

fissure, fistula, or cancer. The trouble is seldom confined here. As a result of the blood poisoning we almost invariably find more or less dyspepsia, with decided derangement of the functions of the heart, liver and kidneys, accompanied by headache and nervous debility, often verging on paralysis.

HOW COFFEE IS ADULTERATED.

Professor S. P. Sharples, the State Assayer of Massachusetts, is making some analyses of articles of food, which are resulting in interesting disclosures. Packages of coffee have engaged his attention, but he has found very few traces of the berry itself. The following are some of the results of his examination:

"Hayward & Co.'s French Breakfast Coffee," the label of which sets forth that only three-quarters as much of it need be used as would be required if ordinary coffee was employed, is found to contain no coffee at all, but to be made of green peas, burnt molasses, and "an occasional grain of rye."

A package of "Pure Roasted and Ground Cape Coffee" was found to be made wholly of peas and nut shells, the latter floating when the mixture was put in water.

A package of "Kimball's First Quality Mocha and Java Coffee" contained no coffee at all, but consisted of peas and rye.

"Glinée's Extra Quality French Coffee" was almost destitute of any foreign substance, peas and rye predominating, with a few oats.

"Chase's English Breakfast Coffee" is a large consumer of peas, the traces of coffee being so slight that the assayer pronounced them accidental.

Happily the analyses have not disclosed the presence of any positively injurious substance, and if people, who can easily find out the cost of a pound of green coffee, expect to buy a like quantity roasted and ground for half the price, they deserve to drink weak pea soup. To detect adulterations, the following rules are given: Take some cold water in a glass and throw upon it about half a teaspoonful of the coffee to be tested, stirring it around so as to wet the grains. Pure coffee will float and scarcely color the water. Beans and chicory sink to the bottom; chicory colors the water at once, beans more slowly. Test the part that floats by chewing it; coffee will thus be recognized by its taste; nut shells, which also float, are hard and brittle. A species of nut which has lately come into use, strongly resembles coffee when ground up, by floating on the water as well as by its feeling between the teeth; but the difference can easily be detected, because the adulterating ingredient is nearly tasteless. After subjecting the suspected article to the above test, spread some of it on a sheet of paper and examine it carefully for grains of rye, oats and peas. The pea ingredient will frequently be found in pieces one-eighth its original size, and the rye in half grains; chicory is tough when taken between the teeth, and has a bitter taste, different from the bitter coffee.

As to the roasted peas and rye which are sold instead of coffee, it is pretty certain that they are more wholesome than the fruit of the coffee plant, being destitute of any narcotic quality; but the thing is a fraud, and it would be better for families—cheaper at least—to roast their own peas and make their own weak pea soup. As to chicory, it is well known that at the restaurants in Paris and other French cities, all the coffee served to customers is largely adulterated with the roasted root of the plant, which is cultivated for that purpose, and much more wholesome than coffee.

HUMOUR IN THE FAMILY.—Good humour is rightly reckoned a most valuable aid to happy home-life. An equally good and useful faculty is a sense of humour, or the capacity to have a little fun along with the humdrum cares and work of life. We all know how it brightens up things generally to have a lively, witty companion, who sees the ridiculous point of things, and who can turn an annoyance into an occasion for laughter. It is a great deal better to laugh over some domestic mishaps than to cry or scold over them. Many homes and lives are dull because they are allowed to become too deeply impressed with a sense of the cares and responsibilities of life to recognise its bright, and especially its mirthful side. Into such a household, good but dull, the advent of a witty, humorous friend is like sunshine on a cloudy day. While it is always oppressive to hear persons constantly striving to say witty or funny things, it is comfortable to see what a brightener a little fun is—to make an effort to have some at home. It is well to turn off an impatient question sometimes, and to regard it from a humorous point of view instead of becoming irritated about it. "Wife, what is the

reason I can never find a clean shirt?" exclaimed a good but rather impatient husband, after rumaging all through the wrong drawers. His wife looked at him steadily for a moment, half inclined to be provoked, then with a comical look, she said: "I never could guess conundrums; I give it up." Then he laughed, and they both laughed, and she went and got his shirt, and he felt ashamed of himself and kissed her, and then she felt happy; so, what might have been an occasion for hard words and unkind feelings, became just the contrary, all through the little vein of humour that cropped out to the surface. Some children have a peculiar faculty for giving a humorous turn to things when they are reproved. It does just as well oftentimes to laugh things off as to scold them off. Laughter is better than tears. Let us have a little more at home.

MOLES SUCKLED BY A RAT.—This is just the time of year when moles have young; but infant moles are very difficult to get. We understand, however, that Mr. Frank Buckland has received, through Mr. Overton, head keeper of Windsor Park, five young baby moles. These little creatures present a very curious appearance; each is the size of a large mouse, and they have no hair whatever upon them. They each weigh a little over half-an-ounce. When disturbed they lift themselves up and wave their heads round and round about in the air. Their noses are of a lovely pink, and the eye is just discernible through the skin like a black speck. There is no trace whatever of hair upon them, and they refused to take milk. A tame white rat, therefore, was procured, her young rats were taken away, and the moles substituted. After a preliminary examination the rat took kindly to the moles, made a warm nest in the corner of the box for them, and then coiled herself over them to keep them warm. The young moles have taken kindly to their foster-mother, and it is hoped that these royal moles may be ultimately reared through the attention of their wet nurse.—*Daily News*.

POULTICES.—The common practice in making poultices of mixing the linseed-meal with hot water, and applying them directly to the skin, is quite wrong; because, if we do not wish to burn the patient, we must wait until a great portion of the heat has been lost. The proper method is to take a flannel bag (the size of the poultice required); to fill this with the linseed poultice as hot as it can possibly be made, and to put between this and the skin a second piece of flannel, so that there shall be at least two thicknesses of flannel between the skin and the poultice itself. Above the poultice should be placed more flannel, or a piece of cotton wool, to prevent it from getting cold. By this method we are able to apply the linseed-meal boiling hot, without burning the patient, and the heat, gradually diffusing through the flannel, affords a grateful sense of relief which cannot be obtained by any other means. There are few ways in which such marked relief is given to abdominal pain as by the application of a poultice in this manner.

FIRST COUSIN MARRIAGES.—These marriages are rarely prolific. Where children are born to those who are nearly allied in blood a very large percentage are either idiotic, deaf, blind, or weak. Many are scrofulous, puny, and stunted, and not a few cripples. Of seventeen cases examined by the Lunacy Commissioners of persons who had married near relations, Dr. F. Winslow says: "Out of ninety-five children, forty-four were idiotic, twelve were scrofulous, one was deaf, and one was a dwarf." If querist should wish to know anything further about it, I should be very happy to tell him what I know.—M. D.

GOLD IN RUSSIA.—The St. Petersburg papers report a great development of the gold production in Russia. Strata containing gold dust in considerable quantity have recently been discovered in the Ural mountains. It is said that in the district of Sennigsel a Russian proprietor has found in his gold mine, near Motygy, a nugget 445 pounds in weight, representing a value of nearly \$75,000.

TO REMOVE GLASS STOPPERS.—Hold the neck of the bottle in the steam from the spout of a tea-kettle, and keep turning it round and round so as to heat the neck equally. In a minute or two (sometimes less) the stopper can be removed with ease. When the neck of the bottle is thick, the heat must be applied more gradually than when the bottle is a thin one.

CORKS are made both air-tight and water-tight if plunged in melted paraffine, and kept there for about five minutes. Thus prepared, they can be easily cut and bored, and may be inserted in, or withdrawn from, bottles without any difficulty.

TO CLEAN SILK.—A teaspoonful of powdered borax dissolved in one quart of tepid water is good for cleaning old black dress of silk, cashmere or alpaca.