

Scientific and Useful,

SPEARMINT tea is very good for children troubled with worms. I have seen sage used for the same purpose.

A **FLANNEL** folded several times and heated on the stove will, if changed often, relieve severe pain in the side or stomach.

FOR toothache caused by cold, take a woolen cloth of several thicknesses wet with vinegar and put over a hot brick or stone, with something thrown over the head to keep in all the steam.

A **SURE CURE FOR CHILBLAINS**.—Three applications of vaseline will cure the worst case of chilblains. For ordinary cases one or two applications will be sufficient. Although vaseline is made from petroleum, it is far more rapid in its work of healing than kerosene.

THE ordinary length of the hair is from twenty inches to a yard, and its weight from six to eight ounces. The speed of the growth of the hair under ordinary circumstances, is half an inch per month. Observations have shown that the hair grows faster in youth than in age, by day than by night, in summer than in winter, when cut than when left uncut, and when frequently cut than when cut seldom. Constant shaving makes the growth more persistent, and increases the coarseness of the hair. After illness, in which the hair has fallen, if the patient be young, it is advisable to shave the head; otherwise the hair may remain thin and poor.

HOW TO CURE FROSTED FEET.—The late cold snap makes a republishing of the infallible cure of frost bites desirable. If it be the feet, make a strong lime water, as hot as you can bear; thin whitewash will do. Soak your feet in it from fifteen to thirty minutes; then rub them thoroughly with the palm of the hand, removing all the dead cuticle that the lime has loosened. Anoint with sweet oil or lard. Repeat a few times, and you are cured—not merely relieved, but cured—and that terrible itching is gone, that may otherwise follow you a life-time. Ointment made of lime-water and sweet oil can be used on the ears if they are frosted.

HOPS have many uses. A handful of them steeped in a quart bowl (always steep in earthen) of water until the strength is extracted, strained and sweetened with loaf sugar, and bottled for use, is as good or better than any hop bitters ever purchased. Dose, one glass full taken three times a day; is a good antibilious alterative and tonic for ordinary family purposes. For outward application, make some small bags of cotton six inches square and fill with hops. When the face aches, or the head is in pain, or the throat and chest are sore, heat one or more of these bags very hot, up to scorching the cloth even, and apply to the suffering part. It is a great improvement on wet cloths, or wet applications of any kind.

VERY few persons are aware what a valuable auxiliary turpentine is in many diseases. It is a sovereign remedy for croup. Saturate a piece of flannel in it, and place the flannel on the throat and chest, and occasionally two or three drops on a lump of sugar may be taken inwardly. Nothing better than turpentine can be applied to a severe cut or bruise, and it will give certain relief almost instantly. Let any one who has an attack of lockjaw take a small quantity of turpentine, warm it and pour on the wound, no matter where it is, and relief will follow in less than a minute. Flannel cloth wrung out of turpentine into hot water, as hot as the patient can bear, is one of the best of remedies for inflammation.

CELERY FOR RHEUMATISM.—A German physician states that celery in a cooked state is a certain cure for rheumatism. It should be cut up in small pieces and boiled in water until it becomes soft, and the water drunk by the patient. The soft celery should then be cooked with some fresh milk, meal and nutmeg, served up with toast and eaten with potatoes, and the pain will immediately cease. The physician says that he has repeatedly employed this remedy, and always with success. He attributes the origin of rheumatism to an acidulated state of the blood, and not to cold or humidity. When it is rendered alkaline neither gout nor rheumatism can occur. English statistics shew that in one year, 1876, 3,640 persons died of rheumatism. At least two-thirds of the complaints known under the general name of heart disease are to be ascribed to rheumatism and its painful ally, the gout.

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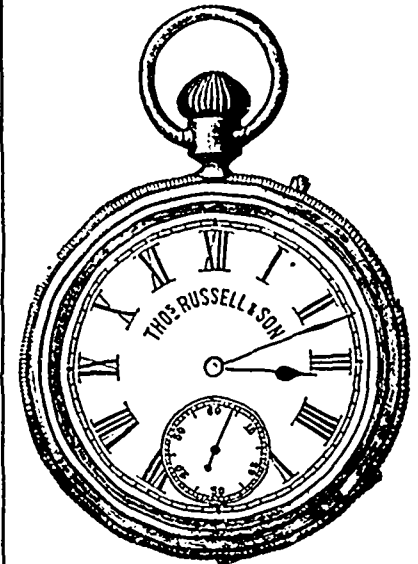
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