

PRACTICAL PAPERS.

THE "TIMES" ON TEMPERANCE.

"Drunkenness, whether habitual or casual, is without doubt one of the greatest social evils with which northern nations have to deal. It is acknowledged to be the prolific parent of crime, and it is at least the proximate cause of by far the greater portion of the widespread misery which furnishes such an appalling contrast to the general tenor of our opulent civilization. This corroding evil, the fatal consequences of which no one who reflects can ignore, may be combated in a variety of ways. We may so regulate the sale of intoxicating liquors of all kinds as, while satisfying the legitimate needs of the temperate majority, to remove from the weak and wayward the manifold temptations to a vice which they have not the strength to resist. We may hope gradually to elevate the popular feeling on the subject of intemperance, so that for a man to be known to have indulged in liquor to excess should be in all classes a social stigma and a moral disgrace. This is already the case within certain limits and among certain classes in this country, and there is no reason why it should not be so universally. Nevertheless, when all is done that can be done, in these and other indirect ways, to further the cause of temperance, it is to be feared that there will still remain a residuum of persons who can only be described as habitual drunkards—that is, of persons to whom the habitual consumption of alcohol in excess has become a habit which no effort of their own, and no influence, short of sheer compulsion, which can be brought to bear upon them, will induce them to relinquish. They are the helpless victims of a vice which they have lost the power to withstand. They become a burden to themselves, a terror to their friends, a scandal to their neighbours, and a scourge to their posterity. In the lower classes they recruit the ranks of crime; in the higher they ruin families and wreck the happiness of all who are connected with them. They cannot be cured by social regeneration nor by moral restraint, for they are deaf to the reprobation of their fellows, and conscience has long lost its hold on them. Physical restraint alone is of any avail in such inveterate cases. The worst of drunkards can be cured, at least for a time, if he is placed beyond the reach of stimulants; and when his will is strengthened and his moral sense restored there is at least a hope that he may permanently abandon his evil courses. The question thus arises whether the Legislature should not sanction the application to habitual drunkards of the only remedy by which they can be even temporarily or approximately cured. Habitual drunkards may be divided into two classes—those belonging to the respectable ranks of society, whose vice is its own worst punishment in the misery it entails on themselves and their families, and those belonging to the vagabond and criminal classes, whose vice turns by a natural affinity to crime. The former class is relatively small, and we may fairly hope that it is decreasing. At any rate, it may be doubted whether it is large enough to call for legislation of exceptional stringency. The latter class is deplorably large, no doubt, but it is already indirectly dealt with to a considerable extent by means of ordinary prison discipline. When a criminal is sent to prison he is necessarily placed under the needed restraint; even if he is not cured during the term of his incarceration, it would be difficult to convict him of habitual drunkenness immediately on his release. It is clearly difficult, if not impossible, to deal with those two distinct classes of cases in the same manner, and the legislation which it is proposed to apply to both is open to special objections in each case. As far as drunkards who are also criminals are concerned, it would almost be better to adopt the old Greek expedient of doubling the penalty for offences committed by drunkards. It is one of the saddest sights imaginable to see a man of promise, of education, and of position going hopelessly to ruin, and dragging his family down with him, simply because there are no legal means of putting him under the restraint which alone can restore him. But we have never yet sanctioned the principle in this country that mere vice should entail the loss of personal liberty; and if, as Lord Shaftesbury says, the way to combat intemperance is to treat it as a vice, and not as a disease, we can only punish it when it is associated with crime, and we must accept the limitations which such a mode of regarding it entails."

HOW TO PAPER A ROOM.

Old paper may be removed by wetting thoroughly with water, and when soaked, it will easily strip off. If lime-wash has been used on a wall on which it is desired to paper, the paper may be made to stick by washing the wall with vinegar, or water which has been made sour by the admixture of sulphuric acid (oil of vitriol.) Papering is very easily done by making a bench on which to paste, of boards placed on two empty flour barrels. Common flour paste is made by mixing smoothly in cold water wheat or rye flour (rye makes the strongest paste) until a thin, creamy liquid is made; it should then be boiled, when it will thicken; if too thick, it may be thinned by adding boiling water. A little carbolic acid in the paste will keep it sweet and prevent mold. The paper should be cut to proper lengths, sufficient in quantity to finish the room, before pasting is commenced. Enough spare paper should be left at top or bottom, to match the pattern evenly. These lengths should be laid evenly one over another, and the bench should be a little longer than the lengths of paper. The paste should be applied with a broad brush similar to the white-wash brushes, and should be laid on quickly, or the paper will soon become tender. If a piece of tin be fastened to the brush it can be hooked to the side of the pail and prevent much "mussing" with the paste. The cheap sorts of wall paper should be avoided, if possible. They contain generally twenty-five to forty per cent. of clay, and a very common material for the pulp is cow-dung; only a very small proportion consists of fibre of rope, matting, or other coarse material of any strength, and in putting it on the wall it will often fall to pieces in the hands. Two persons are required to lay on paper with rapidity, one to paste and one to apply the paper. When the paper is pasted it should be handed to the person on the ladder, who holds it about a foot from the top end, and lays it evenly against the wall at the top, allowing the upper end to hang over on the backs of the hands. By looking down the wall it may be seen when it matches the previously laid length, and should then be brought gently to the wall, the backs of the hands then pressed against the wall and passed upwards towards the ceiling, spreading them out towards the corners of the length of paper. The scissors are then run along at the junction of the wall and ceiling, making a mark which can be easily seen, when the top of the paper is removed for a little distance, and it is cut off even and replaced. Then a soft cloth is gently passed downwards and the paper pressed against the wall to the bottom, where it is cut off as at the top. After a few lengths are laid, the operation will become easy, and if a room where the work is not very particular is commenced with, the best rooms may be attacked next.—*American Agriculturist.*

A SUGGESTION TO CONSUMPTIVES.

Dr. George H. Napheys, an eminent physician, says: "A particular kind of exercise is to be recommended for those whose chests are narrow, whose shoulders stoop, and who have a hereditary predisposition to consumption. If it is systematically practised along with other means of health, we would guarantee any child, no matter how many relatives have died of this disease, against invasion. It is voluntary inspiration. Nothing is more simple. Let her stand erect, throw her shoulders back, and the hands behind; then let her inhale pure air to the full capacity of her lungs, and retain it a few seconds by an increased effort; then it may be slowly exhaled. After one or two natural inspirations let her repeat the act, and so on for ten or fifteen minutes, twice daily. Not only is this simple procedure a safeguard against consumption, but, in the opinion of some learned physicians, it can even cure it when it has already commenced."

HUNGER THE BEST SAUCE.—What an excellent sauce is hunger! The poor man who brings to his plain meal of meat and potatoes, or pork and beans, a sharp appetite whetted by vigorous toil, gets manifold more enjoyment from it than the luxurious epicure who must be tempted by dainties. The laborer feels the reinforcement of food in every muscle, in every drop of his blood; the epicure gratifies in a languid way merely his sense of taste, while from his fastidiousness he suffers a thousand annoyances which the other, with his healthful craving for food, and his normal enjoyment of it, knows nothing about.

SCIENTIFIC AND USEFUL.

EGG SANDWICHES.—Boil fresh eggs five minutes; put them in cold water, and when quite cold peel them; then, after taking a little white off each end of the eggs, cut the remainder in four slices. Lay them between bread and butter.

CREAM OF TARTAR, TO DRINK.—Put an ounce of cream of tartar, the rind and juice of two lemons, and a quarter of a pound of sifted sugar, into a jug. Pour over them two quarts of boiling water, drink the beverage when cold; it will prove cooling and wholesome. Time, a few minutes to prepare. Probable cost, threepence per quart. Sufficient for two quarts.—*Cassell's Dictionary of Cookery.*

RECIPE FOR PASTRY WITH DRIPPING.—Put one half pound of flour into a basin, and add a small quantity—about half a teaspoonful—of baking powder and a little salt. Having cut up into small pieces half a pound of clarified dripping, rub it lightly into the flour until perfectly smooth; add the beaten up yolk of an egg and a little water (just enough to make the paste of right consistency), flour the board well, and roll out the paste.

AN ANTIDOTE.—The "Scientific American" publishes the following on neutralizing poison:—"A poison of any conceivable description and degree of potency, which has been intentionally or accidentally swallowed, may, it is said, be rendered almost instantly harmless by simply swallowing two gills of sweet oil. A person with a very strong constitution should take nearly twice the quantity. This oil, it is alleged, will most positively neutralize every form of vegetable, animal, or mineral poison with which physicians and chemists are acquainted.

THE ART OF PATCHING.—This is an operation requiring far more skill than does the making of a new garment, and, when well executed, may save the purchase of many a costly one; the most expensive robe may by an accident be torn or spotted the first day of its wear; the piece inserted in lieu of the damaged one is a patch. If a figured material, the pattern has to be exactly matched; in all cases the insertion must be made without pucker, and the kind of seam to be such as, though strong, will be least apparent; the corners must be turned with neatness. Is not this an art which requires teaching.—*The Domestic World.*

THE HEART BEATS OF A LIFETIME.—According to a French medical journal, Dr. Guyot, after consulting the best authorities on the subject, and making the necessary calculations, has determined that the number of pulsations during the different ages of life are as follows: During the first year, 63 millions (in round numbers); during the first two years 120 millions; during the first eight years, 435 millions; during the first twelve years, 614 millions; during the first fourteen years, 698 millions; during the first thirty-six years, (giving the figures in full), 1,229,904,900; during a life of fifty years, 1,928,160,000; during a life of sixty years, 2,269,800,000; and during a life of eighty years, 3,007,040,000.

ART OF SWIMMING.—Men are drowned by raising their arms above water, the unbuoyed weight of which depresses the head. When a man falls into the water, he will rise to the surface, and will continue there if he does not elevate his hands. If he moves his hands under water in any way he pleases his head will rise so high as to allow him free liberty to breathe, and if he will use his legs as in the act of walking (or, rather, of walking up-stairs), his shoulders will rise above water, so that he may use less exertion with his hands or apply them to other purposes. These plain directions are recommended to the recollection of those who have not learned to swim in their youth, as they may be found highly advantageous in preserving life.

OATMEAL CAKES.—Fill a two quart basin half-full with fine oatmeal, add a small piece of dripping, mix thoroughly with the hands until the meal feels moist (more dripping should be added if not thought moist enough), then pour some boiling water over the whole, stirring quickly with a spoon while doing so; strew plenty of meal on the board, turn out the dough, and cover thickly with meal; knead it well, then roll out until of the desired thickness (cakes should be kneaded out until thin enough, in preference to being rolled); stamp into small round cakes or squares, place them on the girdle after strewing some meal over it, until they are hard, and toast the other side in front of the fire until ready. The dough that remains after the cakes are cut out should be (if hard) put in the basin, and some more hot water mixed with it, then kneaded and rolled out. The quicker the cakes are made the better.—*Braeriac in the Queen.*

A CHEAP WEATHER GLASS.—Take a broad necked bottle, such as are used for pickles or fruit jellies, and fill it with water within two or three inches of the brim; turn a clean oil-flask upside down, with its neck within the pickle bottle. Should the weather be set fair, the water in the neck of the flask will remain about half an inch above the level; but if rain be near the water will rise gradually but quickly in the neck of the flask; and if rain be very near, and the atmosphere in consequence very heavy, the water may rise in the flask's neck as much as two or three inches within a few hours. No one should be without this useful instrument; it gives no trouble; the water does not require changing—outdoors or in doors, heat or cold, are alike immaterial. In frosty weather it should not be forgotten that this instrument must be kept in a temperature above freezing, otherwise it cannot act; and should the bottle be left full of water it will probably break in the ordinary course with the congelation of the water. It is obvious that this simple apparatus will not indicate with scientific precision the amount of moisture in the atmosphere, but the warning given by the rise of the water in the neck of the flask may be sufficient to prevent disappointment in domestic arrangements, especially with regard to such an important matter in the household as the selection of a good "drying day" for the family wash, a matter of great interest to the careful housekeeper.—*Cassell's Household Guide.*