

Scientific and Useful.

LIVER COMPLAINT.—For your torpid liver go without grease in your food, bathe your skin every morning on rising, and follow the bathing with sharp friction with the roughest towel, and if you can bear it, with a flesh-brush also. Beating the body in the region of the liver with the flat of the hand or with the fist is excellent. General gymnastic exercises are always advisable in what is known as liver complaint. Attacks of bilious colic would be prevented, I believe, by a little care in eating. I think an avoidance of all desserts, and eating but two meals a day, the last one somewhere in the middle of the day, would prevent all return of the trouble.

BIRDLIME.—Among the many industries in Japan is the manufacture of birdlime. It is, of course, principally employed for the snaring of birds and animals. By its means animals as large as monkeys are caught. When once they get the stuff on their paws they soon cover themselves with it, and so exhaust themselves in trying to get rid of it that they fall an easy prey. Birds also as large as ducks, and every variety of smaller ones, are taken by it. Rats are easily caught by spreading a small quantity on a piece of board or paper, and placing it near their holes. It is spread upon a bamboo leaf, and used during the summer for catching flies and other insects. Flea-traps are made for its service, and occasionally used by the Japanese in bed. Birdlime is also used by the Japanese for medicinal purposes, and is considered one of the best cures for wounds. Japan is the only country where it is regularly manufactured on a large scale, the principal tree from which it is made being a dark evergreen from the mountains in the south. —*Scientific American.*

HOW MUCH TO EAT.—Having tested a number of meals in a general way, eating more or less each time, find out as near as may be what is the proper amount for a meal. Begin with a very light breakfast of ordinary food, such as you have been accustomed to, and note the number of hours you can go without feeling a want of more food. For a very light breakfast, say one roll, a cup of coffee and a very small piece of meat, three hours or less will be found the limit. This is not offered as a rule, but as a suggestion; for it makes a vast difference what you do during those hours. A given amount of food will go further in manual labour than in mental labour, as brain work is more exhausting than hand work. The next time try a little more, and in the course of a dozen breakfasts you will learn to judge pretty closely what you require to carry on your work till the hour of the next meal. Having found out just what you need, on any consideration take no more. Never mind how nice the steak, how tempting any food may be; shut right down on the whole eating business the instant you have had enough. Too little can be repaired by eating a light lunch before the next meal. Too much cannot be repaired, and you must pay for the indiscretion. In all this there must be plain common sense. Do not imitate the invalid who kept a pair of scales on the breakfast table to weigh his daily bread. Eat and be satisfied, and then stop.

CATCHING COLD.—Colds are generally considered to be the exciting cause of a very large proportion of the diseases to which the race is prone, and therefore any light upon the subject is well worth considering. I have known a whole family to have severe colds in their heads the day after dining on roast goose, a dish of which they were especially fond. Since then I have studied the subject largely from a dietetic point of view, and with great advantage. I had always enjoyed good health, except that symptoms of dyspepsia were increasing in number and severity; for, being a "good feeder," like all the world about me, I ate as much as I wanted of all the good things found on Thanksgiving, Christmas, and other festive occasions, together with a daily fare quite up to the standard. I soon found myself entirely exempt from "colds" so long as I practised intelligent moderation in my diet, and kept clear of pastry and all indigestible substances; but so sure as I "let myself out" for a few days, so sure was I of having some sort of a cold. I found, however, that by skipping a meal or two the severe symptoms speedily abated, and then moderation would effect a complete cure. Whether these so-called colds are simply evidence of a clogged system from over-indulgence, or from eating indigestible substances, or whether unhygienic living is only a predisposing cause, and damp feet, carelessness, atmospheric changes, etc., are the exciting causes, are debatable questions. —*Journal of Chemistry.*

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