

EATING FOR HEALTH.—One of the most prolific causes of disease is improper eating, or taking food when the stomach is not prepared to digest it. If food is taken at the proper time, and in not too great a quantity, and is composed of perfect cell structure, the stomach will faithfully perform its duties, and the process of assimilation will build up the system with healthy material. But if food fails to digest, the heat of the stomach soon rots it. A portion of this putrid matter is absorbed by the lacteals, taken up by the circulation, and deposited in various portions of the system to rebuild torn down tissue. Can such a condition of the human organism be an index to perfect health? Yet such states exist. People often eat, sometimes heartily—not because they are hungry, but because it is meal-time; and unwittingly violate a hygienic law which will result, if continued, in impaired health with all its concomitant evils. Many children are fed to death by kind, indulgent mothers—actually crammed with pastry, candy and nuts until their entire system is diseased, a mass of putrescence made from decayed vegetable and animal matter. We need not say anything of the evil effects of stimulants and excitants. The thousands of slaves to this form of dissipation, the dreary homes, ruined constitutions, and physical racks speak more forcibly than words of the baneful effects of unnatural stimulation. Drinking and eating, in short, cause more ills than any two things in the world. And until people learn to govern their appetites these causes will breed disease and misery.

A preservative wrapping paper, adapted for apples, oranges or other fruit, may be prepared by dipping soft tissue paper in a bath of salicylic acid and hanging it in the air to dry. The bath should consist of a strong alcoholic solution of salicylic acid diluted with all the water it will bear without precipitation. This preservative paper may be wrapped about the fruit before packing, and when the fruit arrives at its destination, the paper may be taken off and used for the same purpose again. A wrapping paper to protect furs, cloths, etc., from moth and mildew is prepared by dipping manilla paper in a prepared bath, squeezing it and drying it over hot rollers. This bath consists of a mixture of 70 parts of the oil removed by the distillation of coal-tar naphtha, 5 parts of crude carbolic acid, containing at least 50 p.c. of phenola, 20 parts of thin coal tar at 160° Fah., and 5 parts of refined petroleum.

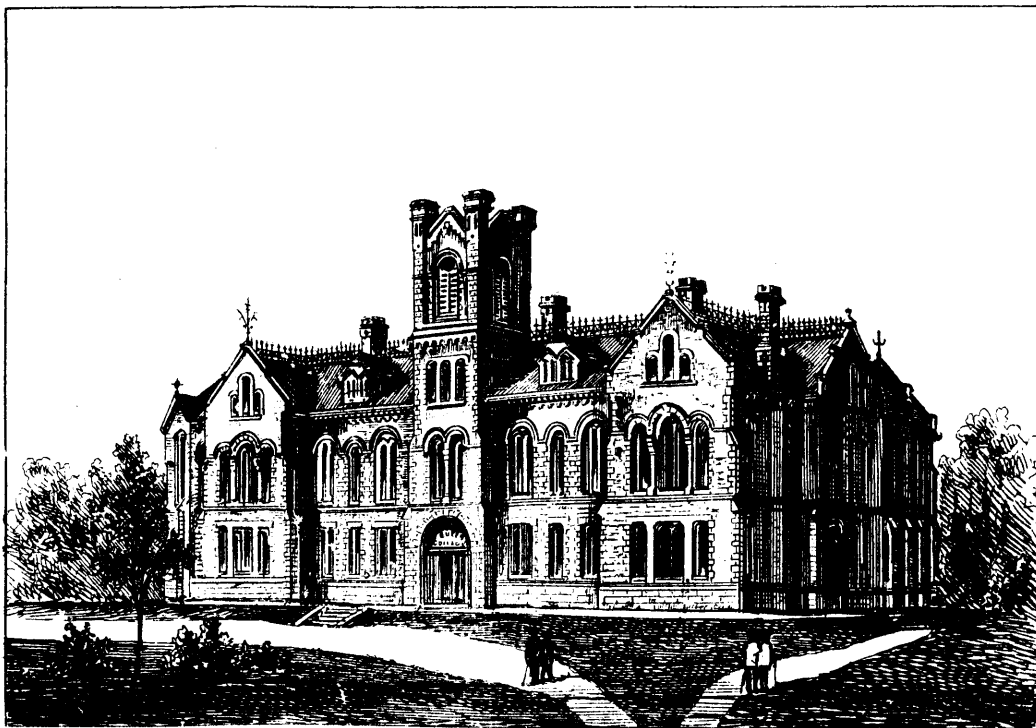
THE COURSE OF A LIGHTNING FLASH.—Prof. Tait, of Edinburgh, insists that when people think they see a lightning flash go upward or downward they must be mistaken. The duration of a lightning flash is less than the millionth part of a second, and the eye cannot possibly follow movements of such extraordinary rapidity. The origin of the mistake seems, he says, to be a subjective one, viz., that the central parts of the retina are more sensitive, by practice, than the rest, and therefore that the portion of the flash which is seen directly affects the brain sooner than the rest. Hence a spectator looking towards either end of a flash very naturally fancies that end to be its starting point.

GUTTA PERCHA CEMENT.—This highly recommended cement is made by melting together, in an iron pan, two parts of common pitch and one of gutta-percha, stirring them well together until thoroughly incorporated, and then pouring the liquid into cold water. When cold, it is black, solid and elastic; but it softens with heat, and at 100° Fah. is a thin fluid. It may be used as a soft paste, or in the liquid state, and answers an excellent purpose in cementing metal, glass, porcelain, ivory, etc. It may be used instead of putty in glazing windows.

STEAM BOILER CEMENT.—Mix two parts of finely powdered litharge with one part of very fine sand, and one part of quicklime which has been allowed to slake spontaneously by exposure to the air. This mixture may be kept for any length of time without injuring. In using it, a portion is mixed into paste with linseed oil; or, still, boiled linseed oil. In this state it must be quickly applied, as it soon becomes hard.

A REMARKABLE CASTING.—The most novel exhibit shown at the Brussels national exhibition by the Seraing works is a certainly remarkable casting. It consists of what is practically the whole cast-iron work of a marine engine, with a pair of cylinders about 20 inches in diameter by 29 inches stroke, cast in one piece—bed-plate, condenser, air and feed and bilge pumps, standards, cylinders and exhaust pipe.

—A FRENCH inventor has devised an ingenious electrical low water signal for steam boilers, which indicates the existing water level at any distance from the generator, and when the water has sunk below a certain point rings a signal bell, while at the same time the sign "low water" appears on the indicating tablet.



THE NEW BUILDING OF QUEEN'S UNIVERSITY, KINGSTON, ONT., JUST INAUGURATED.