

PHYSIOLOGY IN A NUT SHELL.

SOMETHING ABOUT YOURSELF.—Supposing your age to be fifteen or thereabouts, I can figure you up to a dot. You have 160 bones, 500 muscles; your heart is five inches in length and three in diameter. It beats 70 times per minute, 4,200 per hour, 100,800 per day, and 36,722,200 per year. At each beat a little over two ounces of blood are thrown out of it; and each day it receives and discharges about seven tons of that wonderful fluid. Your lungs will contain a gallon of air, and you inhale 24,000 gallons per day. The aggregate surface of the air cells of your lungs, supposing them to be spread out, exceeds 20,000 square inches. The weight of your brain is three pounds; when you are a man it will weigh eight ounces more. Your nerves exceed 10,000,000 in number. Your skin is composed of three layers, and varies from one-fourth to one-eighth of an inch in thickness. The area of your skin is about one thousand seven hundred square inches, and you are subjected to an atmospheric pressure of fifteen pounds to the square inch. Each square inch of your skin contains 3,500 sweating tubes or perspiratory pores, each of which may be likened to a little drain tile one-fourth of an inch long, making an aggregate length of the entire surface of your body of 201,166 feet, or a tile ditch for draining the body almost forty miles long.—*Taken from the St. Catharines Commercial Advertiser by permission.*

OF GATHERING FLOWERS.—The flowers, which are the beauty of the plants, and of none the less use in physic, groweth yearly in general, and should be gathered when they are in their prime; that is, when in full blossom and when the sun is shining upon them, that they may be dry; for if you gather either herbs or flowers when they are wet or dewy, they will not keep. Dry them well in the sun and keep them in papers in a dry place. So long as they retain their color and odour they are good, but when either of them are gone, so is their virtue also.

OF GATHERING SEEDS.—Seed should be gathered from those herbs or plants that are of the finest growth, and in those places where they appear to delight to grow most, and they should be