

in some cases against ague. An ointment may be made of black pepper for ringworm, thus:—Take grated horseradish root and black pepper, same quantity of each, say one large spoonful, and one spoonful of fresh butter, a small piece of wax, and a small piece of rosin; melt the butter, wax and rosin together, then stir in the pepper and scraped horseradish; let it cool.

CAYENNE possesses similar virtues, but stronger; it has been found of beneficial effect in many instances where stimulated heat is required.

HONEY is less in use than it ought to be; it has a healing effect on the lungs and inward parts in general; in some people the piles may be cured by eating honey with their bread for a few days.

To this family medicine chest might be added several things, but the contents being only four or six of them, it sufficeth to say that such a valuable supply of remedies always at hand should not be entirely forgotten. I intend describing a simple mode of forming a small but complete medicine chest, of simples especially, in another magazine.

Food well cooked,  
Salted to taste,  
Occasionally peppered,  
Not too much haste.

Cook must not flurry,  
Or she might forget,  
And in her great hurry,  
The pepper upset.

Mustard when wanted,  
Vinegar too,  
Should always be granted,  
Its duty to do.—V. B. H.

The many diseases that pester mankind might be obviated very often, if more attention was given to cooking food sufficiently. A change of diet also well attended to, would be a great preventative. Prevention is better than cure; good food is better than good medicine.