Scientific and Apeful.

EXPANDING THE LUNGS. Step out into the purest air you can find stand perfectly ercot, with head and shoulders back, and then fixing the lips as if you fers back, and then fixing the lips as if you were going to whistle, draw the air through she lips into the lungs. When the chest is out half full, gradually raise the arms, keeping them extended, with the palma of the hands down, as you suck in the air, so as to bring them over the head just as the lungs are quite all. Then drop the thumbs inward, and if er forcing the arms backward and the chest open, reverse the process by which you draw your breath till ward and the enest open, reverse the pro-cess by which you draw your breath till the lungs me empty. This process should be repeated immediately after bathing, and also several times through the day. It is

also several times through the day. It is impossible to describe to one who has never tried it, the glowing sense of vigor which follows this exercise. It is the best expectionant in the world. We know a gentleman, the measure of whose chest has increased by this means some these of the sense.

creased by this means some three or four inches during as many months—Dr. Paine. PRUNING TOMATOES. That tomatoes are benefitted by pruning we have not the elightest doubt, and we yearly practice it in our own garden. Some recommend and others practice cutting off all the tops of the plants, to which we not strongly county. we most strongly object, as we are satisfied that such a course is very injurious to the plants, as well as to the perfect ripening of the fruit. As the tomatoes begins to grow, select say three or four of the strongest shoots, pinch all the others out, should there be any, by the finger and thumb, close to the main stom. When these four bunch-es begin to show fruit, a small lateral branch will show itself immediately at the next joint. These should be pinched out as fast as they appear, letting no shoots grow at any time, but the four main branches referred to: by so doing, whether the plants are tied to stakes or laid on the ground, we

have always found that we secured a larger,

tiner, and at the same time a heavier crop

than we could by any other process obtain.

LENONS WHOLESOME. When people feel the need of an acid, if they would let vinegar alone, and use lemons or apples, they would feel as well satisfied, and receive no injury. A suggestion may not come amiss to a good plan when lomons are cheap in the market, to make good lemon syrup. Press your hand outho lemon, and roll it back and forth briskly on the table to make it squeeze more easily; then press the juice into a bowl or tumbler—nover into a tin; strain out all the seeds, as they give a bad taste. Remove all the pulp from the peels, and boil in water—a pint for a dozen pulps—to ex-iract the acid. A few minutes boiling is enough; then strain the water with the juice of the lemons; put a pound of white sugar to a pint of the juice; boil ten minutes bottle it, and your lemonade is ready. Put a table-spoonful or two of this lemon syrup in a glass of water, and have a cooling healthful drink.—Scientific American.

REFORM AT THE TABLE. Madame Loyson, wife of Pere Hyacinthe, writes to the New York Herald, on the subject of temperance, offeringher counsel and ject of temperance, offeringher counsel and encouragement to the women engaged in the Temperance Crusado. In the course of her letter she says:—"The great American malady is the malady of the stomach. Conscientious people become dyspepties: non-conscientious people become drinkers. Bear in mind this finct, that the appetite for drink is not necessarily made by drinking, but in nine cases out of ten it is created and cultivated at your tables—in your and cultivated at your tables—in your children—by the use of coffee tear pepper, pickles, mustard, spices, too much sait, hot bread and pastry, raw meat and grease, and above above all by the use of tobacco. The cry of a depraved appetito, air inflamed stomach, is always to something stronger. for something stronger. The use of sour milk, and salad, prepared with good oil, should be cultivated. In short, reform your tables if you would reform your drunkards and save your sons."

HOW TO MAKE A MUSTARD PLASTER. How many people are there who really know how to make a mustard plaster?
Not one in a hundred, at most, perhaps, and yet mustard plasters are used in every family, and physicians prescribe the application, never telling anybody how to make them, for the simple reason that the doctors do not know, as a rule. The ordinary way is to mix the mustard with water, tempering it with a little flour, but such a plaster as that makes it simply abominable. Before it has half done its work if begins to blister the patient, and leaves him finally with a painful, flayed spot, after having produced far less effect in a beneficial way than was intended. Now a mustardplaster should never make a blister at all. If a blister is wanted, there are other plas ters far better than mustard for the purpose. When you make a mustard plaster, then, use no water white of an egg, and the mustard with the white of an egg, and the result will be a plaster that will "draw" perfectly, but will not produce a blister even upon the skin of an infant, no matter how long it is allowed to remain upon the part. For this we have the word of an old an eminent physician, as well as our ex-perience.—Household.

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