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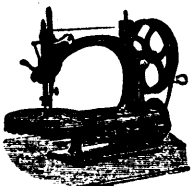
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**IRONING SILKS.**—In ironing silks, cover them over with paper or fine cotton, and use only moderately heated iron, taking great care that the iron does not touch the silk at all, or it will make the silk look glossy, and shew that it has been ironed. Any white article, if scorched slightly, can be in part restored, so far as looks go; but any scorching injures the fabric.

**FURNITURE POLISH.**—Take of alcohol, twenty-one ounces; gum shellac, two ounces; linseed-oil, fourteen ounces; gum benzoin, two ounces; oxalic acid, one ounce; white resin, two ounces. Dissolve the gums and acid in the alcohol, let it remain twenty-four hours, and then add the oil. This polish has been in use in my family for fully fifty years in a damp climate, and has been found to keep the furniture in perfect condition.

**POISONING HERSELF WITH PAINT.**—In Pennsylvania there lives a young woman about nineteen years old, who has a fine complexion, but to improve it, she began to use white lead on her face instead of powder. She used the lead on several occasions, and the result was her right side became entirely paralyzed and she was helpless. The poisonous material entered her body, and for several days caused very painful vomiting. She is better now, and not likely to again paint her face with lead; and ought not to paint it with anything else.

**HYGIENE OF THE DINNER.**—Dinner-table hygiene, says the "Medical Examiner," practically divides itself into two. First, how are we to secure that each day's dinner, whether taken at home or abroad, shall do us no injury? and, secondly, how are we to derive from each dinner the greatest possible amount of good? The ideal dinner is not simply that which supplies a man's tissue-waste, but that which places him altogether in a happier and better frame of mind. Regarded in this light a dinner may be made the means not only of bodily, but of mental edification. To this end the body or the dinner must be placed under such conditions that the function of digestion can be carried on with the least possible strain on the general nervous force, while his whole environment must be such as to conduce to a cheerful and contented frame of mind. Much might be written as to the preparations and antecedents necessary to a healthy meal, but it will suffice here to say that all forms of appetite-coaxers, such as alcohol in its various forms and bitters, are likely to do more harm than good, and should be rigidly eschewed by the philosophical diner. The two most important preparations are a moderately long fast, and a period of complete mental and bodily rest before dinner. Afternoon tea is utterly antagonistic to a successful meal, and any worry of mind or fluster of body is equally to be avoided for at least half-an-hour before the dinner hour.

**CHANGE OF TREATMENT IN DISEASE.**—Dr. Harris, the distinguished statistician, said a few months ago in conversation with a friend: "You know that we physicians have been compelled, during the past twenty years, to change our entire course of administration. It has not been change of theory merely, but compulsory change of practice. Twenty years ago, if a man had an attack of pneumonia, we bled him and took away his strength, and in most cases, even after this process of depletion, he would rally and recover. But now, we, from the outset of the attack, must stimulate and build up his strength, and still, in most cases, if at all severe, he gives way and dies. Now what has brought about this great change? If the altered state of things were confined to civilized lands alone, we might look for some cause in the changed habits of this generation, or the use of gasses and furnaces, or other enfeebling luxuries of domestic living; but the same facts existing in savage and uncivilized countries, shew that the cause lies outside of these influences. Now, for a universal evil there must be a universal cause. My opinion is that some cause has been in operation affecting the whole world, and the constitution of the race. Whether it be atmospheric or planetary, or whatever the source, there has been some agency which has gradually, but surely, been lowering the tone of the human system, and making it more difficult to rally it from the attacks of violent disease. This, the testimony of all medical men everywhere will most surely corroborate."