

SANITARY ITEMS.

TO CURE HOARSENESS.—Heat well the whites of two eggs and two teaspoonfuls white sugar; grate in half a nutmeg, add a pint of lukewarm water, stir well and drink often. Repeat the preparation if necessary.

FOR SMOOTH HANDS.—After washing and drying the hands, pour into one hand a few drops of good cider vinegar; rub the hands together, wetting the whole surface, both sides, and dry it. Practice this and your hands will feel smooth.

FOR SEVERE BURNS.—If you cannot obtain lime water ready made, take unslacked lime and pour water on it. When the water is drawn off clear, mix flaxseed oil with it until it becomes yellow and thick like syrup. Apply to burns at any stage, the earlier, however, the better. We publish this because we are confident it is the best application for severe cases, as well as slight burns. It should be kept on hand always.

MRS. PARTINGTON ON DISEASES.—Diseases is very various—very. The doctor tells me that poor old Mrs. Haze has got two buckles upon her lungs! It's dreadful to think of—'tis really. The diseases is so various! One day we hear of people's dying of "hermitage of the lungs," another of "brown-creatures;" here they tell us of the "elementary canal" being out of order and there about the "tear of the throat;" here we hear of the "nemrology in the head" and there of an "embargo" in the back. On one side of us we hear of a man getting killed by getting a piece of beef in his "sarcofagus," and there another kills himself by "deskevering his jocular vein." These things change so that I don't know how to subscribe for any thing now-a-days. New names and "rostrums" take the place of the old and I might as well throw my old yerb bag away.

KEEP THE HEAD COOL.—An interesting paper was read at a recent meeting of the Royal Society on "Experimental Researches on the Temperature of the Head," in which the writer, Dr. Lombard, showed that mental activity will at once raise the temperature of the head, and that merely to excite the attention has the same effect in a less degree. This is a curious result, as appearing to show that anything of the nature of volition involves a waste of nerve tissue which is not involved in involuntary perception and observation. There is no difference, we believe, between the temperature of the sleeping body and that of the waking body, or between that of the waking body and that of the head, so long as no act of effort is involved. But if even the least intellectual effort raises the temperature of the head above that which it reaches in amused and idle observations, it would seem to show that there is a waste involved in volition which belongs to no so-called "automatic" action of the mind. And that is itself a fact of no slight significance.

INFLUENCE OF EXERCISE ON THE LUNGS.—One of the conditions of perfect health is physical exercise. In its absence the whole system suffers deterioration and falls short of that development which is necessary to the vigorous action of the different organs. More than any organ, however, do the lungs suffer; and it is not difficult to explain why. In order that an organ should be well nourished, it is necessary that it should be abundantly supplied with blood, and one of the agencies which play an important part in propelling the blood through arteries and veins is muscular contraction. The alternate contraction and dilation of the muscles forces the blood along the vessels. When a person is exercising vigorously, the respiratory movements become greatly increased, the air vesicles become dilated, the blood is propelled through the minute capillaries which constitute a large portion of their structure, and the lung tissue receives the nourishment which it requires, and what is necessary to its integrity and efficient action. From insufficient bodily exercise, then, the lungs suffer in two ways—viz., for want of sufficient blood to nourish them and for want of necessary expansion. The result is that the lungs, more frequently than any other organ, become affected in those who lead inactive lives. This fact makes it incumbent on all, and especially on those who have weak lungs, to spend a portion of each day in vigorous physical exercise. We mean by this exercise which calls into vigorous action all the muscles of the body; exercise which causes the skin to glow and the perspiration to start. Two hours of this kind of exercise each day is not too much; and it should be performed, when possible, in the open air. A celebrated French physician says that a person, to be healthy and strong, should exercise to the point of perspiring every day.

BOXING CHILDREN'S EARS.—The practice of boxing children's ears is a most dangerous one. Professor Stanich, aurist, in a letter to the *Timaru Herald*, says: "As one single instance, in Canterbury I have found no less than four children in one family affected with serious deafness. One of these little ones had the drums of both ears absolutely broken, which means, of course, incurable deafness. The parents assured me that they never struck their children, but that it was in school that the boxing of the ears, which had had so fatal results, had taken place. I understand, also, that more than one schoolmaster in Timaru is in the habit of resorting to this barbarous practice as a means of punishment, and who—unwittingly no doubt—will be answerable for many a case of deafness in years to come, when their present pupils will have reached manhood and womanhood." When the barbarous practice of beating children in school is resorted to, preferring a charge of assault against the teacher would have a moderating influence. If children are utterly disorderly they should be expelled from the school, and the onus of punishments thrown on the parents, who, if they neglect the proper correction of their children, would have the pleasant reflection that the reformatories or training schools would be the places to which incorrigible children would be sent.

WARM AND DRY FEET.—Life long discomfort and sudden death, writes a medical man, often come to children through the inattention or carelessness of the mothers or nurses. A child should never be allowed to go to sleep with cold feet: the thing to be first attended to is to see that the feet are dry and warm. Neglect of this has often resulted in dangerous attacks of croup, diphtheria, or fatal sore throat. Always on coming from school, on entering the house from a visit or errand in rainy, muddy, or damp weather, the child should remove its shoes, and the mother herself should ascertain whether the stockings are in the least damp. If they are, they should be taken off, the feet held before the fire, and rubbed with the hands till perfectly dry, and another pair of stockings and another pair of shoes put on. The reserve shoes and stockings should be kept ready for use on a minute's notice.

RESCUE OF DROWNING PERSONS.—The best way to rescue a drowning person is to carefully approach him from behind so that he cannot grasp you. Turn on your back under him, get his head upon your chest, and grasping him firmly with either one or both hands by the hair or else by the neck under the jaws, strike out with your feet. To practise this method, as I have been doing within the past week or two, get a friend who can float on his back, and try as above, and you will be surprised how easily it can be done. The person does not seem to be any incumbrance whatever. The awkward point is to turn underneath, but a little practice will soon get over it. This is not only the best way, but I firmly believe is the only way suited to rescue non-swimmers. There is another way that will do for those who can keep cool in the water (which 99 out of 100 cannot) when off their feet. That is for the person to put his hands lightly on your shoulders just so as to be able to keep his mouth above water, both being in the ordinary swimming position. You cannot be too careful with whom you practise this way. All other methods which I have tried only result in a turning round of the persons in the water without any advance. There has been a little discussion lately about keeping the eyes open when under water. There is a common error which first arose in Franklin's advice to swimmers, that if the water is entered in diving with the eyes shut they cannot be opened. This is a glaring fallacy. I have never had the least difficulty in opening and shutting my eyes when under the water, nor never heard of anybody who had. I cannot enter the water with my eyes open when diving in, and I think that the eyes will always involuntarily close, dreading the shock with the water. It may be that the winking may be so quick as to be unnoticed, but still it is there. I cannot imagine how a person like Dr. Franklin ever came to circulate this delusion.

RHEUMATISM.—A correspondent says,—By all means try a purely vegetarian diet—that is if you want a thorough cure, and not a "patch up." I know numbers who have been perfectly cured by a vegetarian diet. I have been myself a strict vegetarian and abstainer from all drinks except water for three years, and the result is perfect health, experience of hundreds of others who have tried this mode of diet. Don't be influenced by others who have ever given it a fair trial. A three months' trial of vegetarianism and you will never again know the agonies of rheumatism. is