

The lungs work with greater deliberation during the period of sleep, and unconsciously the arms are raised above the head to admit of longer, deeper inhalations. The heart action then becomes bad, blood is driven from the arms and sent to the head, the nerves are stretched and a temporary paralysis is liable to be produced, characterized by a prickly, uncomfortable sensation.

Complete relaxation means that gentle inclination which requires a bed of moderate softness and a small pillow. The head should be raised ever so little.

Do not sleep perfectly flat on the back without a pillow; the muscles of the throat relax, the jaw drops, and the result is, that disturber of other people's sweet dreams—a snore.

The food enters the stomach at the left side, passing out at the right, and when one is lying on the left side this outgoing end is raised up, seriously interfering with the workings of this much abused pear shaped bag.

When lying on the right side, the heart is free from pressure and its action unhindered.

HOUSEHOLD HINTS.

Add one or two tablespoonfuls of sugar to strong turnips when cooking.

Canned goods of all kinds should be emptied from the cans as soon as they are opened. They should never on any account be left to stand in the cans.

Use boiling water when it first boils, or the gases escape, and the water becomes flat.

Brass kettles should be kept clean with salt and vinegar in order to avoid verdigris poison.

Avoid banging oven doors while baking. It is the cause of many cakes and pastry being heavy.

Dried orange peel allowed to smolder on a piece of redhot iron or on an old shovel

will kill any bad odor in existence and leave a fragrant one instead.

Salt spread on the oven bottom under a baking pan will prevent scorching. Asbestos mats are also good.

The Garden and Orchard.

(CONDUCTED BY MR GEO MOORE).

NITRATE OF SODA.

I notice in the French edition of the "Journal of Agriculture," Jan. 7th, the description of a field experiment with oats conducted by Mr. Joseph W. Boisvert of the Agricultural Club, Shawinigan, St. Maurice county. Such experiments are most useful and important and show the use of the Farmer's Club when conducted with spirit and on the right lines. Would that our English Clubs would "go and do likewise."

The experiment also proves, by actual demonstration, that there is no more economical chemical manure for oats than nitrate of soda, and no doubt the same remark is applicable to almost all crops, a fact that cannot be too frequently called to mind and acted upon, in view of cheapness and easy application.

FLASH LIGHTS.

The love of gardening is an expression of refined taste and sentiment.

The garden we cultivate ourselves is of deeper interest than that of others.

The cottager takes more pleasure in his little garden-plot than the millionaire in his gay and extensive parterre, especially if the latter is merely made for ostentatious display.

There is nothing new in the fundamentals of cultivation, the novelties are in their elaboration and adaptation.

The easier a tree or plant can be grown, the more likely is it to be neglected;