

soluble impurities by being dissolved in warm water ; and, after being further purified in the furnace, becomes the ordinary Soda of commerce.

It will be seen from this cheaper and more extensively used method of producing Soda, that it is wise to use caution and procure the genuine bi-carbonate of Soda for any important domestic or medicinal use.

The uses of Soda in cooking are well known to every housekeeper. Medicinally it is given for acidity of the stomach and dyspepsia in doses of from ten grains to half a drachm.

The Genuine Bi-carbonate of Soda can always be obtained at The Pharmacy. GEO. A. FEAR.

Sperm Oil

This oil mixed with spermaceti is obtained from the head of the sperm whale ; it is separated from the spermaceti by filtration and pressure. As a lubricating oil for sewing machines nothing is superior to Sperm Oil. Mixed with a small quantity of kerosene it is not so apt to clog the machine as when used alone.

Squills

Are the sliced bulbs of the *urgingia scilla*—a plant growing on the sea coasts of Spain, France, Italy and other countries bordering on the Mediterranean. The fresh bulb is pear shaped, usually a little larger than a man's hand but sometimes as large as a child's head and consists of fleshy scales closely applied over each other. There are two varieties, the red and the white ; they do not differ medicinally. Squills are expectorant, diuretic and in large doses emetic and purgative. Water, alcohol and vinegar extract their virtues. It is seldom used except in the form of syrup, but in this form is probably the most used of any cough medicine. Either singly or in connection with other expectorants it forms an excellent expectorant cough medicine.

The dose of the syrup for an adult is one to two teaspoonfuls ; for a child 5 to 20 drops.

The Compound Syrup of Squills, commonly called Hive Syrup, is a splendid remedy for infantile croup. It should be given in doses of from 5 to 30 drops according to age, and repeated every 15 to 20 minutes until it causes vomiting.