

We are in receipt of Vol. 1, No. 1, of The Kansas Bee Journal, a monthly publication issued by Miller & Durham Topeka. Kansas and edited by Mrs. Edith Miller. The new journal is very readable and will no doubt be appreciated by Kansas bee keepers considering there is no other bee-journal published in Kansas. We welcome the new journal to our exchange list.

We are of opinion that in a two days convention no essays should be read. The time should be taken up with lectures by old, experienced bee-keepers, followed by discussion.

Why Should we Take Exercise.

Ten reasons for the necessity of muscular activity.

1. Any man who does not take time for exercise will probably have time to be ill.

2. Body and mind are both gifts, and for the proper use of them our Maker hold us responsible.

3. Exercise gradually increases the physical powers, and gives more strength to resist sickness.

4. Exercise will do for your body what intellectual training will do for your mind—educate and strengthen it.

5. Plato called a man lame because he exercised the mind while the body was allowed to suffer.

6. A sound body lies at the foundation of all that goes to make life a success. Exercise will help to give it.

7. Exercise will help a young man to lead a chaste life.

8. Varied, light and brisk exercise, next to sleep, will rest the tired brain better than anything else.

9. Metal will rust if not used, and the body will become diseased if not exercised.

10. A man "too busy" to take care of his health is like a workman too busy to sharpen his tools.

Home Remedies.

For colic, or pain in the bowels, take two large, thick dinner plates—I keep them on purpose for this—put into hot water, let heat until you cannot bear your hand on them, then wrap one in a thin towel and lay over the seat of pain, changing as often as the plate grows cool. This is much easier than wringing cloths from hot water and quite as efficacious a remedy.

Cold and chills may be helped by heating a number of large, thick newspapers as hot as you can on the stove, in the oven, or wherever it is possible to get them very hot; fold thick to hold the heat, then place at the back; on the sides, and over the extremities of the patient, changing as the heat is lost. They will relieve pain, and are much better than wet cloths to promote sweating.

An excellent remedy for cough is made as follows: Take a cup of mutton tallow and two great spoonfuls of spirits of turpentine; put into the turpentine all the camphor gum that it will dissolve, then add to the cup of tallow, melted, mix thoroughly, and keep where you can get it ready to apply to the throat or chest on a cloth when needed, covering warmly. This gives almost instant relief. It is a remedy of one of our best and oldest physicians, who has saved many lives by its use. It is good for any lung trouble, croup or colds. A plaster for sprains or attacks of rheumatism in joints: Take equal parts of resin and Burgundy pitch, melt in a tin dipper, and when liquid put in a piece of camphor gum as large as an English walnut and half that in size of opium. Stir till all is dissolved, as it will soon be if hot, and when none of the gum is visible spread on thin leather or thick vellum. Apply while warm and it will relieve the pain. These are all excellent, tried remedies.