

the hand with rain water, so different from that produced by pure distilled water, and to which the term "softness" is vulgarly applied, is also due to the carbonate of ammonia contained in the former—*Liebig's Organic Chemistry*.

REMEDY FOR COLD FEET.—It is impossible to have vigorous health if the feet are habitually cold; no amount of external covering can keep them warm. Wearing pepper and other irritants in the stockings, is generally inefficient, is always hurtful in its tendencies, and never accomplishes a permanent radical good. One of the most uniformly efficient means of keeping the feet warm is to wash them in water at least as cold as the atmosphere of the room, night and morning; let it be done within a minute in very cold weather, then wipe and rub them rapidly and thoroughly with a very coarse towel, dress, and when practicable, take a walk or else dry them by the fire, rubbing them well with the hands.

In addition, let half an inch of curled hair be basted to a piece of cloth and slipped in the stocking, the hair touching the soles of the feet to titillate the skin, and thus aid in drawing the blood thither to warm them. The hair conduct, the moisture from the feet to the woolen cloth and thus keeps them dry. These hair-soles should be placed before the fire at night, so as to be thoroughly dried by the morning. Cork-soles absorb moisture from the shoe and the feet also, and require several days to be thoroughly dried. India-rubbers confine the dampness about the feet, hence they should be promptly removed as the wearer ceases walking nor should they be used except in muddy, slushy weather.—*Hulls' Journal of Health*.

HOW THE BIBLE WAS TRANSLATED:—We are indebted to King James for the excellent translation of the Bible now in use. This version was undertaken by him in performance of a promise made by the King at Hampton Court conference; and Dr. Reynolds, the great champion of the Puritans, by whom it was there suggested, was one of the divines engaged in its execution. Forty-seven of the best biblical scholars undertook the great labour of love, who divided themselves into six classes, each undertaking a portion of the Scriptures. Each member of a class translated the whole of the portion set apart to this class, then the class met, and revised as a body their separate versions. One general version was next agreed upon by the class, which was subsequently revised by each of the other classes. Two of the classes sat at Cambridge, two at Oxford, and two at Westminster. Three years were spent in the undertaking; viz., from 1607 to 1611. The new version was dedicated to the king, and printed by Robert Barker in the year of its completion. The excellence of the translation is universally acknowledged; and though in consequence of the changes which our forms of speech have

since undergone many expressions in it may no longer appear unrefined or homely, its general effect is far more impressive than that of a more polished translation. Up to the time of James' all Bibles were printed in German character, and black letter, but, after that date, the Roman letters (as now employed) were adopted, and soon superseded the old-fashioned manner of printing. The appearance of King James' Bible formed almost on the most important event in the history of the English language; it had the immediate effect of recommending to common use a very considerable number of words derived from the learned languages, for which the translators had been unable to find equivalents in the current English of the time. It at present it performs a service of an opposite nature, and keeps in use, at least in remembrance, many valuable words and expressive idioms which would otherwise have been rejected with disdain by the fastidiousness of modern taste as homely and familiar.—*Englishwoman's Domestic Magazine*.

SMOKE-HOUSES—HOW SHOULD THEY BE BUILT?—A smoke-house should be square, its side varying from four to eight feet in diameter, according to the quantity of meat required to be smoked; the lower portion to the height of four feet should be of brick, with a door lined with sheet iron. This part may serve both as an ash-house and as the proper place for the fuel to furnish the smoke. Fire should be placed in the middle and covered with the material to be burned, so that the mass being surrounded by ashes, may maintain the ignition for a long time, giving off the smoke with regularity. The upper part may be wood, and the separation from the lower part by joists, covered with scantling, so as to leave spaces averaging four inches in diameter for the ascent of the smoke. The height of this upper portion may be six feet, beside the ascent of the roof, and should be furnished with a door that may be locked, so that the door of the lower portion will not be obliged to ingress to the meat-room. This separation between the two portions will catch any piece of meat that may accidentally fall, while the lower portion need not be locked, so as to enable the frequent removal of ashes from the house, and the proper attention to the fire to be readily performed. Saw-dust placed over the ignited coals will furnish the necessary material for smoking the meat. The saw-dust should be from such wood as is most free from resinous matter. The pyroligneous acid exhaled is of a better flavour from hard woods, than from the soft woods, while the amount of creosote, which is the preservative property, is the same.—*Working Farmer*.

DIFFERENT MODES OF WALKING.—We have little difficulty in recognizing three chief kinds among pedestrians. First, there are those