

Useful Information.

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COLD FROM DAMP CLOTHES.—If the clothes which cover the body are damp, the moisture they contain has a tendency to evaporate by the heat communicated to it by the body. The heat absorbed in the evaporation of the moisture contained in the clothes must, in part, supplied by the body, and will have a tendency to reduce the temperature of the body in an undue degree, and thereby to produce cold. The effect of violent labor or exercise is to cause the body to generate heat much faster than it would in a state of rest. Hence we see why, when our persons have been rendered wet by rain or perspiration, the taking of cold may be prevented by keeping the body in a state of exercise or labor till the moisture can be changed, or till they dry on the person; for in this case the heat carried off by the moisture in evaporating is amply supplied by the redundant heat generated by labor or exertion.

ICE FOR DYSENTERY.—A correspondent of the Providence Journal, advocates for the efficacy of ice as a cure for dysentery, cramp, and all ordinary inflammation of the throat. The manner of application is as follows: "Take up a small lump of ice in a towel, and put it in pieces in a bowl. Take position slightly on the back, and place the

the pieces in a bowl. Take

Backwards, either in a chair or on a sofa. Proceed for half an hour to feed yourself with the lumps of ice, letting them dissolve slowly in the back part of the mouth or the entrance of the throat. A single such application will often break up a common sore throat, which otherwise may have a course of two or three days. In case of a severe sore throat use the ice frequently and freely. In case of diphtheria keep a small lump constantly in the mouth.

HOW TO DISCOVER SMALL POX IN ITS EARLY STAGE.—The *Scientific Journal*, in an article on small pox, admonishes physicians not to be hasty in passing their opinion that any eruptive disorder is that loathsome disease until they prove the following secret to the profession.—"Now we offer this secret to the profession—soon as the eruptions appear, and before they have reached the point of the finger may distinctly be felt the *small hard substance, precisely as if a fine shot had been placed under the cuticle of the skin*. This peculiar appearance belongs to no other eruptive disease. We have applied this term 'secret,' here; for whilst it is and has been known to a few physicians, it is not mentioned in any of the standard authorities; nor does the writer claim the credit of the discovery. After this, all rests upon practice, will add this unfailing diagnostic symptom."

DOUBLE-HEELING STOCKINGS.—Miss S. R. Bowman remarks on this subject as follows:—"Soldiers very soon walk through the heels of their stockings. Now if the good ladies who knit so much, will only make fine double heels, in the following manner, 'they will probably foot up a victory in the twinkling of an eye.' To do this, knit on the right side knit one stitch and one thread, and the next with the other, and so on across the needle. This alternately makes a loop on the inside, which renders the heel very thick and durable, without looking in a new way. On the wrong side, take both the heels together, and knit as one, in the usual way."

GERMAN ECONOMY.—A late tourist in Germany describes the economy practiced by the peasant class as follows:—"Each German has his house, his orchard, his inside trees so laden with fruit that he need not carefully prop them up and tie together, and in many places hold the boughs together by wooden clamps, they would be torn asunder by their own weight. He has his corn plot, his plot for mangel wurtzel or hay for potatoes, for hemp, flax, &c. His master, and therefore he and his family have the strongest motive for exertion. You see the effects of this in his industry and economy. In Germany nothing is lost. The produce of the trees and the cows is carried to market. Much fruit is dried for winter use. You see straw, pumpkins, cherries and sliced apples lying in the sun to dry. You see strings of them hanging down the windows in the sun. The cows are kept up the greater part of the year, and every green thing is collected for them. Every little wood where

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on the heads of women and children in baskets, or tied in large cloths. Nothing of the kind is lost that can possibly be made of any use. Weeds, nettles, nay the very weeds which cover the waste places, is cut up and taken for the cover. You see the little children standing in the streets of the villages, and in the streams which generally run down them, busy washing these weeds before they are given to the cattle. They collect the leaves of the marsh-grass, carefully wash the potato tops for them, and, even, if other things fail, gather green leaves from the woodlands."

ISABELLA WINE.—For 10 gallons of wine add 50 pounds of the best grapes; wash them well; cut them in pieces from them all the juice possible. Add to the pulp and skins water enough to cover them; leave them stand from 12 to 24 hours, then strain as before. Put the whole together with 25 pounds of white sugar into a ten-gallon cask, which fill with water, and keep full by adding water, that the impurities may work out. Let the cask stand in a place where the temperature is from 60 to 85 degrees. When fermentation ceases, which is known by the ebullition ceasing; then bung tight, but remove the spile, as occasion may require, to allow the gas to escape; when this ceases put the spile in again. Let the wine remain one or two months, when it may be drawn off and bottled. If the wine is to be returned to the cask with the white of two eggs well beaten and stirred in. Add one gill of mustard seed and one pound of best raisins; bung tight and leave it undisturbed until the cask is wanted next season, when the wine may be bottled. Have a sweet put in the bottle, and the wine will be as good as put in. If disturbed the wine will not be clear.

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strings of them hanging down the windows in the sun. The cows are kept up the greater part of the year, and every green thing is collected for them. Every little nook where the grass, roadside, river and brook, is carefully cut by the girls, and carried home on the heads of women and children in baskets, or tied in large cloths. Nothing of the kind is lost that can possibly be made of any use. Weeds, nettles, nay the very goose-grass which covers the waste places, is cut up and taken for the cows. You see the children standing in the streets of the villages, and in the streams which generally run down them, busy trawling these weeds before they are given to the cattle. They collect the leaves of the marsh-grass, carefully cut their potato tops for them, and, even, if other things fail, gather green leaves from the woodlands."

ISABELLA WINE.—For 10 gallons of wine select 50 pounds of the best grapes; wash them well, press or strain from them all the juice possible. Add to the pulp and skins water enough to cover them; leave them stand from 12 to 24 hours, then strain as before. Put the whole together with 25 pounds of white sugar into a ten-gallon cask, which fill with water, leaving full by adding water, that the impurities may work out. The cask should be placed where the temperature is from 60 to 65 degrees, until fermentation ceases, which is known by the ebullition ceasing; then bung tight, but remove the spile, as occasion may require, to allow the gas to escape; when this ceases put the spile in tight. Let the wine remain for one month, when it is to be drawn off, the cask rinsed out and the wine returned to the cask with the white of two eggs well beaten and stirred in. Add one gill of mustard seed and one pound of best raisins; bung tight and leave it undisturbed until the cask is wanted next season, when the wine may be bottled. Have a sweet put in for the bottle, and the wine will be in put in. If disturbed the wine will be clear.

