

HOW TO TAKE CARE OF THE TEETH.

Some time ago the Odontographic Society of Philadelphia offered a prize for the best essay on the care of the teeth, the same to be published for the benefit of the blind.

The prize was awarded for the following rules for preserving the teeth:

1. Cleanse your teeth once, or oftener, every day. Always cleanse them before retiring at night. Always pick the teeth and rinse the mouth after eating.
2. Cleansing the teeth consists in thoroughly removing every particle of foreign substance from around the teeth and gums.
3. To cleanse, use well-made brushes, soft quill or wood toothpicks, an antiseptic toothwash and precipitated chalk. If these fail apply to a reliable dentist.
4. Always roll the brush up and down lengthwise of the teeth, by which means you may avoid injuring the gums and necks of the teeth, and more thoroughly cleanse between them.
5. Never use a dentifrice containing acid, alkali, charcoal, soap, salt or any gritty or powerful abrasive substance.
6. Powders and pastes generally are objectionable. They injure the gums and soft parts of the teeth, and greatly assist in forming tartar. A wash, properly constituted and carefully prepared, is pleasanter and more beneficial. It dissolves the injurious secretions and deposits, and the whole is readily removed with the brush and water.
7. Avoid eating hot food. Thoroughly masticate and insalivate the food before swallowing it. Frequent indulgence in sweetmeats, etc., between regular meals disturbs the process of digestion, and a viscid secretion is deposited in the mouth (from the stomach) which is very injurious to the teeth.
8. Parents, carefully attend to your children's second dentition. Gently prevail upon them, at an early age, to visit at frequent intervals a careful and skillful operator.
- Remember that four of the permanent double teeth come in at about the age of six years. They are very liable to decay early, are very large, and should never be allowed to require extracting.
- Children do not "shed" their teeth as they did in former ages. Instead of being trained to masticate nutritious food, they are tempted with and allowed to "grip down" delicacies, hot cakes, hot beverages, etc.
- Thus, by depriving the teeth of their natural function and overtaxing the stomach, a morbid condition of the general system is produced; the "first teeth" are prematurely decayed, and the permanent set are not matured at the proper period of dentition. The consequences are terrible.
9. Never allow any one to extract a tooth or to dislodge you from having them filled, unless absolutely necessary. Many so-called dentists, actuated by selfish motives, advise extracting, and sacrifice teeth which competent operators can render serviceable for many years.
10. Carelessness and procrastination are responsible for a large majority of teeth that are lost.

**BAD RIVETING.**—A writer in the *Polytechnic Review* states that some time ago having occasion to use some boiler castings with tube-sheets attached, he started to take the sheets off, commencing by chipping, but finding, after a time, that he could save labor by hammering the rivet heads, the result was about on an average, three blows with a pound and a half hammer per rivet, to drive it completely away from its head. Now this is what might be called bad riveting, and it was perfectly new, having never been used. The result of a high steam pressure, on such work may readily be imagined. And yet, says the writer, we do not know that there are not hundreds of boilers in nearly the same condition, running very nearly up to their full capacity. Even though the work may not be so bad when new, corrosion will make it constantly worse, when leaks may start, and tanking is of no use; nothing but new rivets will answer. The rivets under discussion, were cut too short in the first place, and consequently the heads were under the proper size; then they were hammered too much, and a crack started around the head, and the whole structure of the iron ruined, as could be seen by examining them after they were removed. A good plan to prevent flawing the head in such a manner (in addition, of course, to good work) would be, to counter-sink the holes in the sheet on the side of the heading, so as to form a fillet under the head which would serve the same as a fillet in castings, to avoid cracks.

**HOW FINE DARK CIGARS MAY BE MADE.**—According to a little brochure, published lately by M. Haase, cigar manufacturer in Bremen, and reviewed by the *English Mechanic*, the artificial coloring of cigars is daily becoming more common. Most of the smoking public prefer strong and dark-colored cigars to the light and bright-colored. M. Haase reports that 75 per cent. of his purchasers order the former, and only 24 per cent. the latter. It is further known that most cigar-smokers prefer a cigar of a regular brownish color to an irregularly-colored, red, dun, or spotted cigar. On the other hand, the color of raw tobacco tends rather to bright than to dark, and the bad crops of the past year have furnished much bad-colored tobacco. Hence, with an increasing proportion of bright-colored and bad-colored tobacco, and the demand for the dark tobacco, the use of coloring sauces has increased. These sauces are all of pretty harmless ingredients, generally some dilute dyewood extract in homœopathic solution; but, indeed, these extracts contain no natural tobacco color. M. Haase condemns the practice; any artificial alteration of a natural product, like tobacco, in order to give it a better look, is in itself improper. Then the natural color of the covering leaf is of essential influence on the strength of the cigar, and most smokers lay great value on the color. But, with artificial coloring, the judgment is deceived, and a right inference from the external color to the quality of the cigar rendered impossible. Embellish cigars can, by coloring, be passed off for good. Hence all artificial coloring of cigars with such sauces must be regarded as a falsification of the goods for deception of the public.

THE FAKIR.

India possesses a class of religious mendicants whose religion teaches them to endure hardships of all kinds, and to inflict upon themselves castigations so severe that they often fall victims to their strangely misdirected zeal. Mohammedanism also has kindred devotees, with whom Americans who may have traveled in Turkey or Egypt will be familiar. We refer to the howling and dancing dervishes.

But whatever sufferings the disciple of Christ or Mohammed chooses to suffer for the sake of his religion, they are scarcely to be compared with those the fakir (pronounced fah-keer) will undergo on purpose to reach Brahma's bosom, and he will tax his ingenuity to its utter extent to invent, perfect or vary the horrible cruelties he commits upon himself in his mistaken idea of what will be grateful to his God. Some of them will fast for days, even weeks, others will make a vow to bend an arm behind their back, or stand on one leg so long that the muscles of the limb shrink in and prevent it from ever again taking its natural position. Such a one the writer saw in Kurrachoe (Sind), who passed his time in mute adoration, standing on one leg upon a big stone without any protection against a torrid sun, and never descending his

troops upon a signal to indicate the right moment of the outbreak. When the time came they presented themselves before the Sepahis with a lotus leaf (the sacred plant of India), and it was the beginning of a series of atrocities which cannot be described.

The fakir shown in the engraving is meditating under a tree upon the banks of the Ganges, with his cabin a few steps off, and may, for aught we know, be calling the vengeance of Krishna the destroyer, upon the two hunters near by who disturb his saintly thoughts, by taking living beings' lives near by, an action which is the most heinous sin in the religion of the Brahma.

COPPERAS AS A DISINFECTANT.

Copperas (sulphate of iron) is largely used as a disinfectant for the miasmatic exhalations. According to some researches into its use by the *Polytechnic Review* it is of doubtful value for such purposes. It claims that the sulphate of iron, first of all, unlike the chloride of lime, is not a hygienic disinfectant. Although it is poisonous to higher forms of life, there appears to be no evidence that it acts destructively upon the lower forms of organisms, as does the chloride. One of the best illustrations that can be offered to prove conclusively that the sulphate is not a poison to the minute life forms, developed during putrefaction and decay, is afforded by the strong disposition of our common



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pedestal but to partake of a little boiled rice, or to snatch a few moments of sleep when overtaxed nature became too exhausted.

Others, again, will bury themselves in the ground up to the head and suffer the bites of termites (white ants) or other tropical insects, whose bite is equally painful. In fact, there is no suffering these poor deluded heathen can think of they will not cheerfully and readily undergo on purpose to deserve the right of entrance to the seventh heaven. Yet all fakirs do not subject themselves to such sufferings; but all believe it a duty to fast much and often.

High-caste Hindus being strict vegetarians, even when rich, have but little variety in their food, but the fakir who is an ascetic, has but one article of food, rice, which he eats sparingly. The consequence is that fakirs are the most skeleton-like beings it is possible to see; their thinness being the more apparent from the fact that they scarcely ever have more covering than a rag around their loins.

Fakirs are greatly revered by the ignorant castes in India, and their revelations, which are often but the ravings of a diseased brain, are listened to with awe and devotion. The mutiny proved that they were much to be feared by the English rulers as agents of the disaffected rajahs, whose messages they carried to them to revolt against their officers and ultimately to commit the massacre which caused such great mourning in England.

It is said that the emissaries of Nims Sahib, the great instigator of the Indian mutiny, were all fakirs and had agreed with the native writing inks, most of which contain it in quantity, to become moldy, such mold being, as is doubtless well known, a fungus vegetation, which often appears on bodies in process of decay. We may designate the virtues of the sulphate of iron, for disinfecting purposes, as follows: It is not a hygienic disinfectant, since it does not destroy the lower forms of life. As a remedy, therefore, against the spread of epidemic diseases, which spread by the dissemination of the germs of such minute organisms, it is quite useless. As a chemical disinfectant, however, for the suppression of offensive odors, affecting the question of comfort rather than health, it is a most excellent agent. Wherever the ordinary system of a walled reservoir for holding excremental matters is in vogue, and where, as is generally the case, the reservoir is but seldom emptied, the air in the vicinity, especially during the period of low barometer, will be charged with pungent and offensive odors. These may be effectually checked by the periodical addition of the sulphate in solution in water.

**ELECTRIC LIGHT FOR CITIES.**—*Les Mondes* says that the municipal council of Exeter is the first public body in England which has officially recognized the value of the recent experiments in electric lighting. It has postponed a contemplated purchase of gas works, under a hope that electricity will soon be shown to be more satisfactory as well as more economical. The three rival systems, of the Gramme machine, the Alliance machine, and the electric candles of Jablockhoff and Demayrouse, are continuing their experiments in Paris, on a large scale.

HOME-MADE CURTAINS.

A house-wife writes to the *Prairie Farmer*, some notes of her home-made decorations. We take a paragraph on curtains: Lovely draperies can be fashioned out of that commonest of fabrics, cheese-cloth. They should be long and full; bands of turkey-red calico stitched on the front edge and bottom, make a pretty finish. More elaborate curtains can be made by using Torchon or Smyrna lace insertion and edge—with a strip of cheese-cloth of the same width as the insertion between the two—for the finish. A band of turkey-red, an insertion of lace, another band of red and a lace edge of the same width as the insertion, makes a beautiful combination. A round cornice with rings is the most appropriate for these curtains, but they can, of course, be hung on whatever kind one may have. If one does not happen to be possessed of cornices of any description, and economy is to be studied—They can be easily improvised out of some spare bedstead slats. Cut the slats four inches longer than the window casings are wide; on each end fasten a piece four inches long, that will set square back to the wall. Put some cotton batting on the upper side, so as to make a rounded surface and cover all smoothly with cotton cloth to hold it in shape. Cover this with a puff made of the cheese-cloth, leaving a frill an inch or more in depth on each side. Tack a scarlet cord or band over the gathering threads, and fasten the cornice in position with long hooks that come for the purpose. Very pretty lambrequins can be made of the same materials by tacking a straight breadth, (trimmed across the bottom) in large plaits to the cornice, and after it is hung, looping the center in graceful folds.

VIENNA BREAD.

A Vienna bakery has been one of the most prominent objects at each of the last three international exhibitions, and probably there are many housekeepers who would be glad to know how this delicious bread is made.

**The baking.**—The loaf should be so small that 15 or 20 minutes will be sufficient to cook it through in an oven which is heated to a temperature of about 500°, or the melting point of bismuth. The rolls should not touch each other.

**The mixing.**—The proportions are: Eight pounds of flour, three quarts of milk and water in equal proportions, three and a half ounces of pressed yeast, one ounce of salt, which should make about 380 rolls of the ordinary "Kaiser semmel" size. The milk and water in equal parts are first mixed and allowed to come to the usual temperature of a kitchen, and a small amount of flour is then mixed in it so as to make a thin emulsion. The yeast is added and well mixed in, first crumpling it in the hand, and the pan is left covered for three-quarters of an hour. The rest of the flour is then slowly mixed in with thorough kneading.

**MENDING ALABASTER ORNAMENTS.**—The *English Mechanic* commends the following as an excellent cement for this purpose: Get a dram of quick-lime, slake it with a little water, powder it very fine, and sift it through a very fine lawn sieve. Mix this powder, while quite freshly prepared, with two tablespoonfuls of raw white of egg; work up very smooth with a spatula and apply to the surfaces to be joined, which must be held together with tape straps, etc., until the cement has set thoroughly.

**CHILI SAUCE.**—There is an excellent home-made sauce for meat that goes by this name, probably because it was originally an imitation of a sauce made of the chili, or cayenne pepper root. The following is a recipe for it: Take sixteen ripe tomatoes, two onions, two green peppers, two teaspoonfuls of salt, one teaspoon of sugar, two and one-half teaspoon of vinegar, one teaspoonful each of cloves and cinnamon. Chop and mix, boil slowly, and put into glass cans.

**SOFT SOAP.**—A trustworthy correspondent sends us the following recipe: In ten gallons of boiling water dissolve three pounds good hard soap sliced, and add two ounces washing soda, six ounces pulverized borax, and two ounces pearlash or potash, and stir it well. This soap makes no suds, but cleanses and bleaches, takes out grease, and is good for glass or crockery.

**THE DUKE AND THE WORKMEN.**—The Duke of Bridgewater was fond of watching his men at work, and when they were boring for coal at Worsley, he attended every morning and looked on for a long time together. The men did not like to leave off work while he remained there, and they became so dissatisfied at having to work so long beyond the hour at which the bell rang, that Brindley had difficulty in getting a sufficient number of hands to continue the boring. On inquiry he found out the cause, and told the duke, who from that time made a point of walking off when the bell rang, returning when the men had resumed work, and remaining with them usually until six o'clock. He observed, however, that, though the men dropped work promptly as the bell rang when he was not by, they were not so punctual in resuming work. He asked to know the reason, and the men's excuse was that, though they could always hear the clock when it struck 12 they could not so readily hear it when it struck only one. On this the duke had the mechanism of the clock altered so as to make it strike 13 at one o'clock.

**BRITISH ENCOURAGEMENT TO SCIENCE.**—An influential deputation of members of Parliament waited on the Chancellor of the Exchequer, to advocate the claims of the Scottish Meteorological Society. Sir Stafford Northcote said that the treasury was prepared to grant £1,000 for services rendered to the government during the past 20 years; and he gave encouragement for future appropriations.