

USEFUL, IF NOT NEW.

The following simple rules for preserving health and for promoting personal comfort, if not new, are none the less important to every one:

The object of brushing the teeth is to remove the destructive particles of food which, by their decomposition, generate decay. To neutralize the acid, resulting from the chemical change which such particles as are not removed undergo, is the object of dentifrices. A moderately stiff brush should be used after every meal, and a thread of silk floss or India rubber passed through between the teeth to remove particles of food. Rinsing the mouth in lime water neutralizes the acid.

Living and sleeping in a room in which the sun never enters is a slow form of suicide. A sun bath is the most refreshing and life-giving bath that can possibly be taken.

Always keep the feet warm, and thus avoid cold. To this end, never sit in damp shoes or wear foot coverings fitting and pressing closely.

The best time to eat fruit is half an hour before breakfast.

A full bath should not be taken less than three hours after a meal. Never drink cold water before bathing. Do not take a cold bath when tired.

Keep a box of powdered starch on the washstand; and after washing, rub a pinch over the hands. It will prevent chapping.

If feeling cold before going to bed, exercise; do not roast over a fire.

How to Do UP SHIRT BOSOMS.—Take two tablespoons best starch, add a very little water to it, rub and stir with a spoon into a thick paste, carefully breaking all the lumps and particles. Add a pint of boiling water, stirring at the same time; boil half an hour, stirring occasionally to keep it from burning. Add a piece of "enamel" the size of a pea; if this is not at hand use a tablespoonful gum arabic solution, (made by pouring boiling water upon gum arabic and standing until clear and transparent), or a piece of clean mutton tallow half the size of a nutmeg, and a teaspoon of salt will do, but it is not as good. Strain the starch through a strainer or a piece of thin muslin. Have the shirt turned wrong side out; dip the bosoms carefully in the starch and squeeze out, repeating the operations until the bosoms are thoroughly and evenly saturated with the starch; proceed to dry. Three hours before ironing dip the bosoms in clean water; wring out and roll up tightly. First iron the back by folding it lengthwise through the center; next, iron the wristbands and both sides of the sleeves; then the collar-band; now place the bosomboard under the bosom, and with a dampened napkin rub the bosom from the top towards the bottom, smoothing and arranging each plait neatly. With a smooth, moderately hot iron, begin at top and iron downward, and continue the operation until the bosom is perfectly dry and shining. Remove the bosomboard and iron the front of the shirt. The bosoms and cuffs of shirts, indeed of all nice, fine work, will look clearer and better if they are first ironed under a piece of thin old muslin. It takes off the first heat of the iron and removes any lumps of starch.

THE ST. GOTHARD TUNNEL.—The popular vote on the Gothard question, which will probably decide the fate of the enterprise, is fixed for the second week in January. Meanwhile the Federal Council has passed the engineers' estimates for the seventh year of construction. Twelve million three hundred thousand francs have to be spent on the works during the period in question, and it is calculated that by next October the tunnel will have been bored to a length of 11,000 yards.

A FURTHER enormous depreciation of Turkish paper money has occurred.

HARLAN'S BUZZARD.

Our engraving shows Harlan's buzzard which was added to the fauna of the United States by Mr. Audubon about the year 1830, and by him called after Dr. Richard Harlan, of Philadelphia. He speaks of two specimens only, which were captured in Louisiana. They had bred in the neighborhood of the place where found for two seasons, but their nests were not seen.



HARLAN'S BUZZARD.

Their young are said to appear of a leaden gray color at a distance, but to become as dark as the adult birds at the approach of winter. These birds were successively seen perched on the top of a high tree, standing in an erect attitude, and appeared so like the black hawk (*Falco* or *Niger*) of Wilson, as to be at first taken for it. They were hard to approach, and when severely wounded and captured they proved fierce, courageous and intractable, and died refusing food. They were considerably smaller than the red-tailed hawk, to which they are allied, but

superior in daring; their flight is rapid, protracted, and so powerful as to enable them to seize their prey with apparent ease, or to effect their escape from the red-tailed hawk, which pursues them on all occasions. They have not been observed to fall on hares or squirrels, but at all times evince great fondness for common poultry, partridges, and the smaller species of wild ducks.

NUTS.—Are nuts wholesome? Nuts are very rich food, containing much oil, in such a state

that it is not easily acted on by the gastric juice unless minutely divided before being passed to the stomach. Thoroughly chewed, however, they are wholesome for persons with good stomachs. Children may eat nuts freely to advantage, but care should be taken to choose fresh ones. Stale, old, over-dried nuts are very indigestible and injurious.

THE German Fishery Verein will hold an international exhibition at Berlin in April, 1880.