

NOTES FOR TEACHERS.

THE BEE'S STING A USEFUL TOOL.—From lengthened observations, Mr. W. F. Clarke, a Canadian, has come to the conclusion that the most important function of the bee's sting is not stinging, but its use by that wonderful creature as a tool. Mr. Clarke says that he is convinced that the most important office of the bee's sting is that which is performed in doing the artistic cell work, capping the comb, and infusing the formic acid by means of which honey receives its keeping qualities. The sting is really a skilfully contrived little trowel, with which the bee finishes off and caps the cells when they are filled brimful of honey. This explains why honey extracted before it is capped over does not keep well. The formic acid has not been injected into it. This is done in the very act of putting the last touches on the cell work. As the little plant trowel is worked to and fro with such dexterity, the darts, of which there are two, pierce the plastic cell surface, and leave the nectar beneath its tiny drops of the fluid which makes it keep well. This is the "art preservative" of honey. Herein we see, says Mr. Clarke, that the sting and the poison bag, with which so many of us would like to dispense, are essential to the storage of the luscious product, and that without them the beautiful comb honey of commerce would be a thing unknown. This is certainly a most wonderful provision of nature.—*School Newspaper.*

HOW TO EAT WISELY.—As a universal rule in health, and with very rare exception in disease, that is best to be eaten which the appetite craves or the taste relishes. Persons rarely

err in the quality of food eaten; nature's instincts are the wisest regulators in this respect. The great sources of mischief from eating are three—quantity, frequency, rapidity—and from these come the horrible dyspepsias, which make of human life a burden, a torture, a living death. By eating fast, the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is, the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth; for, like ice in a tumbler of water, the smaller the bits are, the sooner they are dissolved. It has been seen with the naked eye that if solid food is cut up in pieces small as half a pea, it digests almost as soon without being chewed at all, as if it had been well masticated. The best plan, therefore, is for all persons to thus comminute their food; for, even if it is well chewed, the comminution is no injury, while it is of great importance in case of hurry, forgetfulness or bad teeth. Cheerful conversation prevents rapid eating. It requires about five hours for a common meal to dissolve and pass out of the stomach, during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than a five hours' interval. The heart itself is at rest more than one-third of its time. The brain perishes without repose. Never force food upon the stomach. All are tired when night comes. Every muscle of the body is weary and looks to the bed; but just as we lie down to rest every other part of the body, if we, by a hearty meal, give the stomach five