WHAT TO DO IN CASES OF DIPHTHERIA.

[From the Circular of the Massachusetts State Board of Health.]

In the first place, as diphtheria is a contagious disease, and under certain circumstances not entirely known, very highly so, it is important that all practical means should be taken to separate the sick from the well. As it is also infectious, woolen clothes, carpets, curtains, hangings, etc., should be avoided in the sick room, and only such materials used as can be readily washed.

All clothes, when removed from the patient, should be at once placed in hot water. Pocket-handkerchiefs should be laid aside, and in their stead soft pieces of linen or cotton cloth should be used, and at once burned.

Disinfectants should always be placed in the vessel containing the expectoration, and may be used somewhat freely in the sick room; those being especially useful which destroy bad odors without causing others (nitrate of lead, chloride of zinc, etc.) In schools there should be especial supervision, as the disease is often so mild in its early stages as not to attract common attention; and no child should be allowed to attend school from an infected house, until allowed to do so by a competent physician. In the case of young children, all reasonable care should be taken to prevent undue exposure to the cold.

Pure water for drinking should be used, avoiding contaminated sources of supply; ventilation should be insisted on, and local drainage must be carefully attended to. Privies and cesspools, where they exist, should be frequently emptied and disinfected; slop water should not be allowed to soak into the surface of the ground near dwelling-houses, and the cellars should be kept dry and sweet.

In all cases of diphtheria fully as great care should be taken in disinfecting the sick room, after use, as in scarlet fever. After a death from diphtheria, the clothing disused should be burned, or exposed to nearly or quite a heat of boiling water. The body should be placed as early as practicable in the coffin, with disinfectants, and the coffin should be tightly closed. Children, at least, and better adults also in most cases, should not attend a funeral from a house in which a death from diphtheria has occurred. But with suitable precautions, it is not necessary that the funeral should be private, provided the corpse be not in any way exposed.

Although it is not at present possible to remove at once all sources of epidemic disease, yet the frequent visitation of such disease, and especially its continued prevalence, may be taken as sufficient evidence of insanitary surroundings, and of sources of sickness to a certain extent preventable.

It should be distinctly understood that no amount of artificial "disinfection" can ever take the place of pure air, good water and proper drainage, which cannot be gained without prompt and efficient removal of all filth, whether from slaughter houses, etc., public buildings, crowded tenements or private residences.

DANGEROUS HOUSES.—Houses that have been empty may become fever breeders when they come to be reoccupied. An English sanitary officer alleges that he has observed typhoid, diphtheria, or other zymotic affections to rise under these circumstances. The cause is supposed to be in the disuse of cisterns, pipes and drains, the processes of putrefaction going on in the impure air in them, the unobstructed access of this air to the house, while the closure of windows and doors effectually shuts out fresh air. Persons moving from the city to their country homes for the summer, should see that the drains and pipes are in perfect order, that the cellar and closets are free from rubbish, and the whole house thoroughly aired before occupying. Carbolic acid used freely in the cellar is a cheap and good disinfectant.

HOW TO BURN COAL.—A very common mistake is made and much fuel wasted in the manner of replenishing coal fires, both in furnaces and grates. They should be fed with a little coal at a time, and often. But servants, to save time and trouble, put on a great deal at once, the first result being that almost all the heat is absorbed by the newly-put-on coal, which does not give out heat until it has become red-hot. Hence, for a while the room is cold, but when it becomes fairly aglow the heat is insufferable. The time to replenish a coal fire is as soon as the coals begin to show ashes on their surface; then put on merely enough to show a layer of black coal covering the red. This will soon kindle, and as there is not much of it, an excess of heat will not be given out. Many also put out the fire by stirring the grate as soon as fresh coal is put on, thus leaving all heat in the ashes, when it should be sent to the new supply of coal. The time to stir the fire is just when the new coal on is pretty well kindled. This method of managing a coal fire is troublesome, but it saves fuel, gives a more uniform heat and prevents the discomfort of alternations of heat and cold, above referred to.

TEMPERATURE OF THE HEAD.—Some investigations have recently been made by several physiologists concerning the effect of mental activity upon the temperature of the brain. Several thermometers are placed on different parts of the head and fastened there by means of straps; then the person subjects himself to various intellectual processes, and the result shows a decided increase of temperature in certain parts of the brain. The temperature of the brain of a professor was elevated several degrees while delivering a lecture. Even the slightest intellectual effort raises the temperature of the head above that which it reaches in idle conversation. It is interesting to note that certain parts of the brain show a greater increase of temperature than others. Where the temperature of the head is increased beyond a certain point, intellectual effort takes place with difficulty, or with pain. This is very apt to be the case with persons of a very nervous temperament. It would therefore be prudent for such to cease intellectual effort, before this temperature is reached, and devote themselves to some physical exercise which shall equalize the circulation and restore the normal temperature to the extremities.

TRIUMPH OF ELECTRICAL SCIENCE.—In the cable news of a few days since, it was stated that the French Atlantic cable was "broken 161 miles from St. Pierre Miquelon, in 500 fathoms of water." These few words show one of the many triumphs of modern electrical science. Here is a wire cord buried under three-fifths of a mile of the water of the ocean, and 160 miles from land—and yet the people on shore can exactly locate the points at which it is broken. Strange as that seems, it is actually done, and has been time and again. The repairing vessels will go out to the indicated point, throw over their grappling hooks, and within a few hundred yards will find the broken ends and splice them. This wonder is accomplished, first, by exact knowledge of the laws of electricity, which make known what amount of currents a wire of a given dimension will carry, and the resistance it must overcome in going to a given distance, and, next, by the instruments made by the mechanicians of our day, which will make the operation of both laws visible to the experienced observer, even if the break in the cable is a thousand miles away and two miles under the sea.—*Philadelphia Ledger.*

"Show me the fashion plates of any age," said Talmage, "and I will tell you the type of morals or immorals of that age or that year." "All right, Brother Talmage," says the *Boston Post;* "we suggest the age of Adam and Eve. We havn't the plates handy, but doubtless you recollect them."

BEEFSTEAK PUDDING.—Take two pounds of round steak (cost 26 cents), one teaspoonful each of summer savory, celery salt, and one small onion chopped very fine, a sprig of parsley, salt and white pepper, cost altogether three cents. Cut the steak up into small pieces, and place a layer of it in a buttered dish, the sides of which you have lined with paste. Sprinkle over the steak some of the onion, celery, salt, etc., add another layer of steak and seasoning until all is used, then pour over it a little water and cover with paste. Place on the top of it a buttered paper, and stand it in a basin of boiling water, cover it tight, and let it boil two hours and a half. To make the paste, take one teacup and a half of flour, a half teaspoonful of salt, and two tablespoonsfuls of roast beef drippings, and wet it up with a half teacupful water; cost of all four cents. Total expense, 33 cents. This quantity will make a dish sufficient for five persons, with the customary vegetables.

MAKING CREAM CHEESE.—The London *Dairyman* gives the following directions for making this variety of cheese, which is in great repute in England: Take a quart of cream, and if not desired to be very rich, add thereto one pint of new milk; warm it in hot water till it is about the heat of milk from the cow, add a tablespoonful of rennet, let it stand till thick; then break slightly with a spoon, and place it in the frame in which you have previously put a fine canvas cloth; press it lightly with a weight; let it stand a few hours, then put a finer cloth in the frame, and shift the cheese into it. Sprinkle a little salt over the cloth. It will be fit for use in a day or two. To make a rich cream cheese without rennet, take any quantity of cream and put it into a wet cloth, tie it up and hang it in a cool place for seven or eight days. Then take it from the cloth, and put it into a mold in another cloth, with a weight upon it, for two or three days longer. Turn twice a day, and it will be fit for use.

TO SMOKE HAMS.—A writer in the *Husbandman* gives this recipe for smoking bacon: "Take a tin pan or kettle of corn cobs and set them on fire so as to make them smoke; then turn bottom side up over the smoking cobs, the barrel, or whatever you wish to pickle or salt your bacon in, so as to thoroughly smoke the inside of it. Burn at least two pans of cobs under it, so as to smoke it well. Then pack the hams, shoulders, or other meat that you wish to make bacon of in the cask, and after preparing your pickle heat it nearly boiling hot, and pour it on the meat and let the meat stay until it is pickled, when it is made into bacon, ready for use, and well smoked. I smoked my bacon by this process last fall, and it was well done. The bacon can remain in the pickle until used, and you can watch the pickle, and should it ferment, scald it over.

STEWED LIVER.—Two pounds of calf's liver carefully washed in cold water, then cut into strips three inches long, one inch thick, and one inch wide; season with a teaspoonful of salt and a saltspoonful of white pepper; dredge lightly with flour, fry a light brown in boiling hot drippings, turn often to prevent burning; put in the bottom of a stew-pan two thin slices of salt pork, the fried liver on top of it, with a large onion stuck with six cloves, a small bunch of mixed herbs tied together, and a half a pint of good stock or gravy; stew slowly for an hour, take out the onion, herbs and pork, thicken the gravy with a tablespoonful of flour, rubbed smooth in a tablespoonful of butter; let the stew stay on the fire 10 minutes longer. Cost, 25 cents. Will serve six persons, with vegetables.

POTATO SALAD.—Boil the potatoes with the skins on till they are just done, not till they fall to pieces. Peel off the skins while hot and slice them thin. For every quart of sliced potato allow one tablespoonful of oil or melted butter and two of vinegar, salt and pepper to taste, a small onion chopped very fine, and a good-sized apple chopped fine.