

practically to illustrate, were illustration necessary and useful, every subject he or she teaches. Practical training should be taken into consideration by the Government, by forming training schools in the principal cities of the Dominion. It should receive also every encouragement from the public. Is not the lesson taught to us by the exhibition of arts and manufactures which have been exposed in Europe and America for the last thirty years an encouragement? Have they not shown the wonderful results of the system of technical schools in Europe? And are they not well worth learning? Why should not we endeavour to afford to our artisans the advantages offered by foreign governments to their people, and by the Guilds of London, in particular, to the English people? These Guilds having nobly contributed large sums of money to the formation of technical schools, and the promotion of practical training, they waited not for the initiative to be taken by the government on a matter in which the industries of the country were in peril if she fell behindhand in the march of improvements. Let each parent encourage home study, and insist upon their children being taught thoroughness and not a smattering of a variety of subjects of little practical utility to the mass. The Royal families of England and Germany have their children taught trades for twofold reasons, and many English noblemen excel in art working, designing, engraving, mechanics, &c., and yet there are many in Canada, from a faulty education, who are foolish enough to consider that such work is lowering to their social status. Is it not time that we grew wiser, and that such false pride and ignorance were dissipated?

#### THE KANSAS WHIRLWINDS.

On the evening of May 30, a severe storm swept over portions of Kansas, Nebraska and Missouri, developing locally two or more whirlwinds of limited scope,—but of terrific violence. The severest of these appears to have formed on the Salina river, Kansas, crossing the country to Solomon river, then northeastward into Nebraska. Much of the country traversed has been but recently settled, and in the absence of complete telegraphic communication, it is impossible to form a connected idea of the course of either of the whirls, or to gain any definite idea of the destruction wrought by them. Forty or fifty persons are reported killed and wounded; and many houses were wrecked at points so situated as to make it certain that no single whirlwind could have done all the mischief. Even where a definite line of disaster can be traced on the map, it takes a curiously zig-zag direction; and local reports describe the main course as having been diversified by many remarkable loops and curves.

In their general features, the whirls substantially repeat those of the whirlwind that wrecked the town of Richmond, Mo., just a year before. There was the same sort of funnel-shaped cloud, with its terrific rotary motion and irresistible suction, sweeping across the country with a writhing motion, leaving in its track a looped and sinuous line of ruin and death. Whatever came within its range was lifted bodily, torn to pieces, and scattered broadcast over the country. Nothing was blown down; everything was twisted and whirled into promiscuous ruin. Horses, cattle and hogs were caught up and carried to considerable distances, then thrown aside, crushed often into shapeless masses. In some places the track would be straight and narrow; at others the terrible meteor would sway from side to side, leaving a belt of partial destruction half a mile wide, with here and there a section entirely unharmed, perhaps an island-like space in a loop of complete devastation. In one of these loops, it is said, a house remains undisturbed, though the terrible whirl passed closely all around it.

Mr. Davidson, an American Artist, has had the good fortune to witness one or more of these unwelcome visitants, without experiencing their immediate effect. It is impossible for the most lively imagination, uninstructed by actual observation or experience, to form any adequate idea of whirling storms. The forward motion of the whirl may be not more rapid than that of a stiff breeze; yet the actual speed of the wind

in the whirl would seem to be immeasurably great. It is impossible to estimate the resistless violence of the air movement at such times. Houses are swept up like straws, heavy wagons and machinery are crushed and carried for long distances, and the toughest trees are twisted off like reeds. The electrical action in connection with these murderous whirls is naturally excessive, but the immediate rainfall is apt to be slight.—*Scientific American*.

#### HYOSULPHITE OF SODA IN ERYSIPELAS.

*Anthony's Bulletin* contains the following concerning the hyposulphite of soda as a remedy for erysipelas: "When erysipelas proceeds from a wound, it is more delicate to manage, and requires the best surgical skill; but when it is of the milder form, on the outside skin in the face or any other part of the body, proceed as follows: Take of hyposulphite of soda any quantity, and make a saturated solution in a bottle of any convenient size—six, eight, or ten ounces. If the individual is a strong, hearty man, and the disease has a good start, give your patient one tablespoonful every hour for twelve hours; then decrease the dose, as the benefits become manifest, say once in three hours. It may cause diarrhea; but never mind, it will destroy any febrile symptoms. Twenty-four hours is generally sufficient to produce a decided change for the better, unless it has six or seven days' start, in which case it will take longer. The results are generally so wonderful that I have never known the remedy to fail. With an old person you may substitute a teaspoonful for tablespoonful, and once every two hours. You may put this down: that the sooner you can get a good quality of the soda solution into the body, the sooner the trouble will be over. Now, for an outward application: use equal parts of the soda solution and glycerine; saturate cotton flannel with the above, and lay on the part affected. Eat simple food—avoid all exciting food and drink; farinaceous diet is absolutely necessary. If you can bathe the part affected with the above solution, do so; then lay on the saturated cotton.

"Hypo is equally as efficacious in any poisons from insects or vegetables; old wounds in sores are healed by washing the parts in a solution of soda. It is also good in typhoid fever, carefully administered.

"Now, if a person has a form of erysipelas that is not so decided, but (say) chronic, let him take a teaspoonful every night of the solution, and the disease will be entirely removed, if kept up for a month. The disease seldom or never attacks a person the second time when eradicated by the soda treatment."

#### FOOD AND DIGESTION.

In a lecture before the Workingmen's Lyceum, Dr. Seguin spoke as follows of food: "An ordinary meal is generally composed of five ingredients—animal or nitrogenous food, starchy or sweet food, watery vegetables, beverages and condiments. This food when digested is taken into the system by blood vessels. For persons, and especially for workingmen, in this climate, meats are the most easily digested, and at the same time are the most nourishing food. Tripe is the easiest and pork the hardest to digest. Among vegetables, rice and boiled cabbage are the extremes. Anything that is boiled in fat is extremely indigestible. Milk contains the five ingredients referred to above, and so is really 'all-sufficient.' Mothers make a great mistake in trying to induce infants under two years of age to eat starchy food, for there is no alkaline fluid in the stomach of an infant by which the starch can be changed to sugar, and so infused into the system. It has been estimated that a man working in the open air daily needs 15 ounces of meat, 18 ounces of bread, 34 of butter or fat, and 51 of water. I agree with many eminent chemists who have proved that alcoholic drinks are an aid to the system in retarding the waste of tissues. So, too, for the same reason, I regard tea and coffee as nourishing. An excess of starchy food is to be carefully avoided. Men who handle lead ought to abstain from alcohol, for if too much is taken the kidneys, which throw off the poison of the lead, are likely to become diseased."

Nature has supplied an infinite variety of food to suit every taste and the gratifications of every stomach. "What is one man's meat is another man's poison," is an old and true saying. The whole of good health may be concentrated in the simple observation to "eat only what agrees with you." Volumes of information can give no better or other advice. No physician can prescribe a more efficacious remedy.