

Scientific and Useful.

WICKS OF COAL-OIL LAMPS.—The wicks of kerosene lamps should be changed frequently, or if not too short, washed in strong, hot soapsuds, with some ammonia in the rinsing water. We think the trouble with poor light from kerosene lamps probably arises from the wicks being full of the sediment or refuse matter which comes from the oil, and that impedes the free passage of the kerosene through the wicks.

STUFFED BEEFSTEAK is as nice for dinner as a much more expensive roast, and it can be prepared from a rather poor flank or round steak; pound well, season with salt and pepper, then spread with a nice dressing, roll up and tie closely with twine, put in a kettle with a quart of boiling water; boil slowly one hour, take out and place in dripping pan, adding water in which it was boiled, basting until a nice brown, and making gravy of the drippings. It is delicious sliced down cold.

THE MIND AND HEALTH.—The "Journal of Health" says: "To regain or recover health, persons should be relieved from anxiety concerning diseases. The mind has power over the body. For a person to think that he has a disease will often produce that disease. The mind has power over the disease. This we see effected when the mind is intensely concentrated on the disease of another. It is found in the hospitals that the physicians and surgeons who make a speciality of certain diseases are liable to die of it themselves; and the mental power is so strong that people sometimes die of diseases, which they have only in imagination. We have seen persons seasick in anticipation of a voyage, before reaching the vessel. We have known a person die of a cancer in the stomach when he had no cancer or any other disease. A man blindfolded and slightly pricked in the arm has fainted and died from believing that he was bleeding to death. Therefore, persons in health and desiring to continue so should at all times be cheerful and happy, and those who are sick should have their attention drawn as much as possible from themselves."

VENTILATION OF BEDROOMS.—"The Lancet" has some comments on this topic which may be read with as much profit in Toronto as in London. It says: "If a man were deliberately to shut himself for some six or eight hours daily in a stuffy room, with closed doors and windows (the doors not being opened even to change the air during the period of incarceration), and were then to complain of headache and debility, he would be justly told that his own want of intelligent foresight was the cause of his suffering. Nevertheless, this is what the great mass of people do every night of their lives with no thought of their imprudence. There are few bedrooms in which it is perfectly safe to pass the night without something more than ordinary precautions to secure an inflow of fresh air. Every sleeping apartment should, of course, have a fireplace with an open chimney, and in cold weather it is well if the grate contains a small fire, at least enough to create an upcast current, and carry off the vitiated air of the room. In all such cases, however, when a fire is used, it is necessary to see that the air drawn into the room comes from the outside of the house. By an easy mistake it is possible to place the occupant of a bedroom with a fire in a closed house in a direct current of foul air drawn from all parts of the establishment. Summer and winter, with or without the use of fires it is well to have a free ingress for pure air. This should be the ventilator's first concern. Foul air will find an exit if pure air is admitted in sufficient quantity, but it is not certain pure air will be drawn in if the impure is drawn away. So far as sleeping-rooms are concerned, it is wise to let in air from without. The aim must be to accomplish the object without causing a great fall of temperature or a draught. The windows may be drawn down an inch or two at the top with advantage, and a fold of muslin will form a "ventilator" to take off the feeling of draught. This, with an open fire-place, will generally suffice, and produce no unpleasant consequences even when the weather is cold."

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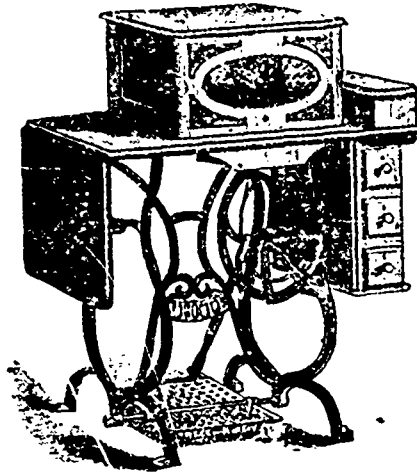
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