

## A FARMER'S WIFE OF OLDEN TIME.

A correspondent of the *Western Rural* takes a sketch of a farmer's wife from a book written 250 years ago. The correspondent says: "I tell you, my over-worked sisters, it kind of comforted me just to see that the 'gude man's' wife in those days, even if she had maids under her, couldn't have had a much easier time than we. Just see now what was required of her, and may it give us courage and patience faithfully to fulfill our daily round of duties as farmer's wives."

The following is the old sketch: "I do not find the place of a housewife to be of less care than the office of her husband, understood always that she is acquitted of field matters, inasmuch as she is tied to those of the house and base court, the horse excepted, as he is tied to the business of the field. Likewise, she is to look into the things necessary about kine, calves, hogs, pigs, pigeons, geese, ducks, peacocks, hens and other sorts of beasts, as well for the feeding of them as for the milking of them; the making of butter and cheese, and the keeping of lard, to dress the laboring men their victuals withal; yea, farther, she has the charge of the oven and cellar; the handling of hemp and also the making of webs; of looking to the clipping of sheep, of keeping their fleeces; of the combing and spinning of wool to make cloth to clothe the family; of ordering the kitchen garden, and keeping the fruits, herbs, roots and seeds, and, moreover, of watching and attending to the bees. It is true that the buying and selling of cattle belongeth to her husband, as also the hiring and paying of servants: but the surplus to be employed and laid out in small matters, linen, clothes for the household and furniture—that of a certainty belongeth to her.

"She must be such an one as must be subservient unto God and to her husband; given to store up, to lay up, and to lock up; faithful, peaceable, not loving to stir from home; mild to such as are under her when there is need; sharp and severe when occasion requires; not contentious or full of words, toying or tattling, nor drowsy headed. Let her always have her eye on the maids; first at work, last from it, first up and last in bed; not suffering the least trifle to be perjured; not grumbling at any time for any service done to the lord of the farm, knowing that the value of a crumb of bread denied unto him may lose the quantity of a whole loaf afterward.

"Let her not trouble her brain with the reports and speeches of others, but acquaint her husband with them in good sort and manner. Let her not suffer her daughters to gad abroad on the Sabbath, except they be in such company as is faithful; compelling her sons to be foremost at work, show them the example of their father, that this may be a double spur unto the men servants; not suffering unchaste words, oath or blasphemy to be uttered in her house, and causing tale-bearers to be silent, not troubling themselves with other folk's matters.

"Let her keep close up her stubble and the lopping of trees for the oven; not suffering the stalks of beans, peas, thistles, the refuse of pressed articles and other unprofitable herbs to be lost, but burning them in winter for their ashes, which will afford provision for her lye tub. Let her give good account of the eggs and young ones, as well of birds as of other beasts; let her be skillful in natural physics for the benefit of her own folk and others when they fall out to be ill, and so in like manner in things good for kine, swine or fowls; for to have a physician always, unless the case be urgent, is not for the profit of the house. Let her keep all of them of her house in friendly good-will, not suffering them to bear malice one with another; let her form her bread so as that no one be suffered to use it otherwise than in temperate sort, and reserve the dross of the grapes she presseth for the servants' drink, that so the wine may serve for her husband."

## BRAIN WORK AND SLEEP.

So long as the brain worker is able to sleep well, to eat well and to take a fair proportion of outdoor exercise, it is not necessary to impose any special limit on the actual number of hours he devotes to his labors. But when what is generally known as worry steps in to complicate matters, when cares connected with family arrangements, or with these numerous personal details which we can seldom escape, intervene, or when the daily occupation of life is in itself a fertile source of anxiety, then we find one or other of these three safeguards broken down. Probably the man of business or the successful lawyer fails to free himself from his anxieties at night, and slumber becomes fitful or disturbed. The nervous system, unsettled by the mental strain, brings about various defects in nutrition; the appetite fails, and then we meet with the sleeplessness, the dyspepsia, the irresolution, the irritability and the depression which are the chief miseries of the overworked.

The great thing in these cases is to get a rest at any cost. By rest we do not mean doing nothing, but rather change of scene, of thought and occupation. If you tell a busy man that he must do nothing, he may endeavor to obey you, but he will soon find out that he cannot, for his brain keeps on working in the same old groove, and he is as much, or even more, worried about his business as if he were still in the thick of it. The great thing is to get rest by substituting one kind of work for another, to have for a time a nice, comfortable sort of occupation to replace the old weary round of troubles. One of the most important remedial agents is outdoor life and exercise, which may be taken in any form most congenial to the individual—riding, walking, field-sports, or what not. This is at once the most natural and often the most effectual promoter of sleep we can employ.

Active bodily exertion is well known to be incompatible with the maximum of intellectual work, and full advantage should be taken of this fact. The only thing to avoid is excessive fatigue. It is a remarkable fact that a very large number of distinguished literary and scientific men have suffered severely from migrain, and it would seem that some of them have succeeded in ridding themselves from the malady by the adoption of some simple hygienic measure. One, for instance, cured himself by following the prescription of a farrier, who advised him to drink water, eat little and take exercise. Another was cured by drinking every day a large quantity of fresh water, and exchanging a highly nutritious regimen for a much lighter dietary. A third got rid of his old enemy by the same means, and by taking exercise every day before dinner. There can be no doubt that in many cases great benefit would be derived from a thorough change of locality or climate. Long sea voyages are not unfrequently attended with excellent results, the a tacks being absent for months at a time. Unfortunately these are remedies not within the reach of all.

A GOOD WOMAN KNOWS the power she has of shaping the lives of her children, and she endeavors to use that power wisely and well. She teaches her boys and girls that they must be brave in doing their duty, truthful in speech and action, honest and honorable, kind, cheerful and unselfish. By her own example she enforces and illustrates what she teaches.

THE SWEETEST and most signal revenge to inflict upon enemies, who seek to belittle our labors or underestimate our abilities, is to do everything well, to lead irreproachable lives, to earn popular confidence and respect, to eschew all but laudable undertakings, to succeed in every act and labor. Success is the most effectual approach to envy, malice and unkindness.

HEART-WORK is better than head-work; and it is a better temper to be fervent in charity than in disputes.

## FOAMING.

Foaming or priming means that the water in the boiler is in a state of violent agitation, rising and falling rapidly in the form of waves, or that the steam is mixed with water in the form of spray. Foaming is a source of great inconvenience, and not unfrequently of danger, on account of the uncertain and wrong indications of the water level given by the gauges; and as water is carried with the steam into the cylinders, it causes a serious loss of efficiency, and may cause a breaking down of the engines.

Foaming is made evident by the boiling up or the rapid and irregular oscillations of the water in the gauge glass, and by the sputtering sound produced as the mixture of steam and water issues from the gauge cocks. When the water is carried over into the cylinders its presence is made known by a clinking noise caused by the partial collapse of the piston rings, and, when the water is present in large quantities, by the thumping of the piston at each end of the stroke. All boilers are apt to foam when the water contains much mud or dirt of a mucilaginous nature. Soda, introduced into the boiler to neutralize the fatty acids contained in the feed water, often produces foaming. The various organic substances introduced into boilers to prevent the formation of scale are apt to produce the same effect.

The engines of the English naval vessel *Hecate* were broken down by excessive foaming, caused by the lime placed in her boilers to preserve them and not removed before getting up steam. When a vessel coming from the sea enters fresh water, or from a river enters the sea, the boilers foam frequently. In such cases it is advisable to change the water in the boiler as rapidly as possible by opening the surface blow valves wide and putting on strong speed.

The plan of stopping foaming by covering the surfaces of the water in the boiler with a layer of oil or molten tallow injected through the feed pumps is not to be recommended. It is not only an expensive remedy, but the decomposition of the animal or vegetable fats at high temperatures, and in contact with metals, produces fatty acids which are very destructive to boilers. Boilers are liable to foam when they have an insufficient and low steam room, a contracted water surface, and such an arrangement of the internal parts as to render the circulation of the water defective. It may be assumed that any boiler will foam more or less when its evaporation exceeds a certain limit, so that the steam bubbles rise so rapidly as to carry some of the water through which they pass along with them. For this reason, some water tube boilers are provided with deflecting plates at the upper end of the tubes, without which the water would be thrown in jets from the tubes into the steam space.

When the steam, as it is generated, has to escape in large masses through very narrow water passages, separate channels must be provided for the descending water currents, else the meeting of the two currents moving in opposite directions is very apt to result in foaming, or, sometimes, in lifting the water. The latter expression means that the steam does not rise as it is generated through the overlying mass of water, but accumulates on the heating surfaces so that water appears at a greater height in the boiler than would be the case if the steam and water occupied their natural positions.—*Ex.*

BREATHES THROUGH HIS EARS.—A barber in Altona announces his ability to live 10 hours with his nose and mouth hermetically sealed. Those acquainted with him see no reason why he should not be able to accomplish what he claims, for he is able to breathe for a time without the use of mouth or nostrils, communication between his lungs and the outside world being kept up through his ears. When smoking a cigar he often exhales the smoke through the same extraordinary channel, to the profound astonishment of those who are unaware of this freak of nature.