Good Health.

VALUE OF THE WARM BATH.

The warm bath is a grand remedy, and will often prevent the most virulent of diseases.—A person who may be in fear of having received an infection of any kind, should speedily plunge into a warm bath, suffer perspiration to ensue, and then rub dry, dressing securely to guard against cold. If the system has imbibed any infectious matter, it will certainly be removed by this process if it be resorted to before the infection has time to spread over the system; and even if some time has elapsed, the drenching perspiration that may be induced in a hot bath will be pretty sure to remove it.

A HEALTHY DRINK.

This may be made by about two teaspoonfuls of oatmeal and a tumbler of water. This is said to be the best drink laborers can use, at once nourishing, unstimulating and satisfying. This is also rapidly coming into use in largeestablishments where men work much in the heat. It has long been used in the large glass factories and iron foundries of Europe, and it is coming into use in our own country. It is common to find it in the large government works. In the Brooklyn Navy Yard it is a great favorite, two and a half lbs. of oatmeal being put into a pail of moderately cold water.

It is said to be better than any of the drinks made up with vinegar, molasses, etc., which our farmers use in the harvest field. A well-known medical writer says that "from it is obtained power to sustain the exhausting influence of perspiration." Indeed, we have seen it tried with great satisfaction, and we commend it to the attention of our hard-working friends in the harvest field.

AMERICAN DIET.

We are a greasy people, from the pork fat of New England to the hamfat of the South; we wallow in greasy food. This becomes rancid on the stomach, and superinduces what Dr. Urquhart pronounces the sum of all diseases—dyspepsia. We drink tea that would frighten a Chinaman and coffee that would serve as an antidote to opium. We pour down doses of alcoholic fluids, which eat into the coatings of our intestines, and destroy the gastric juices. We go to bed overtasked body and mind, sleep with sluggish blood in a state of stagnation, and get up only when the broad sun is staring in angrily at us through our bedroom windows.

We are reckless in our pursuit of pleasure. We strain our mental powers to their utmost tension, and end, old men and women before our time, or die, or fill a cell in an insane asylum.—*American Hearth and Home.*

[This item from our American cotemporary has some valuable hints regarding our health, The proverb is a good one: "When your neighbor's house is on fire, look to your own."]—AS'ST ED.

HOW DO WE TAKE COLD?

"By sudden changes of temperature, surely," is the answer ready upon the tongue of ninety-nine out of every hundred persons whomay read or hear the question that heads this article. But how do sudden changes of temperature give us cold? Too sudden contraction of the pores of the skin; sudden checking of the sensible or insensible perspiration, sudden change of circulation, by which the blood is thrown, from the surface inward, upon the vitals, causing congestion, etc. All these are phenomena which may, some or all of them, be connected with too sudden or too great changes of temperature, but they fall short, even when taken together, of accounting for that very ordinary, very amazing, and too often seriously injurious infliction, a bad cold.

Few of us but can count scores of instances in which we have been exposed to very sudden and very great changes of temperature, from warm to cold, without other inconveniences than an uncomfortable chill, while we can also count many instances in which we have taken very severe colds without being able to tell how or when we came by them. The slight and almost imperceptible, frequently unobserved, causes of cold have not, perhaps, been as closely traced as they should and may be. It seems not so much the change as the kind of change which gives rise to the unpleasant result. The leaving off an accustomed garment, even when the lack is not uncomfortably felt, the exposure of the feet to wet or chill, a few minutes with the head uncovered in the cool out-door air, but above all, exposure to a draft of air, especially, as is generally believed, on the back of the head or neck, are all familiar examples of which most of us have had melancholy experience.

Indeed there seems to be, especially to peculiarly sensitive constitutions, almost a certainty of cold in such currents of air. There may be no chill, not even uncomfortable coolness, and yet the symptoms of a cold manifest themselves almost as suddenly and fully as decidedly as sneezing follows the introduction of some irritating substance, snuff, for instance, into the nostrils. By immediately heeding the warning of the first premonitory sneeze, and at once changing the position of things, so as to avoid the cause, the cold may be and often is averted. But the danger is that the cause, being so slight and coupled with so little present annoyance, is apt to pass unnoticed or disregarded until too late.

We have all at some time experienced in ourselves exceptionally sensitive conditions under which it seemed impossible for us to avoid, as is said, sometimes "taking one cold on top of another:" what a gentleman not long since in the presence of the writer called a "summer cold,'" in which one seems to take the more cold the warmer he is: it is a sort of sweating cold, one of the most disagreeable if not the most dangerous classes of these inflictions. In this condition, the slighest draft sets one to sneezing, and it seems impossible to avoid constant accessions to the malady. But why? The sudden change of temperature theory will certainly not explain those cases where it is hardly possible to preserve a temperature sufficiently even to prevent taking cold, and those cases where cold is taken unconsciously. No hypothesis but that of a direct irritant acting upon the mucous surfaces of the lungs and air passages seems to suffice for the phenomena of a certain class of colds. That there is such an irritant in the air, in quantities varying according to the meteorological conditions, is well known, but all its properties and effects are not yet prehaps fully understood.

The Horse.

STABLE ECONOMY.

The Turf Field and Farm makes some good suggestions to horse owners as to stables. They should be light, dry and well ventilated. Dark stables and bad ventilation bring on blindness, glanders, farcy and other diseases. Ground floors are preferable for horses to stand upon, particularly in hot weather, but they also possess disadvantages. When horses stand on board floors their feet should be moistened frequently, to prevent fevered legs and contracted feet. Working horses which are bad feeders should be often boiled, or mashed out with scalded bran, to prevent constipation, restore the appetite and preserve the condition for future service.

HOW TO FATTEN A HORSE.

To fatten a horse that has fallen off in flesh is sometimes a tedious business—indeed, the work of months. The following suggestions to accomplish it, however, though without paternity looks to us as wise and to the purpose:—Many good horses devour large quantities of grain and hay, and still continue thin and poor; the food eaten is not properly assimilated. If the usual food has been unground grain and hay, nothing but a change will affect any desirable alteration in the appearance of the animal.

In case oatmeal cannot be obtained readily, mingle a bushel of flax-seed with a bushel of barley, one of oats and another bushel of Indian corn, and let it be ground into a fine meal. This will be a fair proportion for all his food. Or the meal, or the barley, oats and corn, in equal quantities, may first be procured and one-fourth part of oil-cake mingled with it, when the meal is sprinkled on cut food. Feed two or three quarts of the mixture two or three times daily, mingled with a peck of cut hay and straw. If the horse will eat that greedily let the quantity be gradually increased until he will eat four or six quarts at every feeding, three times a day. So long as the animal will eat this allowance, the quantity may be increased a little every day. Avoid the practice of allowing a horse to stand at a rack well filled with hay. In order to fatten a horse that has run down in flesh the groom should be very particular to feed the animal no more than he will eat up clean and lick his manger for more. — *Germantown Telegraph.*

A MODEL HORSE-STABLE.

The teams of a farmer are of so great value relatively to his business and other investments in it, that the best care and shelter which can be given them are, in the end, the cheapest. It is not necessary to build the costliest stable, but it is needful to their health and thrift to have those which are comfortable. And if this term "comfortable" is rightly understood, and can be applied with truth to the farmer's stable, then he has a good one, be it costly or cheap. In the stable the horse is at rest, and all the circumstances around him should tend to give him quiet, healthful rest. To this end the stable should not be low, dark and damp, as often is the case with basement stables. If it is low the light must be dim, and the air at times, at least, bad. If damp, though warm, the horse becomes dull, contracts colds, and shivers on exposure to the cold, outside air.

On the other hand, stables that are too open should be avoided, though we should prefer this fault to the one we have just mentioned, for the horse provides himself naturally with an increase of covering on the approach of cold weather, and this increase is usually somewhat in proportion to the cold habitually encountered. For instance, a horse turned into the open yards to winter will have a thicker coat than one in the warm stable. But when a horse is tied, it is bad treatment to let him be exposed to the air, drawing in at a score or more of wide cracks between the boards covering the stable.

The chief conditions, then, of a comfortable stable are plenty of room, including height, light, dryness, complete absence of external draft, a constant supply of fresh air, and a temperature that rarely falls below the freezing point. A really good stable always impresses an observing person with a sense of comfort and fitness.—*American Rural Home.*

Veterinary.

RHEUMATISM.

Give the following ball night and morning until the bowels are freely opened, when it is to be withheld until purgation has ceased, and then recommenced:—

Powdered colchicum, two drachms; calomel, one scruple; opium, one drachm; aloes, one drachm; powdered capsicums, half a drachm. Should this not succeed, try the following drink, which in some cases is even more effective:—

Iodide of potassium, one drachm; sulphuric ether, one ounce; cream of tartar, four drachms. Give night and morning in a pint of gruel, from a bottle. Keep horse blanketed and comfortable, and give alternately soft and dry food.

TO DESTROY BED BUGS.

There are numerous recipes for the destruction of this household pest. One of the best is the following: Scald the bedsteods, and wipe them dry; mix ordinary lamp-oil with a little quicksilver, and apply this to the cracks with a feather.

REMEDY FOR NERVOUS HEADACHE.

A well-known Kentucky minister, subject to severe spells of nervous headache, was in our office the other day, says an exchange, during one of those attacks. Major Brown, of Mexico, was present, and proposed to relieve him in five minutes, which he did most effectually. The following is the prescription:

Take a desert spoonful of common soda, such as is used in making bread, and dissolve it thoroughly in a quart of cold water. With this thoroughly shampoon the head for about five minutes, scratching the head and the back of the neck well with the finger-nails. Then rinse the head with clean, cold water. This remedy is for nervous headache, and not for those afflictions of the head arising from deranged stomachs.

Stock and Dairy.

ENGLISH SHORTHORN SALES OF 1872.

1,000 pure-bred Shorthorns have passed through Messrs. Strafford and Thornton's rings this year—thirty-six sales in all, amounting to about £105,000, which would make an average of nearly £65 per head.—These prices do not include any reserve figures. The highest averages were obtained at the Earl of Dunmore's, Messrs. Harward and Downing's, Mr. Pawlett's, and Mr. Bowly's sales, and it may fairly be estimated that some of the most fashionable tribes have advanced to more than double the sums they were sold for five years ago.—*Mark Lane Express.*

KEEP THE CATTLE GROWING.

The most successful breeders of horses, cattle, sheep or swine know from experience that although they may possess the best breeding animals, they will not be successful in producing superior stock if a continuous growth of the young animals is not kept up. In order to begin in time at this indispensable preparation for success, the brood mares, cows, ewes and sows are most carefully and suitably fed while with young, and as soon as the young animals make their appearance they are taken the greatest care of, the dams being suitably fed while suckling, and when the young ones are weaned they are not supposed to want for food or drink a single hour.

By this means a continuous and rapid growth is kept up, and the animals attain a large size and heavy weight at an early age.—When breeding animals are not properly fed and comfortably sheltered in winter, the bad effect of such treatment is not confined to their own want of condition—it is shared by their own progeny, and can never be remedied. When young stock are not fed well and comfortably sheltered in winter, their growth becomes stunted, and no subsequent amount of good treatment can repair the damage. Young animals may suffer for want of proper provender in summer and autumn, as well as in winter, and when this happens it stops continuous growth and prevents ultimate success in the object of the breeder.

OVER-FEEDING.

In the *Prairie Farmer* for October 5th, we have the following sensible observations:—

Every one knows that a man so obese as to be unable to walk, cannot be in a healthy state; yet many feeders of stock look upon the monstrously fat bulls and cows of fair-size celebrity as normal types of the bovine tribes. It requires but little argument to refute so fallacious a notion. No doubt it is desirable to encourage the breeding of those varieties of animals which exhibit the greatest disposition to fatten, and to arrive early at maturity, but the forcing of individual animals into an unnatural state of obesity, except for purely experimental purposes, is a practice which cannot be too strongly deprecated. If breeders contented themselves with handing over to the butcher their huge living blocks of fat, the matter would not, perhaps, be very serious, but it is unfortunately too often the practice to turn them to account as sires and dams. Were we to judge at a cattle show, we certainly should disqualify every extremely fat animal entered for competition among the breeding stock.—Unless parents are healthy and vigorous, their progeny are almost certain to be unhealthy and weakly; and it is inconceivable that an extremely obese bull, and an unnaturally fat cow could be progenitors of healthy offspring. We should by all means improve our live stock, but we should be careful not to overdo the thing. If we must have ponderous bulls and cows at our fat-cattle exhibitions, let us condemn to speedy immolation those unhappy victims to a most absurd fashion; but in the name of common sense, let us leave the perpetuation of the species to individuals in a normal state, whose muscles are not replaced by fat, whose hearts are not hypertrophied, and whose lungs are capable of effectively performing the functions of respiration.

PROFITS OF SOILING.

Mr. H. Sedwick, of Cornwall, Connecticut, stated at the farmers' meeting at Lowell, Massachusetts, in September, that farmers in the neighbourhood were engaged in producing milk for the New York market. Referring to the short feed of the fall of 1871, he added:—