



RESTORING DROWNED PERSONS BY HEAT.

First—Know that a person recently drowned is not dead, and will not be for a long time. If not lively he is yet lifeless. Be not, then, alarmed nor unduly excited, but let "faith, hope and charity" inspire confidence and a cool judgment to aid with deliberate haste in taking the drowned out of the water and restoring him.

Secondly—When he is taken out of the water turn his face down for a moment only, to allow any water in his nose or throat to run out; then place him, out of currents of air, upon his back, with his head very slightly raised. Do not roll him upon a barrel, nor do anything else to "get the water out of his lungs," since there is none in them; nor out of his stomach, since what he has swallowed will not do any harm.

Thirdly—Quickly determine whether he must be carried to where heat is, or if it can better be brought to or produced near him. If the former, take him gently, quickly and as near as possible in the above said posture.

Fourthly—If there must be delay in applying heat, and dry prospectives can be had, take off his wet clothes and wrap the dry articles about him to prevent loss of heat, covering the head particularly. The warm underclothing of bystanders can be contributed. Several thicknesses of almost anything attainable is better than one.

Fifthly—As soon as heat is at hand apply it as ingenuously and circumstances suggest to be most likely to quickly and thoroughly warm the body. When that is accomplished theory and fact agree in assuring us that, if life yet persists, the heart will begin to beat, happily soon followed by breathing, both feebly and infrequently at first, but more strongly and faster until they become natural, when consciousness will return. If the heart gives one beat, or the lungs one gasp, no more need to be done; keep the person warm and he will soon be "all right."

Sixthly—Suffocation in any other manner should be treated in the same way, except that in choking and in strangling the substances causing these conditions should be first removed, and in case of breathing poisonous gas, or smoke, artificial respiration should first be tried until the gas or smoke has been changed for good air in the lungs.—*Dr. T. S. Lambert.*

SUSPENSION OF LIFE.

It is singular that while the Mohammedan order of Hachischin (or Assassins) bring about by the use of their favorite drug such visions as accompany the progress of certain forms of disease, the Hindoo devotees called the Yogi are able to produce artificially the state of mind and body recognized in cataleptic patients. The less advanced Yogi can only enter the state of abstraction called reverie; but the higher orders can simulate absolute inanition, the heart apparently ceasing to beat, the lungs to act, and the nerves to convey impressions to the brain, even though the body be subjected to processes which would cause extreme torture under ordinary conditions. "When in this state," says Carpenter, "the Yogi are supposed to be completely possessed by Brahma, 'the supreme soul,' and to be incapable of sin in thought, word or deed." It has been supposed that this was the state into which those entered who in old times were resorted to as oracles. But it has happened that in certain stages of disease the power of assuming the death-like state has been possessed for a time. Thus Colonel Townsend who died in 1797, we read, had in his last sickness the extraordinary power of apparently dying and returning to life again at will. "I found his pulse sinking gradually," says Dr. Cheyne, who attended him, "so that I could not feel it by the most exact or nice touch. Dr. Raymond could not detect the least motion of the heart, nor Dr. Skrine the least soil of the breath upon the bright mirror held to the mouth. We began to fear he was actually dead. He then began to breathe softly." Colonel Townsend repeated the experiment several times during his illness, and could always render himself insensible at will.—*N. Y. Observer.*

SUNFLOWERS AND THEIR VALUE.

"Be sure and always plant sunflowers every spring around your drains and kitchen windows," was the advice given by an experienced physician to a young housekeeper. "It will save you a world of suffering and a heavy doctor's bill. Fevers or any malarial disease will not visit a house that is protected by a battalion of sunflowers." A long trial of this wise counsel has proved its wisdom and utility;

and that young wife who has grown gray since that time has the most implicit faith in the virtue of sunflowers as a preventive of sickness. In one or two years the plants did not thrive by reason of neglect, and finally died. In these seasons sickness visited the home, and served to confirm her faith in their virtue. She would rather the potato crop should fail them than to have her sunny plants neglected. A gentleman in the South whose house was situated a quarter of a mile from a marsh, and whose family, servants and all, every summer were afflicted with fevers of all kinds, heard from a friend of the protective qualities of sunflowers and determined to try their utility. He prepared a strip of ground about half way between the swamp and his house, as he would for corn, and planted the whole for sunflower seeds. They made a magnificent growth, and that season there was not a single case of fever in the family. He has raised them ever since, and a healthier family is not to be found. He utilizes the seed, by grinding it up with corn and feeding to his horses, and he says the seeds are worth more than the whole cost of raising, to keep them in flesh, and giving them a bright glossy coat. Poultry like the seeds when ground and mixed with other feed, and keep fat upon the diet. The plant is not very beautiful when in bloom, as the leaves are large and coarse, and the flowers are more gaudy than lovely; but still if it possesses such wonderful protective powers it should be highly esteemed, and every farm house should have them stand sentinels over all slop pools and drains.—*Farmer's Wife, in the Country Gentleman.*

POOR FOOD AND CONSUMPTION.—At the tables of how many farmers and mechanics, we wonder, is the buckwheat breakfast gone into disgrace? We readily recall the time when uncounted multitudes of families broke their fast of twelve hour sand faced the work of a blustering winter day with nothing but greasy buckwheat cakes and molasses! They might almost as well have eaten sawdust; and what had they for dinner! Boiled salt-pork and potatoes, and for supper boiled salt-pork and potatoes again—cold, and made palatable with vinegar! Ah, we forget the pie,—the everlasting pie, with its sugary centre and its leathery crust,—the one titillation of the palate that made life tolerable. Good bread and butter or milk abundant fruit, beef and mutton, nutritious puddings,—all these things have been within the reach of the people of New England, for they have always been the thriftiest people in the world; but they have cost something, and they have not really been deemed necessary. The people have not realized that what they regarded as luxuries were necessities, and that the food upon which they have depended for protection from climate, and for the repair of the wastes of labor, has been altogether inadequate, and has left them with impoverished blood and tuberculous lungs. For, after taking into account all the influence of heredity, which is made much of in treating of the causes of phthisis, insufficient nourishment is responsible alike, in most instances, for the deposit of tubercle and the inflammation to which it naturally gives rise. There are many men who, by a change of living, render the tubercles already deposited in their lungs harmless. Vitality becomes so high in its power that it dominates these evil influences, and they live out a fairly long life with enemies, in their lungs that are rendered powerless by the strength of the fluid that fights them. We have seen consumption cured again and again by the simple process of building up the forces of vitality through passive exercise in the open air, and the supply of an abundance of nutritious food; and we have no doubt that it can be prevented in most instances by the same means. No human body can long endure the draught made upon it by a cold climate and by constant labor, unless it is well clothed and with house.—*Scribner's Monthly.*

SUNNY ROOMS.—I told a neighbor, lately, that the chief objection I had to a house under consideration as our future residence, was that I feared the sun would not shine into the rooms enough to suit me. She laughed as though that was a new idea to her, and quite whimsical. The blinds on the house were not objectionable, as I should leave them wide open, except on rare occasions. But the verandas on the east and south sides would totally exclude the friendly sunbeams from the common sitting-room. Even in summer I should not like that, as there are many cool days when sunshine is far better than a fire. My neighbor said it always made her feel nervous to have the sunshine directly into her rooms. Now sunshine is one of the best remedies for nervousness, but I understood my neighbor to mean that the prying sunshine searching out every speck of dust and tiny cobweb before concealed by habitual shade, made her feel uneasy. Moreover, the colors of the carpet must be preserved, and sunshine fades them. And so my neighbor pays the doctor for the medicine instead of taking it as a free gift from heaven in the

bright sunshine and pure air—for I think she dreads air as much as sunshine, except when she goes out doors occasionally to get them. I like a broad piazza or generous porches about my house, but I want my windows free from even too much curtain. Unless in hot weather, when almost anything ails you, and you feel disinclined to out-door exercise, the best thing you can do is to sit down in the broad smile of a sunny window and let the sunbeams put new life into you.—*Agriculturist.*

MEDICINE WILL NOT GIVE HEALTH.—A family Doctor in *Cassell's Magazine* who is evidently a firm believer in the utility of medicine yet says: And now, in conclusion, let me once more impress upon you that you are never on any account to expect permanent relief from medicine alone. If a man is suffering from any troublesome chronic complaint, which probably gives no great degree of present pain, but which may lead to ultimate illness and death, he must be up and doing, and strive by temperance in all things—early hours, exercise, the bath—in a word, by obedience to all the rules of health, about which I am constantly preaching, to get his system once again into proper working order. Meanwhile, carefully chosen medicines will assist him. Tell me, now, what would you think of a sailor who, if drowning in the sea one mile from dry land, suddenly to his joy found an oar large enough to float him, but who, instead of now pushing boldly in towards the shore, was content to remain where he was on the support the oar afforded him? A fool, wouldn't you call him? Just so: we began with a fool and we've ended with one. Have a care, then, that the case be not thine own. Medicine is the oar that will float you, but you've got to swim.

PLAY AND PLAYGROUNDS.—A great advance has been made of late years in the education of girls, but one point has been completely overlooked, which all who think about it slowly and carefully will see is of real importance. I allude to the want of playgrounds, and also to the extraordinary feeling that appears to exist in most people's mind about girls playing at all. At no school are they allowed to run, and if they play at cricket at all, or any game in fact, on no account may they shout. That is not considered "ladylike,"—by which magic word untold burdens are laid upon childish shoulders! Now, surely, this is very illogical. Why are female children to be bound strictly by rules of conduct for grown-up people, which only a lunatic would think of suggesting for male children? If school-girls were allowed to run and shout like their brothers their health would be enormously benefited, as every medical man would admit; and so would their minds, for young creatures are naturally full of spirits, and by closing, as we do at present, all right and true outlets for them, there is nothing left but an inclination to giggle, and a nervous fidgetiness to find something to laugh at.—*Ed. Journal of Woman's Union, England.*

There is a small part of the eye that is shut out by blindness from seeing the beautiful things that the other parts enjoy. The following directions will enable any one to find it: Shut your left eye, and with your right one look steadily at the cross below, holding the paper ten or twelve inches from the eye. X
Now move the paper slowly toward the eye, which must be kept fixed on the cross. At a certain distance the other figure—the letter O—will suddenly disappear: but if you bring the paper nearer, it will come again into view. You may not succeed in the experiment on the first trial, but with a little patience you can hardly fail; and the suddenness with which the black spot vanishes and re-appears is very striking. By closing the right eye, in like manner the X will disappear.—*The Interior.*

IT IS AN ESTABLISHED principle in medicine that corpulency can only be reduced by medicine at the expense of health. All remedies for fat taken into the stomach only accomplish their object by injuring digestion. The real remedy for fat is work. It is the rarest thing in the world to find a fat blacksmith, mason, carpenter, plowman, navy, miner, fisherman, or wood-cutter. Of course, when any of these become masters and cease to work with their hands they may become as fat as porpoises, and think they need remedies for fat. Ladies who eat four meals a day and take no greater exercise than an hour's drive, wish for antifat medicines, but the only true and safe remedy for them, or any fat person, is active employment.—*N. Y. Witness.*

GREEN WALL-PAPER may be very pretty to look at, but it is not "a good thing to have in the house," for several reasons. An English child six months old got hold of a piece the other day, and began to suck it. The paper was immediately taken away, but the child died the next day, and a large quantity of lead was found in its stomach. Oxide or carbonate of lead was also found on the paper. The coroner who investigated the case urged the disuse of green wall-paper, as it not only contained dangerous matter, but was very detrimental to health.

DOMESTIC.

OLD CARPETS.

Very old and dirty carpets can be made to look quite fresh and tidy by beating them thoroughly, mending, if necessary, nailing down snugly on the clean floor, where they are to remain, then with a pail of warm suds, and one of clean warm water, with a quart of clear solution of chloride of lime added to it, wash and rinse them thoroughly as you would a floor, changing the waters as they become soiled, and using separate cloths for washing and rinsing. Worn-out stockings are nice for this use, as they do not lint badly; sew them together until the size is convenient to handle. This operation needs to be performed thoroughly, especially the rinsing and wiping, and the result will be very satisfactory. If a carpet is to be washed in the fall, the stove and oilcloths must be arranged as they are to remain, so that a fire can be made to dry it immediately. If the room must be used before it is dry, cover the carpets with soiled sheets, bedquilts, or something of the sort, thus keeping dust, &c., from the carpet whilst it is wet.

I do not like straw spread on a floor under carpets, it makes an uneven surface, and is a nuisance when the carpet is to be taken up for cleaning. I think the better way is to make the floor as even as possible, by driving down nail heads, and planing off sharp edges where it can be done, then laying folds of newspapers over imperfections, fastening them in their places with a little boiled flour paste, to prevent them from wrinkling when the carpet is drawn over them. Cracks suspected of moths should be covered with thick paper, well secured at the edges with paste.

A broom should never be used to remove the dust from a floor where a carpet has lain, as it only serves to "whirl the dirt about the room," but the operator, with "skirts well lifted," and a good mop and pail of water, will dispose of the greatest accumulation of dust in much less time than would be required to sweep and dust, and with much less inconvenience to herself and injury to the furniture by the excessive dust.

Very comfortable and tidy-looking carpets may be made for bedrooms, small halls, &c., out of pieces of old carpeting of various colors and patterns. Select the best parts around the edges, and cut them in patterns as you would for piecing bedquilts. Turn down the edges and baste them, so the stitches will not show on the upper side; then sew them overhand in a snug seam. Square blocks a quarter or half yard in size will be found convenient; it is best, however, to pay some regard to the size of the floor to be filled, and cut the blocks accordingly. Bind with strong cloth, which will save the expense of carpet binding, and strengthen the edges. Of course, your carpet was clean before you cut your patchwork, so the refuse pieces are ready for further use.

Pieces that are large enough to cover your ironing table, may be used for under ironing blankets, number of thicknesses to suit the demand, smaller pieces for shirt and bosom boards, smaller still for holders, covering them with old stocking-tops, that can easily be slipped off and washed when needed. The poorest pieces make excellent cushions for chairs. Cut five or six thicknesses the shape desired, and cover with a patchwork of remnants of broadcloth; tie and tuft once in three inches, and they will be found a great saving of dresses and chair bottoms.

Foot-mats, a yard square, more or less, made of two or three thicknesses of old carpet, will be found very pleasant on the oilcloth under one's feet by the stove in winter, and if made of one piece and doubled together and tacked slightly, can easily be taken apart and washed when needed.—*Charity L. Mabbett, Hoin ue Companion.*

GINGER SYRUP.—Take one pound of root ginger; beat in small pieces in a mortar; lay the pieces in water, to soak, having enough water to cover them. Next day take the ginger with water, put in a preserving kettle with two gallons of water and boil down to seven pints. Let it settle and then strain. One pound of sugar to each pint of liquor. Return to the kettle and boil one hour more. Skim it, and when cold bottle for use.

STUFFED LOIN OF MUTTON.—Take the skin off the loin of mutton, leaving the flap on; bone it, make a veal stuffing and fill the inside of the loin from which the bones were removed. Roll it up tight, skewer the flap, and tie, to keep firmly together. Put the outside skin over until nearly roasted, then remove it that the mutton may brown.

HOW TO RENOVATE BLACK WOOLLEN GOODS.—Dissolve in four or five gallons of hot water a piece of washing soda size of a walnut. Wash the goods well in this. Wring it out, and iron with a thin cloth over it until perfectly dry. Have seen different fabrics of all-wool goods, as well as alpaca, done up to look like new.