

on the gravel to the height of 3 in. ; then buy 2 lb. of animal charcoal, wash that also by putting it into a jug and pouring boiling water on it ; then, when the charcoal has subsided, pour off the water, and put some more on for three or four times. When the charcoal has been well washed, put it on the sand and press it well down. Have 4 in. of charcoal, if possible. The filter is now ready, pour water into the pot, and let it run through the hole into a large glass bottle. After a time the charcoal will get clogged, or foul. Take off a little from the top and boil it two or three times, and then spread it out and let it dry before the fire. It will then be as good as ever. If you have a rain-water tank, always filter the rain-water before using it for drink or cooking, as rain-water often is collected from dirty roofs or becomes impure in the tank.

6. What to Drink.—If you wish to keep good health to old age, never touch spirits, and only drink one pint or one pint and a half of strong beer, or two pints of weak beer, with your dinner and supper. Better still if you can abstain from beer altogether, and spend the money in more food or better clothing. Nothing can be better, both for you and your family, than skimmed milk at dinner and supper. It is well always to boil it, and a little sugar makes it still more agreeable. When you have any heavy work to do, do not take either beer, cyder, or spirits. By far the best drink is thin oatmeal and water with a little sugar. The proportions are a $\frac{1}{4}$ lb. of oatmeal to two or three quarts of water, according to the heat of the day and your work and thirst ; it should be well boiled, and then an ounce or $1\frac{1}{2}$ ounce of brown sugar added. If you find it thicker than you like, add three quarts of water. Before you drink it, shake up the oatmeal well through the liquid. In summer, drink this cold ; in winter, hot. You will find it not only quenches thirst, but will give you more strength and endurance than any other drink. If you cannot boil it, you can take a little oatmeal mixed with cold water and sugar, but this is not so good ; always boil it if you can. If at any time you have to make a very long day, as in harvest, and cannot stop for meals, increase the oatmeal to