

USEFUL INFORMATION.

—:—

AMMONIA.—Ammonia is, on account of its great solubility in water, incapable of remaining in the atmosphere; and, after every shower of rain, it is condensed and conveyed to the earth. It is more abundant in summer than in winter or spring, as the rain falls then more frequent. After a thunder-storm the rain should contain the greatest quantity of ammonia, especially after a protracted drought.

EATING.—A person should always take time to eat and masticate his food well. Eating fast is attended with great evils, as we cannot properly masticate what we take into our mouth, but by eating slowly we are enabled to study the indications of appetite. The moment the relish for food slackens it is time to stop eating. There should, if possible, be a variety in food, as none of the alimentary substances by themselves are capable of supplying the wants of our bodies. Not sugar alone, nor salts alone, can repair the consequences of the changes that occur in our bodies.

WHOLESOMENESS OF APPLES.—Raw mellow apples are digested in an hour and a half, while boiled cabbage requires five hours. The most healthful dessert that can be placed upon the table is a baked apple. If eaten frequently at breakfast, with coarse bread and butter, without meat or flesh of any kind, it has an admirable effect on the general system, often removing constipation, correcting acidities, and cooling off febrile conditions more effectually than the most approved medicines. Liebig says they prevent debility, strengthen digestion, correct the putrefactive tendencies of nitrogeous food, avert scurvy, and strengthen the power of productive labor.

REST BEFORE EATING.—Everybody knows that a season of rest after dinner pays well, but it is not more important than the rest before eating if one is very weary. This rule is of the utmost importance to the business man or the person engaged in brain labor, and its violation is one of the chief causes of our national dyspepsia—this and the rapid eating that is customary. People of strong and unimpaired constitution (if any such can be found) may not feel how impossible it is for the body to carry on the business of digestion when greatly fatigued, or while it is being put to hard labor in some direction; but such is the case, and the health of our citizens is all the time being destroyed for lack of knowledge on this point. The