gradually prolong the sleep on the succeeding night, till the quantity the patient enjoys is equal to his demand for it. Lying late is not only hurtful, by the relaxation it occasions, but also by occupying that part of the day at which exercise is most beneficial."