

Seasonable Hints.

GREAT CARE IS REQUIRED at this season, especially those not accustomed to active physical exercise, in order to avoid getting over heated, and giving rise to what is called sunstroke. Take things quietly during the hot days, and avoid the sun's rays.

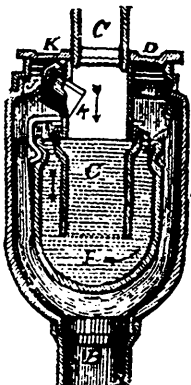
WHEN MUCH HEATED remember it is dangerous to go into cold water; though the head may be freely bathed with it.

A "COLD" is very readily taken when one much heated sits down in the cool of the evening with very little clothing on, especially one not having a very vigorous healthy skin, or who is susceptible to colds. A coat or shawl should be put on as soon as one fairly begins to cool off.

THE TURKISH BATH, after the thick clothing and full diet of the cold weather, is an excellent preventive of the diseases of summer; fortifying and promoting the activity of the skin and relieving the digestive and other nutrient and excretory organs.

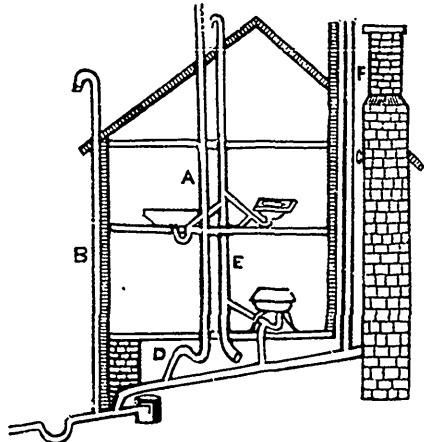
Miscellaneous.

IMPROVED SEWER PIPE TRAP.—the invention of Mr. Pietsch, of L. I. The construction and operation are the same as the ordinary trap, except



that in the pipe above the water seal there is a light valve, J, in the above figure. The sewage pipe, C, dips within cup F; and the overflow rises over the upper edge of the same and escapes into box, A, and off through B. The extremity of C is always kept sealed by the liquid within cup, C. In the ordinary trap, when there is a downward suction in B, it is apt to draw out the water seal in F, and when this seal is gone there is nothing to stop the back flow or rise of the sewer gas into the room or house. But in the present improvement, when any down suction takes place in B, it causes the valve, J, above the seal to open, thus drawing off the gas without disturbing the water seal in F, and any rise or back pressure of gas closes valve, J, and is resisted by the water seal in cup, F. The *Scientific American* says, We believe this is almost the only trap which carries with it an effectual means for preventing the siphonage of the water seal.

A PLAN FOR VENTILATING house drains together with the air-space between the house and ground, by Mr. D. Whiteford, is given in the *Sanitary News*. He writes, my arrangement is first to have



the ordinary openings through the side walls shielded by a suitable grating for the free admission of fresh air. Then I construct a brick flue, F F, in connection with the kitchen chimney, the lower end of which is made to open into the space beneath the floor, and the upper end to be level with the chimney top. This flue may be built of any size desired, though a foot square will generally be found sufficient, and the partition wall between it and the smoke-flue should not be thicker than the simple thickness of a brick. The result is that the heat of the chimney rarifies the air in the flue and a continuous circulation is produced. The combination of this with the ventilation of waste-pipes and soil-pipes is obvious from the above plan.

QUASSIA WATER (2 oz. of quassia chips boiled in 1 gal. of water) is an excellent protection against insects: mosquitoes, flies, and such like insects will not bite, it is said, when the skin has been washed with this solution. A writer in *Nature* used it in the vinery for the green fly, and says "one washing dismissed them in a day." It is found useful for many garden plants.

DEATHS FROM CANCER, in New York City, according to the *Popular Science Monthly*, have more than doubled in the last fourteen years.

A PROJECT is on foot, in London, for the offering of a prize, or prizes, under the auspices of a committee of prominent personages, for a cheap and palatable non-intoxicating beverage.

TWENTY PER CENT of funeral receipts are offered by London undertakers to physicians who secure them an order. Imitating the retail druggists.