SOME HINTS IN REGARD TO DIET.

In Dr. Hall's *Journal of Health*, a few years ago, the following statement of the amount of nutriment in various articles of food was given:

"Raw apples, 10%; boiled beans, 87%; roasted beef, 26%; baked bread, 80%; butter, 96%; boiled cabbage, 7%; raw cucumbers, 2%; boiled fish, 20%; fresh milk, 7%; roasted mutton, 30%; roasted pork, 24%; roasted poultry, 27%; boiled potatoes, 13%; boiled rice, 88%; sugar, 96%; boiled turnips, 4%; roasted veal, 25%; and boiled venison, 22%."

From this statement of Dr. Hall's a correspondent of the New York *Sun* makes the following deductions:

"The cheapest articles of food, except butter, are the most nourishing. A pint of white beans, costing a few cents, contain the same amount of nutriment as 3½ pounds of prime roasting beef, which is 12 times as expensive. Furthermore, a pound of Indian meal will go as far as a pound of fine flour."

In alluding to the above, the Boston *Journal of Chemistry* says:

"We call it a loose statement, and so are all the statements made in various books in regard to the comparative nourishing qualities of various kinds of food, as they are all based on some false premise; some, for instance, on the percentage of nitrogen in the food, others on the amount of water in it, etc. The result is an erroneous comparison, and the deductions drawn must be false. Thus in the above table, sugar is 96%, and turnips 4%, making 24 pounds of turnips equivalent to 1 pound of sugar; rice 88%, and roasted beef 26%, making 1 pound of roasted beef not much more nourishing than 4 ounces of boiled rice. The whole assertion is simply absurd and the table worthless, as every one will maintain who properly attends to the duty of selecting his food judiciously in regard to the wants he feels.

"We deliberately call it a duty to be careful in selecting our food; we even go further, and call it a crime not to feed well, or to be negligent in our selection, eating or drinking things we dislike, or, what is worse than all, eating when we have no appetite, simply because it is time for meals."

In speaking of a corn diet the same paper remarks:

"Very few constitutions can stand a corn diet. In most cases corn has a tendency to sour on the stomach, and by its continued use, chronic dyspepsia and premature death results.

"Man, and especially civilized man, needs a variety of food. The man who does a great deal of brain work requires different food than the man who only works with his muscles, as the one consumes more nervous material, and the other more muscular; and as different as the chemical composition of the brain and nerves is from that of the muscles, equally different must be the character of the food needed to supply the waste."

How to Wash Silks.—Lay the silk smooth on a clean board, rub soap upon it, and brush it with a rather hard brush. The amount of brushing requisite will depend on the quantity of grease upon the silk. When it has been sufficiently brushed with the soap to cleanse it from grease and dirt, it should be well brushed both sides with clean cold water. A little alum infused in the last water with which the silk is brushed will prevent the colors from spreading. Should there be any patches of grease upon the silk, they should be removed as previously described, or by the application of a little camphine and alcohol. Folding or wringing silk when wet must be scrupulously avoided, as creases made in silk when wet will never disappear; and, in like manner, *hot suds* must not be used for washing silks, as it will in most instances remove the colors.—*Cassell's Household Guide.*

Tacks and hypocrites always point heavenwards when they mean the most harm.

CURE FOR WHOOPING COUGH.

Dr. Pernot describes in the Lyons *Medical Record* a very successful treatment of whooping cough with carbolate of soda. He places the carbolate of soda in a small porcelain crucible held above the flame of a spirit lamp, which keeps it in an unvarying temperature as long as wished. As the carbolate of soda becomes volatilized, the atmosphere of the sick room is impregnated with the vapor of carbolic acid.

When the crucible and lamp are not at hand, a satisfactory substitute is found in a fire-brick heated enough to vaporize the carbolate. In numerous cases the following results have been obtained.

1. A notable diminution of the paroxysms of coughing after from two to ten days' treatment. 2. Less labored and painful respiration. 3. Shorter duration of the paroxysms of coughing. 4. The most confirmed attack of whooping cough remains *in statu quo* from the commencement, and it always appeared to him to diminish more or less rapidly, but always in a time relatively short to its usual duration.

The vapors of carbolate of soda have valuable disinfecting and antiseptic properties

It is worthy of note in this connection that the fungoid origin of whooping cough, asserted some years since by M. Svetzerich, seems to be confirmed by the recent researches of M. Yschamar, who says he has found certain lower organisms in the spittle of whooping cough patients—organisms not met with in any other disease accompanied by cough and expectoration. He claims further, that the organisms in question are identical with those which, by their agglomeration, form the black points on the skins of oranges and the parings of certain fruits, especially apples. Thus, M. Yschamar, by inoculating rabbits with this dark matter, or even causing it to be inhaled by men, produced fits of coughing several days in duration, and presenting all the characteristics of the convulsive wooping cough.

Pigs' Feet for Table Use.—The following is said to be the best way to prepare pigs' feet for table use: First put in a kettle just enough water to cover the hoofs; bring to a boil, put in one hoof at a time and let it remain fully five minutes. If the feet are frozen, leave them in fully ten minutes. Then with a hook, or sharp-pointed knife, push off the points of the claws. Never chop them, because little shivers of bone will remain in the meat. To prepare them for eating, soak in a little salted water to draw out any blood that may remain in them; then take out and boil until tender. Pack them snugly in a stone jar, and as soon as cold, pour in enough good strong cider vinegar to cover them. If not eaten cold, cut them to pieces as much as convenient, fry in a little butter, and season to taste with vinegar. Some add the vinegar and pepper just before taking from the stove. To make pigs' foot jelly, take the water in which the feet were boiled for use, strain it, and let it stand until cold. Then cut the feet in pieces, and boil some vinegar, in which put beets to color, and spice with allspice, cloves and pepper. Cool, and pour over the jelly and serve on the table.

The Size and Figure of the Earth.—Prof. Listing gives in the *Astronomische Nachrichten* the following results of his determination of the constants of the earth's figure: Equatorial radius, 6,377,377 meters; polar radius, 6,355,270 meters; mean radius, 6,377,000 meters; equatorial quadrant, 10,017,560 meters; meridian quadrant, 10,000,205 meters; eccentricity of meridian section, 288,480; length of second's pendulum at equator, 45°, and pole, 990.9948, 993.5721 and 996.1495 millimeters, respectively; force of gravity at equator, 45°, and pole, 9.780728, 9.806165 and 9.831603 meters, respectively; also in general the length of the second's pendulum equals (in millimeters) 990.-9948 plus 5.1547 times the square of the sine of the latitude; and the force of gravity equals (in meters) 9.780728 plus 0.050875 times the square of the sine of the latitude.

HINTS FOR HOUSE-CLEANERS.

We give below a few hints which may prove useful to housekeepers:

Soot falling on the carpet from open chimneys, or from carelessly handled stove pipes, if covered thickly with salt, can be brushed up without damage to the carpet.

A little spirits of turpentine added to the water with which floors are washed, will prevent the ravages of moths.

When carpets are well cleaned, sprinkle with salt and fold when laid, strew with slightly moistened bran before sweeping; this, with the salt, will freshen them wonderfully.

Fuller's earth, mixed to a stiff paste with cold water, spread on the carpet, and covered with brown paper, will, in a day or two, remove grease spots; a second application may be necessary.

Spirits of ammonia, diluted with water, if applied with a sponge or flannel cloth to discolored spots in carpets or garments, will often restore the color.

A paste made of whiting and benzine will clean marble, and one made of whiting and chloride of soda, spread and left to dry (in the sun if possible) on the marble, will remove spots.

Paint, splashed upon window-glass, can be easily removed by a hot solution of soda.

Use kerosene and brick-bath or lime, to scour zinc, tin or copper; wash in hot suds, and polish with dry whiting.

To give glass great brilliancy, wash with a damp sponge dipped in spirits, then dust with powdered blue or whiting, tied in a thin muslin bag, and polish with chamois cloth.

A flannel cloth dipped in warm soapsuds, then into whiting, and applied to paint, will instantly remove all grease and dirt. Wash with clean water, then dry; the most delicate paint will not be injured, and will look like new.

One pound of copperas dissolved in one quart of boiling water will destroy foul smells.

Powdered borax scattered in their haunts will disperse cockroaches.

Plaster of Paris mixed with gum arabic water makes an excellent white cement, but must be used immediately, as it hardens quickly. A mixture of five parts gelatine to one of acid chromate of lime, applied to broken edges, which should be pressed together and exposed to the sunlight, makes an insoluble cement.

To whiten walls, scrape off all old whitewash, and wash the walls with a solution of two ounces of white vitriol to four gallons of water. Soak a quarter of a pound of white glue in water for 12 hours; drain and place in a tin pail, cover with fresh water, and set the pail in a kettle of boiling water. When melted, stir into the glue eight pounds of whiting, and water enough to make a mixture as thick as common whitewash. Apply evenly with a good brush; if the walls are very yellow, blue the water slightly by squeezing in it a flannel bag containing some powdered blue.

To clean matting, wash with a solution of one pint of salt to four gallons of water, and wipe dry immediately.

To clean oilcloths, wash always with warm milk. Once in six months scrub with hot soapsuds, dry thoroughly, and apply a coat of varnish. They will last as long again.

A little kerosene added to stove-polish improves the luster. Apply while the iron is warm.

To remove spots from furniture take four ounces of vinegar, two of sweet oil, and one of turpentine; mix and apply with a flannel cloth.

Gum camphor wrapped in paper and laid around sugar barrels will disperse ants.

A lecturer, addressing a mechanics' institute, contended that "Art could not improve Nature," when one of the audience set the whole assembly in a roar by exclaiming: "How would you look without a wig?"

"Biddy, did you put an egg in the coffee to settle it?" "Yes, mum, I put in four. They were so bad, I had to use the more of them."