

is to follow the instructions of some old friend, or of your parent. Try and be a good, straight-ahead swimmer, before you attempt any of the many fancy tricks. Learn to swim first, then to float, and then to tread water; these are the most useful; afterwards you may add as many extra styles as you choose.—*American Agriculturist*.

**COUNSEL TO SONS.**—Rev. Mr. Murray talks thus wisely of the training of children:—"Say to him, 'My son, I am not educating you for this earth: I am educating you for heaven. I am not showing you how to serve yourself: I am showing you how to serve God. It will not delight me one hundredth part so much to know that you are fitted for business as to feel that you are fitted in character and taste for heaven.' Say to him, 'My boy, I am not able to keep you: God alone is able to keep you. He alone gives the breath to your nostrils; He alone upholds you; but for Him, you would, even while I am talking with you, drop dead. Remember that you are not mine; you are not your mother's; you are God's. He gave you life. He upholds you day by day; without Him you could do nothing. By and by, your stay here will end. He will send for His Messenger to bring you home and you must go. Ah see to it that you are prepared to meet Him in that hour.' Say this to your son, father; say it in so many words. Some things must be spoken to be fully understood. The voice adds force to the truth, and deepens its impression. Bear testimony, then, for God, and your children will remember it while you live; and when you have gone from sight, being gathered to your reward, they will say, "Our father failed not in his duty toward us, but taught us all he knew of wisdom;" and they will rise up and call you blessed."

**EAT SLOWLY.**—Many a man has been choked to death in attempting to swallow his food before he has chewed it long enough. Food in the stomach, surrounded with its juices, is like pieces of ice in a glass of water; for as the ice melts from without inwards, so the stomach juices dissolve the bits of food from without inwards; and, as the smaller the pieces of ice, the sooner they are melted, so the smaller the bits of food, the sooner they are dissolved, and pass out of the stomach, to be distributed to the system, give it life, and warmth and vigor. But if the pieces of food are large, they begin to rot before they are melted, causing heaviness, belching, nausea, or other discomforts. These make bad blood, contaminating the breath, sending dullness to the head, depression to the spirits, and a universal feeling of unwellness, lasting sometimes for half a day or a whole night. Therefore eat slowly, with deliberation; talk a great deal at meals; cultivate cheerful conversation; and let any man or woman be considered a domestic enemy and pest, who says or does anything at the table calculated to cause a single unpleasant sensation in any one present; and for the same reason have sharp knives to cut up every piece of meat as fine as a pea; and take at least half an hour for a joyous meal, you may snap your fingers at dyspepsia and its interminable retinue of horrid symptoms.

**CARE OF THE FEET.**—Many are careless in the

keeping of the feet. If they wash them once a week they think they are doing well. They do not consider that the largest pores of the system are located in the bottom of the foot, and that the most offensive matter is discharged through the pores. They wear stockings from the beginning to the end of the week, without change, which becomes completely saturated with offensive matter. Ill health is generated by such treatment of the feet. The pores are not repellants, but absorbents, and this fetid matter, to a greater or less extent, is taken back into the system. The feet should be washed every day with pure water, and the stockings should not be worn more than a day or two at a time.—*Scientific American*.

**THE APPLE AS DIET.**—The importance of apples as food has not hitherto been sufficiently estimated or understood. Besides contributing a large proportion of sugar, mucilage, and other nutritious compounds in the form of food, they contain such a combination of vegetable acids, extractive substances and aromatic principles as to act powerfully in the capacity of refrigerants, tonics and antiseptics; and when freely used at the season of ripeness, by rural laborers and others, probably maintain and strengthen the power of productive labor.—*Laebig*.

**LIVER AS FOOD.**—The *California Scientific Press* says:—"We cannot too strongly denounce the use of liver and kidneys as food for man. The organs are constantly charged with the worn out, excrementitious matters of the system, the presence of which, when rightly understood, are disgustingly offensive to the taste. Their presence is evinced by the fact that these portions of an animal are always the part first subject to decomposition. They make very good food for hens and dogs, but for man—never!"

Take the white of two eggs and beat them in with two spoonfuls of white sugar, grate in a little nutmeg, and then add a pint of lukewarm water. Stir well and drink often. Repeat the prescription, if necessary. Our friend thinks it will cure the most obstinate case of hoarseness in a short time.

There is no better remedy for cold feet than to slap the leg briskly just above the knee, after raising the foot. The increased circulation induces immediate relief.

A piece of vegetable charcoal laid on a burn soothes the pain, and if kept applied for an hour, cures it completely.

## Arts and Manufactures.

### AN ELECTRIC JOKE.

Some weeks ago, one of those illegitimate sons of science, the vagrant electric men, opened out in the streets, with his dial for testing how much torture his voluntary victims could stand. To stimulate trade, he kept a standing offer to pay \$5 to whoever could stand as much electric fluid as his machine would furnish. One day, a boy pre-