



HOW TO BREATHE PROPERLY.

Most people breathe properly, often more by accident or instinct than by design; but, on the other hand, hundreds of thousands do not breathe properly, while many thousands at this present moment are suffering from more or less severe affections of the lungs or throat, owing to a faulty mode of respiration—in other words, because they breathe through the mouth instead of through the nostrils. The mouth has its own functions to perform in connection with eating, drinking, and speaking; and the nostrils have theirs, viz., smelling and breathing. In summertime the error of respiring through the mouth is not so evident as at the present season, when it is undoubtedly fraught with danger to the person who commits this mistake. If any one breathes through the natural channel, the nostrils, the air, passing over the mucous membrane lining the various chambers of the nose, becomes warmed to the temperature of the body before reaching the lungs; but if he takes in air between the lips and through the mouth, the cold air comes in contact with the delicate lining membrane of the throat and lungs, and gives rise to a local chill, frequently ending in inflammation. Many persons, without knowing the reason why they are benefited, wear respirators over their mouth in winter, if they happen to go out of doors. By doing this they diminish the amount of air which enters between the lips, and virtually compel themselves to breathe through the nostrils. But they could attain just the same result by keeping the lips closed, a habit which is easily acquired, and conduces to the proper and natural way of breathing.

We believe that if people would only adopt this simple habit—in other words, if they would take for their rule in breathing, "Shut your mouth!" there would be an immense diminution in the two classes of affections, viz., those of the lungs and throat, which count many thousands of victims in this country in the course of a single year. Man is the only animal which has acquired the pernicious and often fatal habit of breathing through the mouth. It commences in childhood, and becomes confirmed in adult life, often engendering consumption, chronic bronchitis, relaxed sore throat, or some other disease of the lungs or throat which is set down usually to a different cause altogether. In concluding this short article, we venture to ask our readers to judge for themselves. When they step out in the morning into the fresh, but cold air, let them try the difference of feeling arising from the two modes of breathing—through the nostrils and between the lips. In the former case they will find that they can breathe easily and freely, yet with comfort, while the fresh air, warmed to the temperature of the body by its contact with the nasal mucous membrane, is agreeable to the lungs; in the other case, if they draw in a few inspirations between the parted lips, the cold air, rushing in direct to the lungs, creates a feeling of coldness and discomfort, and an attack of coughing often comes on.—*Ill. Christian Weekly.*

THE TRAVELS OF PLANTS.

Alexander brought rice from Persia to the Mediterranean, the Arabs carried it to Egypt, the Moors to Spain, Spaniards to America. Lucretius brought the cherry-tree (which takes its name from Cerasus, the city of Pontus, where he found it,) to Rome, as a trophy of his Mithridatic campaign; and 120 years later, or in A. D. 46, as Pliny tells us, it was carried to England. Caesar is said to have given barley to both Germany and Britain. According to Strabo, wheat came originally from the banks of the Indus, but it had reached the Mediterranean before the dawn of authentic history. Both barley and wheat came to the New World with its conquerors and colonists, and the maize which they found here soon went to Europe in exchange. It was known in England in less than fifty years after the discovery of America; it was introduced to the Mediterranean countries, by way of Spain, at the end of the sixteenth century, and the Venetians soon carried it to the Levant. Later it travelled up the Danube to Hungary, and gradually spread eastward to China. While it was thus invading the regions formerly devoted to rice, the latter, as we have said, was establishing itself in this country.

The sugar-cane, which, with its sweet product, was known to the Greeks and Romans only as a curiosity, seems to have been cultivated in India and China from the earliest times. Its introduction into Europe was one of the results of the Crusades, and thence it was transplanted to Madeira, and early in the sixteenth century from that island to the West

Indies. The original home of "King Cotton" was probably in Persia or India, though it is also mentioned in the early annals of Egypt, and had spread throughout Africa in very ancient times.

The potato was found in Peru and Chili by the first explorers of those countries, who soon carried it to Spain. It is said to have reached Burgundy in 1560, and Italy about the same time. It appears to have been brought from Virginia to Ireland by Hawkins, a slave-trader, in 1565; and to England in 1585 by Drake, who presented some tubers to Gerard, who planted them in his garden in London and described the plant in his *Herbals*; and it was also introduced by Raleigh at about the same date. But it was slow to attract attention, and it was not till nearly a century later that it began to be much cultivated. In 1663 the Royal Society published rules for its culture, and from that time it rapidly gained favor. The Dutch carried it to the Cape of Good Hope in 1800, and thence it made its way to India.—*Journal of Chemistry.*

SEATS IN SHOPS.—A correspondent of *Public Opinion* writes: I am glad public attention has at length been called to the crying evil of compelling young girls in shops to stand from eight to ten hours without sitting down, or even, in any way, being permitted to rest themselves. In many shops, such as confectioners, public-houses, and others, the assistants are provided with seats, and, when not waiting upon customers, are permitted to sit down; but at the large drapers, not only are they not allowed to sit down, but if they are found resting themselves against the counter they are heavily fined. At a large draper's near the Euston Road any girl found resting herself thus is fined one shilling for each offence, and I believe this system of fines is general in the drapery trade. Indeed, one large house in the neighborhood of West-bourne I am told, pays its servants out of the fines mulcted from the girls and men in the shop. For the truth of the foregoing statements you have only to ask any of the girls themselves, and you will get ample confirmation of what I say. As the *Lancet* remarks: "The practice is unquestionably a frequent cause of physical weakness of a serious character." Unquestionably! Why I know girls who are compelled to wear trusses, and others who are seriously affected, solely by being compelled to stand so many hours. I could say more, but this, perhaps, is enough for the present. Pray, sir, use your powerful influence to do away with such a barbarous system, and thus rescue many a young girl from an early grave. I am, sir, yours obediently,

SEATS IN SHOPS.

PATENT MEDICINES CONTAINING POISONOUS DRUGS.—It is quite clear that some steps must be taken to check the sale of patent medicines which contain poisonous drugs. It is now an almost every-day occurrence to read of an infant killed by an overdose of some soothing mixture, or of an adult poisoned by the use of some patent sedative. Patent medicines claim to possess all kinds of wonderful properties; they are in fact, "heal alls," and so long as the world goes round there will be thousands of people who will put faith in such mixtures. While they contain no injurious ingredients no one need object to their being vended; but when we find that narcotics are largely employed in the manufacture of many of these medicines, and are sold under high-sounding names, it is time ignorant people were protected against them, the more especially as the fact that such medicines cannot be sold without bearing the Government stamp is in itself calculated to inspire confidence in the public, who naturally consider that the State would not thus pointedly legalize the sale of dangerous drugs. In the interests of the public, and for their own credit, it behoves the legislature to take action in the matter, or we shall continue to have to account for a large and unnecessary waste of human life. Why not make it needful (asks the *Observer* as in France, for every patented medicine to have its composition registered, so that the profession, at least, may know of what it consists?

THE EXCESSIVE USE OF MEDICINE.—It would be utterly impossible to tell how many constitutions have been impaired, how many digestions ruined, how many complexions spoiled, and how many purses emptied, through medicine. What is that you say—that a stitch in time saves nine, and that the right medicine quickly taken averts danger? Very likely. I quite believe all that. But in ninety-nine cases out of a hundred, where is the danger? and what is the emergency of the case? Medicine is often the precursor of after misery; and the poor constitution has to pay dearly for its medicinal fillip. The wiser philosophy of the present day is gradually delivering us from these potent perils. Nature has a self-righting power within her; there is a kind of vis medicatrix in the physical frame. Treat the body kindly; let as much pure air as possible get to the lungs, and as much fresh water as

possible be applied to the flesh, and as much healthy exercise as duty permits be given to the muscles, and as early resting and early rising as circumstances allow be afforded for the recruitment of the brain, and then medicine will be a very voidable affair.—*From "The Quiver."*

EXERCISE FOR CONSUMPTIVES.—The *Herald of Health* answers the question, What form of exercise is best for consumptives? "Riding on horseback will probably suit most cases best. Rowing on quiet waters with an easy-going boat is also very excellent. Swinging is very good, too; as when the body is supported by the hands it raises the shoulders up, gives more room to the lungs, and more air is absorbed. Hunting and fishing are good. Gymnastic exercises with light dumb-bells, wands, clubs, and rings are all good if wisely used—bad if improperly used. Walking is good, but not so good as the other exercises."

THE STEAM HORSE.—An ingenious Californian has invented a new method of employing steam as the motive power of street cars. The task which he proposed to himself in making this invention was a simple one, inasmuch as he did not intend to do away with railway tracks, nor to change the pattern of the street cars now in use. What he tried to do was to devise a locomotive which would not frighten horses, and he fancied that he has fully accomplished his purpose by building a locomotive in what he regards as the likeness of a horse.

LIME IN PRESERVING WOOD.—A French railway contractor announces a method of treating planks, posts, ties, &c., that greatly enhances their value. He piles the lumber in a tank, and then covers thickly with quicklime. Water is slowly added till the lime is slacked. In about a week the wood becomes impregnated, and is ready for use. Timber prepared in this way has been used in mines and other exposed constructions with good results.

—Dr. Goulden, in the *London Lancet*, directs attention to the great value of chloride of lead as a deodorizer. He prepares it by dissolving half a drachm of nitrate of lead in a pint or more of boiling water, and pouring the solution into a bucket of water in which two drachms of chloride of sodium have been dissolved. When the sediment has subsided, the clear supernatant fluid is a saturated solution of chloride of lead. Dr. Goulden says that a cloth dipped in this solution, and hung up in a room, will instantly sweeten a fetid atmosphere; or, if the solution be thrown down a sink, water-closet, or drain, or over a heap of dung or refuse, a like result will ensue. In this way he disinfected a house in which a drain had burst, some stables, and also a large ship. In the last case the bilge water was exceedingly offensive. He merely dissolved half an ounce of nitrate of lead in a bucket of boiling fresh water, and had it thrown down the bilge when the ship was rolling slightly. The effect was the instant disappearance of all smell.

—In the city of Edinburgh the modern conveniences, as bath-rooms, sinks, &c., communicating with the sewer, have been tried and found wanting. In the older part of the city the houses are not provided with these improvements; while those in the newer quarters have them. In the older parts sewage is removed by carts; and the houses are crowded close together, the streets being narrow; yet the inhabitants are less troubled with typhoid fever and other diseases produced by filth, than those of the streets which have sewers. The fact is demonstrated by several years of close observation; and it suggests that our modern improvements need to be improved. They take away the sewage of our dwellings; but they admit to our homes the gases of the sewer, which steal through all our sunning contrivances of pipes and traps, to taint the air we breathe. Many in this country and in Europe are studying the best means of alleviating the new danger; and it is hoped that governments will oblige builders to adopt such measures as may be necessary to avoid it.

—Every little while some one dies from the effects of poison taken accidentally, by mistaking the bottle. It seems needful that some measures should be adopted that would make such mistakes impossible. A Paris medical journal recommends that there be a law compelling pharmacists to sell poisons only in black bottles. A better suggestion is made in the *United States Pharmacopoeia*, that poisons be dispensed only in three-sided bottles, so blown as to be rough on one side, and thus easily distinguishable in the dark.

—As long as we are in the flesh we shall be subject to the laws which God has established for its government. Neither in the church nor elsewhere, neither on the Sabbath nor on any other day, are we exempt from the poisonous and depressing influence of bad air if we breathe it. Its tendency is to promote stupidity; and the Creator works no miracle in favor of His people when they break the ordinances which He has established in nature. *Tatchman.*

DOMESTIC.

—For improved sandwiches, boil a few pounds of ham, and chop it very fine while it is yet warm—fat and lean together—rub dry mustard in proportions to suit your taste through the mass; add as much sweet butter as would go to the spreading your sandwiches, and when thoroughly mixed, split light biscuit in halves and spread the ham between. These can be eaten without trouble, and will be found excellent.

—To preserve smoked meats, take ground black pepper, the finer the better; wash all mold or soil off from the hams or beef, and while they are damp rub them thoroughly with the pepper. Two pounds of pepper will keep thirty pounds of meat free from flies or insects of all kinds. After being thus treated in can remain in the smoke-house or wood-house, and not a fly will approach it. It also improves the flavor of the meat.

—The best remedy we have tried for rats is oats. I had rather keep a half dozen cats than that number of rats. Once we thought we could not endure a cat on the premises, but when the rats ran everywhere, through the buildings, into the garden, chicken and goslin coops, and would face a person with such an insulting look, we caved in. We keep three (one is eight years old) the year through; at times there are more. What we cannot give away we allow a free ride when old enough to take care of themselves. A cat should not be fed any meat; give plenty of milk, some potatoes, crumbs of bread, &c. Rats for the past ten years have been few and far between; the cats stand as sentinels and take them soon after making their appearance on the farm.—*Cor. N. Y. Tribune.*

SCALLOPED VEAL.—Chop cold cooked veal fine, put a layer in a baking dish alternating with a layer of powdered crackers, salt, pepper and butter, until you fill the dish. Beat up two eggs, add a pint of milk, pour it over the veal and crackers. Cover with a plate and bake half an hour. Remove the plate and let the top brown.

APPLES SURPRISED.—Peel, core, and slice about five nice cooking apples; sprinkle the slices with a spoonful of flour, one of grated bread, and a little sugar; have some fat quite hot in a small stewpan, put the slices in it, and fry to a light yellow. When all are done, take a piece of butter the size of a walnut, a good spoonful of grated bread, a spoonful of sugar, and a tea-cupful of milk; put into the pan, and when they boil up throw in the apple slices. Hold the whole over the fire for two minutes, when it will be ready to serve.

TO MAKE BOOTS DURABLE.—The durability of soles of boots may be greatly increased by coating them with gum copal varnish, which also has the effect of making them water-proof. Four or five coats should be given, allowing each coat of varnish to dry before the succeeding one is applied. Soles thus treated possess twice the usual durability, and generally outlast the best uppers. The leather uppers of boots or shoes may be rendered soft and water-proof by rubbing into them, while warm, before the fire, a mixture composed of four ounces of hog's fat and one ounce of resin.

SALT FISH.—To be used to advantage must be soaked the afternoon previous to using, the water changed before bedtime, and again early in the morning. Once more change the water after breakfast, put it on the back of the range or stove and never allow it to boil, scarcely simmer until you find it soft enough to pick apart very fine with a fork. It must not be chopped but carefully picked; it takes more time but is the only right way. For codfish cakes have the potatoes nicely mashed with milk and a little butter, proportion of one cup of fish to three of potatoes, a little pepper, red or black. Dip in egg or not, as you prefer, before frying brown. To be made in cakes not too thick.—*N. Y. Times.*

HASH DRESSING.—A tea-cupful and a half of boiling water must be poured into a sauce-pan; mix a heaping tea-spoonful of flour, with a table-spoonful of cold water, stir it in and boil three minutes. Then add two teaspoonfuls of salt, a small half teaspoonful of pepper, and butter the size of an egg. After removing all tough gristly pieces from the cold cooked meat, chop it fine with some boiled potatoes. (We use Starrett's patent meat chopper.) Put them in the dressing and let them heat through, then serve. It injures cooked meat to cook it again, making it hard and unpalatable. Should you have any cold gravy left use it; in that case you will require less butter, salt and pepper. You can serve it with buttered toast underneath, or you may set it into the oven to brown on top, or drop eggs into a skillet of boiling salt water, and when cooked place on top of the hash.

MEAT PIE is made in the same manner, only leaving out the chopped potatoes; put the hash in a baking dish, and cover over with mashed potatoes, after they have been mixed with salt, butter and cream; bake for fifteen minutes.