

**Scientific and Useful.**

**PORK POT ROAST.**—Take a piece of lean fresh pork, put it in a pot, brown it a little on both sides, either in butter or in its own fat; then barely cover it with water and let it simmer until very tender; chop an onion and throw in the pot with the seasoning; also about two tablespoonfuls of smoked liver chips, which seasons nicely and makes very rich gravy; remove the meat when tender, and thicken the gravy with flour rubbed to a paste with butter and mixed smooth with hot water.

**CIGARETTES.**—A very great number of boys who would not think of using a pipe or a cigar will buy and smoke cigarettes. A doctor in England lately, because he saw so many boys smoking, began to see if it was not injuring them. He examined thirty-seven boys between the ages of nine and fifteen, and in twenty-seven cases smoking had already done great harm. Twelve had frequent bleeding at the nose, ten had disturbed sleep, twelve had ulceration of the mucous membrane of the mouth, and twenty-two had various disorders of circulation and digestion, and a marked taste for strong drink. Boys, don't smoke! It spoils your nerves, makes your breath bad, makes it not half as pleasant for your mothers and sisters to kiss you, and will gradually, as a rule, weaken your minds as well as bodies.

**TEA A POISON.**—The *Journal of Chemistry* asserts tea is not the simple, harmless beverage that it is generally supposed; but that its effects in their character, may rightly claim to be classed with those of tobacco and alcohol. The *Journal of Chemistry* adds:—"Many disorders of the nervous system are the direct result of extensive tea-bibbling. Tea is a 'narcotic poison'; its essential principle, theine, is allied in composition and properties with strychnine and morphine. It first excites the nervous system, and then exhausts it. Experiments show that both in man and other animals, it impairs power in the lower extremities; so that it affects the 'understanding' in a double sense—literally as well as figuratively. It is not the harmless exhilarant it has been considered, but a powerful agent, whose effects are often very serious."

**GOOD FOR MOTHS BUT BAD FOR BABIES.**—In India, both upholsterers and saddlers were badly troubled with moths in their work, especially in the rainy season; and the upholsterers in that country follow a series of simple rules by which they entirely avoid the ravages of these pests. They never put on a burlap or cotton covering without first steeping it in a solution of sulphate of copper, made by dissolving about one ounce in one gallon of boiling water, and then quickly drying the material in the sun or by a hot stove. For over coverings, especially if of wool, a solution of corrosive sublimate dissolved in patent colorless alcohol is frequently used with good effect. The boiling solution of sulphate of copper is often applied to a floor previous to laying a mat or carpet, and invariably under heavy articles of furniture.

**THE USE OF LEMONS.**—There is not a hundredth part of the lemon juice used that its valuable qualities would seem to commend. There is nothing better as a stomach corrector as well as strengthener of the nervous system. We all know that it is used for rheumatism, and that it is also good for gout, if taken regularly three times a day, and at least half a gill at a time. It can be taken in much or little water, or no water at all. It is not unpleasant; one soon becomes accustomed to it, and would rather drink it than pure water. For headache, it is the best cure ever used. It will relieve it in from ten to fifteen minutes by a single dose. Not less than half a gill at a time. Some people take it three times a day as a preventative of disease, and as a refreshment in hot weather. It quenches thirst, also, better than anything else. No sugar.

**POISONOUS FISH.**—Several varieties of fish, at all seasons of the year, are reputed to be poisonous. Of course, they should always be let alone. Shell fish, at certain seasons of the year, after spawning, are considered poisonous when eaten; at least, they are unhealthy. This process of nature is known to be very exhausting to the individual, which during, or just afterwards, is so reduced in vitality as to be unable to resist ordinary tendency to decomposition. Oysters in hot weather, are often unwholesome, perhaps from the causes suggested; or it may be that the collection of liquid secretion between the shell and the contained animal, in hot weather, is in a state favorable to putrefaction upon slight exposure to the air; and the disagreeable symptoms often said to arise after partaking of this fish as food, are due to this as much as anything else.

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