

OUR BLUENOSE CLUB.

The next time we assembled, the day had been very warm, the thermometer having roamed about among the nineties.

"Been pretty hot, to-day," remarked the doctor.

"Yes, quite warm enough," said Mr. Coge, "and up at the hotel where I dine, they give one nothing but hot beef, hot lamb, hot boiled vegetables, and hot everything, until I hardly feel like eating anything."

"Few people understand arranging summer menus," replied the doctor: "at this season, our system demands cooling viands.—Cold meats, such as cold roast lamb, cold roast chickens, etc., are most acceptable, and among cold vegetables, cold asparagus. Salads present an endless variety, and all dishes look much more tempting when neatly arranged and prettily garnished, if only with a fruit blossoms. A liberal diet of fresh, though thoroughly ripe fruit is of the utmost importance to most of us, but care must be taken not to eat too heartily of it at any one meal. Vast quantities of liquid should be avoided when fruit has been eaten. Milk is a very important summer diet, but should be used in moderation, as it is liable to produce ill effects. Drink it in small mouthfuls, and rest a moment between them. Dyspeptic persons should beat the milk a few moments before drinking, in order to break the butter globules, and render digestion easier. Skimmed milk and fresh butter-milk are strongly recommended as summer drinks in place of ice-water. Breakfast should not be a heavy meal, and hot food should be used in moderation. Hot tea and coffee liberally partaken of prevent one from feeling comfortable all day. Radishes ice-cold, oatmeal crackers and milk, a dainty slice of cold lamb, fresh fruit and cold asparagus, present a breakfast menu that makes hot weather a luxury."

"Can you tell me a remedy for ice-water dyspepsia?" asked Mr. Rod.

"I have often suffered with it during the summer."

"It may be entirely relieved by using small quantities of freshly churned buttermilk, accompanied by what is known as moderately dry diet."

"Will you tell me of a good simple disinfectant?"

"Two pounds of copperas, or sulphate of iron, dissolved in a pail of water, will greatly assist in purifying a privy or cesspool. A pound of nitrate of lead, dissolved the same way, is excellent for sinks, drains, or vaults. Chloride of lime is also effectual, or a layer of charcoal-dust will prevent offensive odours rising from any decomposing substance. The quantity of these substances will depend on the amount of matter to be deodorized, and the length of time during which they will be effectual will depend upon local conditions."

"When I was in your laboratory, yesterday," remarked the doctor to Test-tube, "I saw some crucibles there that looked as if they were made of nickel. What are they?"

"They are nickel. It is a new idea. I use them for melting caustic alkalis instead of silver ones, as they are not only cheaper, but resist higher temperatures."

"I saw," said the doctor, "in a recent number of the *Scientific American* a notice of Dr. E. P. Brown's remarks at a meeting of the New York Odontological Society, on the effect of salt on the teeth."

He says, 'I will venture the assertion, that the excessive use of common salt is one of the main factors in the destruction of the human teeth to-day. I am now engaged in collecting some statistics on this point, from which I hope in time to demonstrate, what seems to me to be the fact, that common salt excessively used is a great solvent of the human teeth. If it will injure the human teeth through the chemistry of our systems in some way that I will not attempt to explain to-night, why might it not also have the effect of preventing a good development of the teeth when taken into the system in excess? You will find that people who eat a great deal of salt, and a great deal of sugar, are often entirely toothless. I know several instances of candy-storekeepers where three generations are entirely toothless. People who eat an excessive amount of salt are tempted to eat large quantities of candy, pickles and vinegar. There seems to be a craving for those substances after the excessive use of salt.'

"Here is an item more in your line," he continued, handing a clipping from the same paper to the superintendent, who read it aloud:—

"A SHOAL WATER ALARM—A curious invention, especially designed for navigating the Nile, but which is applicable to other rivers, has been brought out by Messrs. Yarrow, of London. The object of the invention is to notify the pilot of the existence of sandbanks or rocks lying directly in his pathway. The invention consists of two poles projecting about fifty feet ahead from the port and starboard sides, at the ends of which are suspended two vertical iron rods. The bottom extremities of these come about one foot below the level of the boat itself. Attached to each of these two vertical iron rods is a wire rope which passes inboard, and is connected with the whistle on the boiler; and the gear is so arranged that immediately this indicator touches a rock or sandbank, it instantly causes the steam whistle to blow. This plan, in the first instance, draws the pilot's attention to the fact, and also points out to him on which side of the steamer the sand bank or rock exists, so that it gives him an idea in which direction to steer."

"Stout Meadowcroft & Co., of New York, have just patented a very neat invention in the shape of an electric fan," said the doctor. "It consists of an ornamental standard about a foot high, on which is mounted a screw-propeller fan. On connecting the wires of a battery with the standard, the fan revolves rapidly, and delivers a cool breeze in any direction desired. The upper part of the standard, on which the fan is carved, is hinged, which allows of the adjustment of the fan to any desired position. The battery is contained in a little box 4½ inches square and same depth, holding liquid enough to run the fan for several hours, when it is poured out and replaced by a fresh supply."

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