

**Scientific and Useful.**

**RELIEF FOR INFLAMED EYES.**—Take old muslin and make a pouch to fit the eye, and fill with flour; bind this on the eye. It does more good than anything I ever tried.

**RICE PANCAKES.**—Two large cups of rice well-washed, boil in one quart of water; when the water boils off, add one quart of milk, flour enough to make a nice batter and one egg.

**PEACH CAKE.**—Bake three layers of sponge cake, cut ripe peaches into very thin slices; prepare some sweet cream by whipping, sweetening and flavouring it; spread the peaches, with the cream poured over between, each layer as also over the top of the cake.

**JOHNNY CAKE.**—To half a pint of meal add warm water enough for a thin batter, half a teaspoonful of melted butter, half a teaspoonful of cream of tartar, a little soda and salt. If convenient add an egg. This makes an excellent cake, and to those who have not a full allowance of milk and cream it will prove a great help.

**COLD WATER** is much more satisfying in its results than sweet milk. Cake is more tender when made with water. A lady said to me recently, "I wish I had known of this before, for many times I could not make cake, because I could not get the milk." Another item: Use a tumbler for measuring instead of a tea-cup. Keep a common sized one on purpose.

**RIGHT KIND OF EXERCISE.**—The exercise which will give permanent strength, which will build up healthy bodies for girls, and ultimately for women, is the exercise of the swimming bath, which brings into play all the muscles of the body; that of the gymnastic class, where, in suitable dress, and under the direction of competent instructors, exercises fitted for the strength of girls are set for them to do; and that of the play-ground, where games give both amusement and exercise.

**INFLUENCE OF SINGING ON HEALTH.**—The medical Wochenschrift, of St. Petersburg, publishes an article on the influence of singing upon the health. It is founded upon the exhaustive researches made by Professor Monnasein, of St. Petersburg, during the autumn of 1878, when he examined 222 singers, ranging between the ages of nine and fifty-three years. It appears to be an ascertained fact from these experiments, that the relative and even the absolute circumference of the chest is greater among singers than among those who do not sing, and that it increases with the growth and age of the singer. While, too, milder forms of catarrh are frequent among singers, bronchial catarrh is exceedingly rare. The mortality of singers from phthisis is infrequent. Bright's disease on the contrary is not infrequent among them. Professor Monnasein concludes that singing is highly to be recommended as a valuable prophylactic for persons who are phthisically inclined, and that it is far preferable to ordinary gymnastics for developing, expanding and strengthening the chest.

**HOW WE CATCH COLD.**—The "Lancet" says: "This pertinent question is just now engaging attention. There is another question which should be answered first—namely, What is cold? The old idea of a 'chill' is perhaps, nearer the truth than the modern notion of a 'cold.' The hypothesis would seem to be that a 'cold' is something more than a cold, because, it is said, 'You do not catch cold unless you are cold.' The fact is there are probably as many diverse occurrences grouped and confounded under the generic title of cold-catching as diseases covered by that popular term fever, which is made to comprise every state in which the pulse is quickened and the temperature raised. By a parallel process of reasoning 'cold' ought to be limited to cases in which the phenomena are those of a 'chill.' When a person 'catches cold' any of several morbid accidents may occur—(1) he may have such a chill of the surface as shall drive the blood in on the internal organs and hamper some weak, or disorder and influence some diseased, viscus; (2) the cold may so impinge on the superficial nerves that serious disturbance of the system will ensue and a morbid state be set up; (3) the current of air which causes the cold may in fact be laden with the propagating 'germs' of disease; or (4) the vitality of the organism as a whole, or of some one or more of its parts, may be so depressed by a sudden abstraction of heat that recovery may be impossible, or a severe and mischievous reaction ensue. The philosophy of prevention is obviously to preserve the natural and healthy action of the organism as a whole, and of the surface in particular, while habituating the skin to bear severe alternations of temperature by judicious exposure, and natural stimulation by pure air and clean water, and orderly habits of hygiene and health.



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