



NEVER lean the back upon anything that is cold.

WATCH the date on your wrapper and renew promptly.

NEVER begin a journey until breakfast has been eaten.

A CHIROPONIST announces that he has removed corns from the crowned heads of Europe.

An Niagara Falls a constant force equal to three millions horse power is allowed to run to waste.

MILK which is slightly acid, and buttermilk, produce in some individuals a hypnotic (sleepy) effect.

KEEP the back, especially between the shoulder blades, well covered; also the chest well protected.

VIENNA artisans are making ingenious imitations of amber which exhibit the electrical properties of natural amber.

THE weight of the heart is from eight to twelve ounces. It beats one hundred thousand times in twenty-four hours.

ONE ounce of salicylic acid is sufficient to preserve a barrel of cider, that it, to keep it from fermenting and becoming sour.

A SMALL cup of warm milk containing a teaspoonful of lime-water may be given frequently in cases of "bowel complaint."

THE percentage of recoveries from habitual drunkenness (inebriety or dipsomania) is one-third under competent medical care.

NEVER omit regular bathing; for unless the skin is in an active condition the cold will close the pores and favor congestion and other diseases.

WHEN hoarse, speak as little as possible until it is recovered from, else the voice may be permanently lost, or difficulties of the throat may be produced.

OF one hundred infants suckled by their mother eighteen died during the first year, while of the same number suckled by wet-nurses, thirty died.

MASSACHUSETTS has an act forbidding railroad companies employing men without subjecting them to an examination to determine if they are color-blind.

IN the process of "condensing" milk one gallon is reduced by evaporation to less than one quart, and pure cane sugar is added to assist in preservation.

AN industrious German collector of statistics has found that while the average life among the "well-to-do" is fifty years, among the poor it is only thirty-two.

THE Medical Council of St. Petersburg has authorized women to practice in pharmacy, so that Russian women have now free access to all branches of medicine.

MERELY warm the back by a fire, and never continue keeping the back exposed to the heat after it has become comfortably warm. To do otherwise is debilitating.

AN observer of the late exhibition of electric lights in Paris credits the Brush light with being second best in brilliancy and ahead of all in being the least expensive.

WHEN going from a warm atmosphere to a colder one, keep the mouth closed, so that the air may be warmed by its passage through the nose, ere it reaches the lungs.

NEVER stand still in cold weather, especially after having taken a slight degree of exercise; and always avoid standing upon the ice or snow, or where the person is exposed to a cold wind.

SHOULD the projected canals across the Isthmus of Panama ever be completed, it will be at a terrible cost of human life. The climate is very unhealthful, and laborers cannot be provided with proper food.

THE *Scientific American* gives illustrations of a South American fly that is disposed to deposit its eggs in the nostrils of sleeping human beings, in whom serious sickness results when the larvae are hatched out.

A wood engraver gives as his reason for not employing girls, that, however little they may say about it, they are brought up to think that some time they will marry and quit work. This he thinks makes them listless and without desire to excel.

DR. JOHN A. GRISCOM successfully completed a fast à la Tanner (self-imposed) of forty-five days, losing fifty pounds in weight, thus confirming Dr. Lethby's estimate that an active man must consume about a pound and a fifth of aliment per day.

THE proper ventilation of our school-houses is one of the most important questions of the day. Cold feet, hot head and hands, and consequent lassitude and headache, is the common complaint of many of the children in the crowded, ill-ventilated class-rooms.

A CHILD of Erin was ordered by his physician to put a mustard plaster on his chest. When the patient called next without any benefit to report, it was ascertained that he had applied the plaster to his trunk or clothes' chest. Moral—Doctors should give very explicit directions.

DR. ANDREW CLARK, of London, says of alcoholic beverages that in a perfect state of health there is absolutely no benefit to be derived from their use, and that as he goes through the wards of his hospital he concludes that seven of every ten cases owe their ill health to moderate drinking.

STREATOR, Ill., has an artesian well 2,496 feet deep which gives a large supply of water having a somewhat salty taste and containing some magnesia and iron. Coming from such a depth it will probably be quite a pure mineral water, but we think that for every day use, it would be better without its salts.

IN the stone hammer, man has unknowingly imitated his fore-arm with closed fist: in the shovel and spoon, we see the fore-arm and hollowed hand; in the saw, we find a reproduction of a row of teeth; tongs represent the closing together of thumb and fingers; in the hook is a bent finger reproduced; the pencil is simply a prolongation of the fore-finger.

REV. CHARLES F. DEEMS tells of a young man who is constantly in warfare with his appetite for liquor though he never permits himself to take a drop. Neither his father nor grandfather were addicted to its use, but his great-grandfather was an habitual drunkard. Thus are the sins of the father visited upon the children unto the third generation. Dr. Deems says of this case of hereditary impulse, "I think it is extraordinary only in the perfect resistance which he has made to his strong inclination."

FOOD is an agent of tremendous power. Feed mankind with the same science that birds, kine, and horses are fed—to wit, on their natural food—and then we may look for the healthy results obtained with these animals. Dairy-men know how to feed for health and milk. Hostlers know how to feed their horses, and ladies their canaries. They all seek to give the normal, natural food of the animal under their care. Now if man would treat his own race as he treats his animals, we think human nervous systems would not show such signs of weakness.