

HOW TO MAKE AN UNHEALTHY BED-ROOM.—If you want to have a thoroughly unhealthy bed-room, these are the precautions you should take:—Fasten a chimney-board against the fire-place so as to prevent foul air from escaping in the night; and, of course, in the night season, never have a door or window open. Use no perforated zinc in panelling; especially avoid it in small bed-rooms. So you will get a room full of bed air. But in the same room there is bad, worse, and worst; your object is to have the worst air possible. Suffocating machines are made by every upholsterer; attach one to your bed; it is an apparatus of poles, rings, and curtains. By drawing your curtains around you before you sleep, you ensure to yourself a condensed body of foul air over your person. This poison vapour-bath you will find to be most efficient when it is made of any thick material. There being transpiration through the skin, it would not be a bad idea to see whether this cannot be in some way hindered. The popular method will do very well; smother the flesh as much as possible in feathers. The feathers retain all heat about your body, and stifle the skin so far effectually, that you awake in the morning pervaded by a sense of languor, which must be very agreeable to a person who has it in his mind to be unhealthy. In order to keep a check upon exhalation about your head (which otherwise might have too much the way of nature), put on a stout, closely-woven night-cap. People who are at the height of cleverness in this respect, sleep with their heads under the bed-clothes.—Take no rest on a hair mattress; it is elastic and pleasant certainly, but it does not encase the body; and therefore, you run a risk of not awaking languid. Never wash when you go to bed; you are not going to see anybody, and therefore there is no use of washing. In the morning, wet no more skin than you absolutely must,—that is to say, no more than your neighbours will see during the day—the face and hands. So much you may do with a tolerably good will, since it is the other part of the surface of the body, more covered and more impelled in the full discharge of its functions, which has rather the more need of ablution. It is therefore fortunate that you can leave that other part unwashed. Five minutes of sponging and rubbing over the whole body in the morning would tend to invigorate the system, and would send you with a cheerful glow to the day's business or pleasure. Avoid it by all means, if you desire to be unhealthy. Do not forget that although you must unfortunately apply water to your face, you can find warrant in custom to excuse you from annoying it with soap; and for the water again you are at liberty to take vengeance by obtaining compensation damages out of that part of the head which the hair covers. Never wash it; soil it; clog it with oil or lard, either of which will answer your purpose, as either will keep out air as well as water, and promote the growth of a thick morion of scurf. Of course, as you do not cleanse your body daily, so you will not show favour to your feet. Keep up a due distinction between the upper and lower members. When a German prince was told confidently that he had dirty hands, he replied with the liveliness of conscious triumph, "Ah, do you call that dirty? You should see my toes!" Some people wash them once in every month, that will do very well; or once a-year, it matters little which. In what washing you find yourself unable to omit, use only the finest towels, those which inflict the least friction on the skin. Having made these arrangements for yourself, take care that they are adhered to, so far as may be convenient, throughout your household. Here and there, put numerous sleepers into a single room; this is a good thing for children, when you require to blanch them and render them delicate; but you must take care not to carry this too far, otherwise you will render them pasty, pot-bellied, and deformed. By all means let a baby have foul

air, not only by the use of suffocating apparatus, but by causing it to sleep where there are four or five others in a well-closed room. So much is due to the maintenance of our orthodox rate of infant mortality.—*Journal of Public Health.*

NEWSPAPERS.—The reading of a good and well-conducted newspaper, even for the short space of one-quarter of a year, brings more sound instruction, and leaves a deeper impression, than would be acquired, probably, at the best school in twelve months. Talk to the members of a family who read the papers, and compare their information and intelligence with those who do not. The difference is beyond comparison.—*Irish paper.*

COD LIVER OIL.—This species of oil is now a very fashionable remedy, and so great is the call for it, that some have wickedly suggested that there is more cod liver oil in the market than there are pounds of cod's livers caught. The principal disease, for which this is prescribed and taken, is consumption. We have no doubt that in many cases where there are consumptive symptoms, relief has been obtained by the use of this medicine. Probably a free use of any other fish oil would have done the same. The accounts that we have read in narratives of voyages among the Esquimaux Indians, who live on seal oil and blubber—and the fact that the Indians of the Penobscot and Quoddy tribes on our coast, are more healthy and fat during the fishing season, when porpoise oil is plenty, tend to corroborate this opinion.

We have seen some accounts of the use of other kinds of fish oil instead of the cod's liver, when that particular oil could not be conveniently obtained, which stated that equally as good effects followed its use. Some contend that in the cod liver oil may be found *Iodine* and *Bromine*, two very powerful remedial agents. It may be so, but if this be the case, the benefit derived from them must be attributed to Homoeopathic doses, for there is not generally enough of them to act otherwise. One mode of the action of this and other oils is undoubtedly by nourishing the patient. They contain large quantities of carbon, which become transferred or assimilated in the system of the patient, as fat, and thereby improve his appearance. They act also as an aperient, removing liability to a costive state of the bowels, which costive condition is always injurious to health. We would not deter any person from making free use of cod's liver oil, if they wished; but at the same time would advise them not to despair, if this species of oil could not be obtained. Try porpoise oil, or any fish oil—it will nourish you, if it doesn't cure you.—*Maine Farmer.*

BONES AND ACID.—To those who dissolve bones in sulphuric acid, I beg to communicate a method I have now, for the second season, adopted with success, whereby I make very short work of an otherwise troublesome job. Under cover, either in a manure barn or cart shed, I make a clay basin or trough, 20 feet by 10, with edges 20 inches wide and as high, into which, having previously thrown 100 bushels of half inch bones, and having damped them, I pour from the carboys 1700 lbs. of acid the contents of each carboy being marked by the maker, I have not the trouble of weighing. As soon as the requisite quantity of acid is poured into the trough, two men with common iron road scrapers or long iron rakes, commence stirring, continuing so to do until effervescence subsides, two hours completing the work. I leave the mass for ten days, when by the addition of sufficient water, I bring the whole to the consistency of a thick gruel, cinder dust being then added as usual.—*Plough, Loom and Anvil.*