

EYE-SIGHT.

Milton's blindness was the result of overwork and dyspepsia.

One of the most eminent American divines having, for some time, been compelled to forego the pleasure of reading, has spent thousands of dollars in value, and lost years of time, in consequence of getting up several hours before day, and studying by artificial light. His eyes never got well.

Multitudes of men or women have made their eyes weak for life by the too free use of the eye-sight, reading small print and doing fine sewing. In view of these things, it is well to observe the following rules in the use of the eyes:

Avoid all sudden changes between light and darkness.

Never begin to read, or write, or sew for several minutes after coming from darkness to a bright light.

Never read by twilight, or moonlight, or on a very cloudy day.

Never read or sew directly in front of the light, or window or door.

It is best to have the light fall from above, obliquely over the left shoulder.

Never sleep so that, on the first waking, the eyes shall open on the light of a window.

Too much light creates a glare, and pains and confuses the sight. The moment you are sensible of an effort to distinguish, that moment cease, and take a walk or ride.

As the sky is blue and the earth green, it would seem that the ceiling should be a bluish tinge, and the carpet green, and the walls of some mellow tint.

The moment you are prompted to rub the eyes that moment cease using them.

If the eyelids are glued together on waking up, do not forcibly open them, but apply the saliva with the finger—it is the speediest diluent in the world—then wash your face and eyes in warm water.—*Exchange.*

A SPECIFIC FOR THE WHOOPING COUGH.—It has long been known that exposure to the perfumes of a gas-house produces a speedy relief to persons with the whooping cough; but how or why such a result is brought about has not been shown until of late.

In explanation we give the following paragraph, which we clip from the columns of a cotemporary: "A sure cure." This is the language used by George Shepard Page, of Stanley, New Jersey—not by way of professional advertisement, but simply as an item of information to the people—in reference to that distressing disease, the whooping cough. It is only a short time since the cause of the complaint was discovered. The eminent microscopists, Henry Mott, Ph. D., and Edward Curtis, M. D., find that its seat is at the root of the tongue, where countless bacteria are generated, which produce spasms. Here is what Mr. Page tells us about his sure cure: A scientist in Providence, R. I., examined the liquid hydro-carbon deposited in the bottom of the purifying boxes, used at gas works, and separated cresolene (C₆H₅CH₃)—a substance analogous to phenol. He vaporized the cresolene in a closed room, in which there was a patient suffering from whooping cough. Recovery was effected in two days. Many other trials have been made, and with nearly unvarying success. No cough or unpleasant symptoms remain. The patients are restored to perfect health. Eminent physicians have pronounced this discovery of equal importance with that of quinine. If this suggested remedy for whooping cough is found to be effective, Mr. Page will be entitled to the thanks of the public for making it known.

LIQUID GLUE.—You cannot use mucilage as glue, because it is not glue and does not possess the sticking qualities of good glue. It is made of starch, dextrin, or gum arabic, with some acetic acid, or some equally preservative substance in it to make it keep. If good, it will stick on glass; but to make labels stick on tin cans or on metal, you must mix a few drops of nitric acid with the mucilage just before you are about to use it, otherwise it will come off; this acid on the metal and destroys the polish, which prevents the sticking. It is the same with varnished objects; in order to make labels stick where they have a tendency to come off, mix a little alcohol with the mucilage. This partially dissolves some of the varnish, takes the gloss away under the label, and causes adhesion. Or you can rub the varnish with a little alcohol at the place where the label is to be put on; or you may stick the label on with varnish instead of mucilage. Same kinds of varnishes are good for this purpose; others not. In order to make a better sticking mucilage, you must not use starch or gum at all, but the best quality of glue. Soak it over night in plenty of water, in the morning pour the excess of water off, and put on a gentle fire, so as to melt the glue in the water it has absorbed during the night; but thin it with strong

vinegar, or with acetic acid when you want it thick, and you will have a mucilage with which you can glue wood together, but you must not expect that it will be as strong as if you had used hot glue, as cabinetmakers always do.

VERMIN RIDDANCE.—Half an ounce of soap boiled in a pint of water and put on with a brush while boiling hot, infallibly destroys the bugs and their eggs. Flies are driven out of a room by hanging up a bunch of the Plantain, or Fleawort plant, after it has been dipped in milk. Rats and mice speedily disappear by mixing equal quantities of strong cheese and powdered squills; they devour this mixture with great greediness, while it is innocuous to man. When it is remembered how many persons have lost their lives by swallowing, in mistake, mixtures of strychnine, ratsbane, corrosive sublimate, which are commonly employed for this purpose, it becomes a matter of humanity to publish these items. House ants ravenously devour the kernels of walnuts and shellbarks or hickory nuts. Crack some of these and place them on a plate near the infested places, and when the plate is full of the ants, throw the contents in the fire. Cockroaches, as well as ants are driven away by strewing elderberry leaves on the shelves and other places frequented by these troublesome insects.

GENERAL ANTIDOTES.—The best remedy, no matter what the poison may be, is to take a teaspoonful of mustard and a teaspoonful of common salt, mix them with a teacupful of water, warm or cold, and let the patient drink it down at once. It will immediately cause vomiting, and all that there is in the stomach will be ejected. As soon as the stomach is quiet, give the patient the white of a raw egg, to neutralize what may have passed further down than the stomach; after that give strong coffee by the teaspoonful. Both the white of an egg and coffee are antidotes for many poisons. When a person has overloaded the stomach by eating indigestible food or food not suited to his stomach, or having a good stomach, has overloaded it with excessive eating or drinking, and feels very ill in consequence, the salt and mustard will also give immediate relief by causing the superfluous material to be thrown out.

LEATHER FROM SHEEP'S STOMACHS.—An American inventor has devised a new mode of utilizing a waste material of which a plentiful supply exists everywhere, but of which Australia produces perhaps a larger proportion than any other country. He has succeeded in making a very good, light, fine leather from sheep's stomachs, or rather from the middle membranes of the stomach. The mode of preparation, according to *India and the Colonies*, is to carefully remove both the inner and outer coatings, when a thin, white, skin-like material is produced, which is subjected to a mild process of tanning by means of a mixture of alum, glycerine and yolk of eggs mixed with flour into a paste. This paste is spread over the material and allowed to remain for about a day, when it is removed and a small quantity of linseed oil rubbed into the resultant "leather."

A HINT TO MOTHERS.—A lady who expressed surprise at seeing the children of a friend exposing themselves to taking a cold by recklessly wetting their feet, when asked if her children did not do the same thing, answered: "No; I've managed to make my three boys believe that it is vulgar and ungentlemanly either to get their feet wet, or sit in a thorough draft, or bolt their food, or eat goodies between their meals, or go to juvenile parties, poor dears. They're soft, perhaps, but they are twice the size of any other boys of their age, and they've never had an hour's illness in their lives." Such mothers as this one are an honor to the world, and with more of them we should see fewer sickly children and more robust ones.—*Herald of Health.*

COURT PLASTER.—Soak isinglass in a little warm water for 74 hours; then evaporate nearly all the water by gentle heat; dissolve the residue in a little dilute alcohol, and strain the whole through a piece of open linen. The strained mass should be a stiff jelly when cold. Now stretch a piece of silk or sarsenet on a wooden frame, and fix it tight with tacks or pack thread. Melt the jelly, and apply it to the silk thinly and evenly with a badger-hair brush. A second coating must be applied when the first has dried. When both are dry, apply over the whole surface two or three coatings of balsam of Peru. Plaster thus made is very pliable, and never breaks.

SILVERED IVORY.—Ivory immersed in a weak solution of chloride of silver in cyanide of potassium, and allowed to remain until it acquires a deep yellow color, and then removed, dipped in water and exposed to the sunlight, becomes black. Polishing the blackened surface until burnished gives it a slippery appearance.