

**Scientific and Useful.**

**HAM TOAST.**—Grate or pound the cold ham; toast and butter a slice of bread; mix the ham with the yolk of an egg and a little cream until it is thick and rich; warm it over the fire, and serve it very hot upon the toast. Tongue may be employed the same way.

**OATMEAL CRACKNELS AND SCOTCH BANNOCKS.**—Take the finest quality of oatmeal and stir in barely enough water to wet it through; and a pinch of salt; let it stand for ten minutes to swell: then roll it out a quarter of an inch in thickness, first flouring the board and rolling pin with wheaten flour; cut it with a biscuit cutter, and bake in a moderate oven, as these cakes will burn quickly, and only require to be of the lightest brown. If put in a jar, they will keep for several months. In the Highlands they preserve these bannocks in the barrels of oatmeal, and keep them a year or so.

**INSPECT THE CELLARS.**—Many of our farmers who have no special place built for wintering vegetables and fruit store them in the cellar of the dwelling-house. In order to keep them from freezing there the cellars are banked up tightly in the fall. No ventilation is provided for, and the only way for the escape of the noxious gases arising from decaying vegetables is through the openings in the floor into the living rooms above, where it is dealing disease and per chance death to the occupants. Is it surprising that diphtheria and scarlet fever and every other fever result from such total disregard of the laws of health? A person will pay this inattention to sanitary measures, and then if his children sicken and die he blames the weather, or murmurs and grumbles at the dispensation of Providence; cannot conceive why God should afflict him thus severely. The Almighty is not to be blamed at all in such instances; the fault lies at the man's own door, or rather in his cellar, and he ought to condemn himself, and mourn over his own neglect of duty instead.—*Exchange.*

**UNWASHED VEGETABLE FOOD.**—Whatever advantages, real or imaginary, may attend the consumption of raw vegetables, it is abundantly evident that peril must beset the use of this description of food, unless the articles eaten are most thoroughly cleansed. For example, water-cresses grow in shallow streams and ditches, and are apt to be fouled by dogs, which are known to be commonly infested with intestinal vermin. If the cresses so produced are not scrupulously washed—and nothing less than the most painstaking brushing under water can cleanse them—they are more than likely to convey into the stomach, entangled in their leaves or attached to the stems, the ova of tapeworms and other parasites. This is a distasteful, disgusting reflection, but it is one that needs to be made, because there cannot be any reasonable doubt that cresses, salads and fruit growing low on the ground are exposed to every form of contamination, and some, at least, of the impurities with which they may be defiled will probably act as vehicles for the transmission of parasitic diseases not merely disgusting but dangerous.

**PHOSPHATIC FOOD.**—The "Manufacturer" has the following plea for the special feeding of the brain: "Man is being perpetually renewed; the old and used-up particles are removed from the system, and their place is supplied with the same element newly presented to the organism. Motion destroys a portion of the integrity of a muscle, sight a something from the retina of the eye, and 'thoughts which breathe and words which burn,' literally burn and change into another chemical formula a certain portion of the phosphorous of the brain. Hence arises the necessity of supplying the system with an element on which the mental functions depend more than any other organic ingredient. Experience shows that highly phosphatic and easily digested food, such as soft-boiled eggs, the flesh of fowls, oysters and kale food (phosphorized more than other grains and vegetables) is especially suitable to persons whose minds are overtaxed by intellectual duties, and in purely nervous affections it is recommended by physicians who understand their business. Very recommendable for this purpose is the liquid acid phosphate, because it contains the phosphorous in a condition in which it is most easily assimilated. The idea of partaking of particular kind of food or beverages to nourish the nervous system is rapidly gaining ground, or theoretically accepted as correct. Said a physician lately to us, with whom we conversed on this subject, 'What a fool was I in my ignorance to laugh at the idea of brain food! Why, sir, it is the most valuable one I ever put in practice. I thank you chemists for it.'"



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