

hot water. Should it, however, be placed upon the fire, it should be only just a minute. To clarify the coffee, add a shred of isinglass, a small piece of sole or eel-skin, or a spoonful of the white of an egg.

**LIGHT.**—The reason why bodies have different colours, some being black, some red, &c., is this :—The rays of light are divided into seven primitive colours ; namely, orange, violet, red, blue, green, yellow, and indigo. When light strikes on a body, if the body be of a nature to reflect the whole of the rays without decomposing them, it will appear white ; for white is an assemblage of all the colours. If it reflect the red ray, and absorb all the others, it will be red ; if it absorb all the rays without exception, it will be black, for black arises from an absence of light.

**STRENGTHENING BLANCMANGE.**—Dissolve in a pint of new milk, half an ounce of isinglass, strain it through a muslin sieve, put it again on the fire, with the rind of half a small lemon, pared very thin, and two ounces of sugar, broken small ; let it simmer gently until well flavoured, then take out the lemon-peel, and stir the milk to the beaten yolks of three fresh eggs ; pour the mixture back into the saucpan, and hold it over the fire, keeping it stirred until it begins to thicken ; put it into a deep basin, and keep it moved with a spoon, until it is nearly cold ; then pour it into moulds which have been laid in water, and set it in a cool place till firm. This blancmange we can recommend for invalids as well as for the table generally.

**EXPANDING THE LUNGS.**—Step out into pure air ; stand perfectly erect, with the head and shoulders back, and then fixing the lips as though you were going to whistle, draw the air through the nostrils into the lungs. When the chest is about full, raise the arms, keeping them extended, with the palms of the hands down, as you suck in the air, so as to bring them over the head just as the lungs are quite full. Then drop the thumbs inward, and after gently forcing the arms backward and the chest open, reverse the process by which you draw your breath till the lungs are entirely empty. This process should be repeated three or four times a day. It is impossible to describe to one who has never tried it the glorious sense of vigour which follows the exercise. We know a gentleman, the measure of whose chest has been increased some three inches during as many months.