

hands and feet than anything that can be written. There are some rules that should always be observed: keep all parts, hands and feet, well under water, and do not be afraid to sink the whole body up to the chin; throw the head well back, and hollow the spine, or back bone; this allows the weight of the head to come over the chest, which is the lightest part of the body. Learn to breathe through the nostrils; some swimmers make a great spluttering in throwing water from the mouth; it is easy to learn to swim with the mouth shut. Make every movement slowly and quietly; it is a great fault with beginners that they make hard work of swimming, and seem to think that they must make great exertions. Be quiet, and you will find that swimming need not tire you any more than walking. Do not go into the water when heated, very tired, or after eating a hearty meal. Finally, when you get a chance watch the best of all swimmers, and see how neatly and quietly he does it, and try if you cannot swim as well as—a frog!—*Agricultural.*

—Scotland has long got credit for the excellent provision made for the general education of her sons, and the parish schools of that country have long been famous as having been the chief instrumentality in giving innumerable Scotchmen their first start in life, and crowning their careers with great and varied prosperity. Too much in praise of what the Scottish parish schools have accomplished could scarcely be urged. At the same time, it is being discovered that after all that has been said and sung about the Scottish system of general education, it is not by any means so perfect as it ought to be. Even with the late changes, it is not keeping pace in advancement with other countries till lately far behind. The great want is an intermediate class of schools between the ordinary parish or primary ones, and the University. On this account the whole educational system is being greatly injured. The teachers in parish schools are seeking to do work which is not properly theirs at all in preparing clever boys for the University, while in doing so they necessarily neglect the great body of their pupils and the proper business of the schools. On the other hand, the University professors in their junior classes are obliged to do work which ought to have been done long before students thought of venturing to a University at all. John Knox made provision for such intermediate schools in every "notable town," but that part of his programme has never been carried out. The sooner it is the better. Funds are not wanting. The Scotch Hospitals for the support and education of certain classes of boys and girls have ample resources, and are not turning these to anything like good account. Heriot's Hospital, for instance, has as large a revenue as Eton; Donaldson's Hospital doubles that of Rugby. Why not, it is urged, get those funds appropriated to the advancement of higher education? Scotland will need to bestir herself or be hopelessly left behind in the educational race.

**How to remove stains.**—Stains caused by acids, fruit, tea, or wine can usually be removed by spirits of ammonia, diluted in half the quantity of water. If the stains of fruit or claret are fresh upon the *naperie* they can be taken out by pouring boiling water directly upon the spot and rubbing it until it disappears. Turpentine, pitch or tar can be removed by saturating the spot with sweet-oil, or a little clean tallow can be spread over it, and left to remain for twenty-four hours. Then if the article is silk or worsted, scrape off the cold grease carefully and rub the spot with ether or spirits of wine. Then if of cotton or linen, wash it in the usual manner. Spirits of turpentine will remove recent spots of paint. Wax and spermaceti should be scraped off gently and a hot flat iron applied, over a piece of thick brown paper, until the spot entirely disappears. Other grease spots can be removed from silk or woolen by scraping a little French chalk upon the place and placing either a warm iron underneath it or a cup of boiling water. The heat melts the grease and the chalk absorbs it, and then it can be brushed off.

Ink stains in woolen table-covers and carpets can be removed by washing the spots with a teacupful of warm water to which a teaspoonful of oxalic acid has been added. After rubbing it clean, rinse off the acid with clear cold water. If sour, or even sweet milk is rubbed upon a fresh ink stain it will soon be effaced. Then wash it clean, with a flannel dipped in warm water, and rub it dry. If white cotton or linen be stained with ink dip it at once into a cup of milk, and squeeze it repeatedly until the stain is gone; rinse it out in cold water. If ink is spilled upon floors of furniture rub it out with a cork dipped into alcohol, and wash off with clear cold water.

Port, sherry, and claret wine stains can be removed by dipping the spot into boiling water and letting it remain until cool.

If linen or cotton become scorched in ironing, wet the places in hot soap-suds and place the article in the sun until it is bleached out. Or dip the spot into sour milk, and let it remain in it for twenty-four hours, or longer, and then wash as usual. Mildew stains can be removed by several methods from linen, &c. Powdered chalk mixed with soft soap until it becomes a very soft paste, and then spread over the spots, and place in the sun until it becomes entirely dry,

will often remove all the stains; but if after rubbing off the chalk a little discolouration still is seen, give another coating of the paste and keep it in the sun as before. If the scorching is slight, the stain can often be removed by dipping it into buttermilk, or honey-clabber then laying it in the sun to whiten.

Yellow muslins can be bleached white by placing them on a shallow dish, and covering them with suds made of white soap, and putting it into the sun, renewing the suds daily until the muslins are perfectly white.

Oil stains on floors or carpets can be covered over by a paste made of fuller's earth and water, and when it is thoroughly dry, brush it off, and renew if the stain is still to be seen. For carpets a little ox-gall should be added to the paste. Stains of hot water on varnished tables can be taken out with a little sweet oil rubbed upon them, and afterward a few drops of spirits of wine should be rubbed in. A teaspoonful of oil of vitrol in a tablespoonful of water will take out stains of ink, &c., then wash off the spot with oil. Apply the acid with a small brush. The dark stains on silver and plated ware can always be removed by a little weak sulphuric acid. Pour the acid into a saucer, wet a small linen rag in it and rub until the stain is gone. Then polish it with a flannel dipped into spirits of wine and whitening.

**The forehead.**—The upright forehead, with its various modifications of squareness and partial curving, generally denotes the sound and noble understanding, as opposed to the retreating form, which indicates the precise reverse. A merely high forehead does not, however, always imply a good forehead: for the form, proportion, sloping head, arching and position of the bone of the forehead, are tests of the mental power and character. Even the colour and smoothness of the skin, together with the lines of wrinkles must be taken into account, for the expression and state of the mind. A perfect forehead should be one-third of the whole face, or equal to the nose in height, the covering skin clearer than the rest of the face, and smooth and free from wrinkles, have the power of wrinkling in deep thought, anger, or pain. A forehead, to be perfect, should be, when seen in the profile, neither too retreating. The higher the forehead the more comprehension and less activity. The more compressed, firm, and short, (if not too short), the more concentrated and firm the character. The more curved the top, the more gentle and flexible the character; while the less curved—that is the more square the top, the more determination, perseverance, and sternness. If the forehead is perfectly upright from the eyebrows to the roots of the hair, there will be a sufficient understanding; while a projecting forehead will denote imbecility, immaturity, weakness, or stupidity, accordingly as modified by the other features. On the other hand, the upright forehead, which is gently arched at the top denotes a calm, cold, deep thinker.


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