

air from the lungs over the delicate and already irritable larynx must increase the irritability. When a portion of the skin is irritated or inflamed we endeavor to keep all irritating influences from it, in order that it may best recover its natural condition. A forcible cough may be, compared to the wiping or scraping over of a tender surface with a rough towel.

A good method recommended to help one to control a cough, is to mark each cough on a card, preserve this card, and

endeavor to decrease the number of coughs each day. Patients have been known to decrease these efforts 75 per cent. "One patient coughed one thousand and eighty-five times on the first day's tallying, on the next day she coughed four hundred and fifty times, on the next only two hundred times. This may seem to some to be trifling work, but the result is always beneficial to the cough and to the strength of the patient.

THE HOUSE SLOPS AND WHAT TO DO WITH THEM.

In every household in the country, or where there is no sewerage system, the kitchen, laundry and chamber slops are a great source of trouble. The soapy water from the wash-tubs, often amounting to barrellfuls, contains much animal matter thrown off from the skin, and when this is exposed to heat and allowed to decompose, it creates very offensive and noxious gases. Then there are the waste products of cooking, all equally capable of fermentation. Under no circumstances should these be thrown out upon the ground near the back door as heedless householders and domestics so often do. They will create a wet, mucky spot, which, under the sun's rays, will breed miasmata, while if the soakage gets into the well or cellar, much harm may follow.

It is not at all a difficult matter to get rid of all this without any danger to the health of the household, and at the same time to immensely increase the products of the garden. The well known engineer, Col. Waring, gives the following description of his own simple domestic "plant" at his country house:—

A kerosene barrel is sunk in the ground until its open top is level with the surface. A cemented waste pipe from the house enters it about ten inches below the top. At two opposite points about twelve inches below the top of the barrel, holes are made to receive common three-inch land drain tiles. Each of these side-drains extends out eight feet from the barrel. Connected with them by curve and junction pieces, four drains extend across the garden, a distance of about fifty feet, running in parallel lines six feet apart. The joints of these drain pipes are connected only by open collars, leaving room for the free percolation of water through them. The barrel itself is provided with a vertical wire-cloth screen, reaching from the top to the bottom, and separating the side of the barrel into which the house-drain empties from that out of which the other drains lead. This holds back the coarser matters of the drainage. The barrel itself—that part of it lying below the level of the drains—forms a pool for subsidence, corresponding with the silt-basin in land drainage. This must be emptied from time to time as