

Hygiene.

To DYSPEPTICS.—If a man wishes to get rid of dyspepsia he must give his stomach and brain less to do. It will be of no service to him to follow any particular regimen—to live on chaff, bread, or any such stuff—to weigh his food, etc., so long as the brain is in a state of excitement. Let that have proper rest, and the stomach will perform its functions. But if he pass fourteen or fifteen hours a day in his office or counting room, and take no exercise, his stomach will inevitably become paralyzed, and if he puts nothing into but a cracker a day it will not digest it. In many cases it is the brain that is the primary cause. Give that delicate organ some rest. Leave your business behind when you go home. Do not set down to your dinner with your brows knit, and your mind absorbed in casting up interest accounts. Never abridge the usual hours. Take more or less exercise in the open air every day. Allow yourself some innocent recreation. Eat moderately, slowly, and of what you please—provided it be not the shovel and tongs. If any particular dish disagrees with you, however, never touch it, or look at it. Do not imagine that you must live on ryebread or oatmeal porridge; a reasonable quantity of nutritious food is essential to the mind as well as the body. Above all, banish all thoughts of the subject. If you have any treatises on dyspepsia, domestic medicine, etc., put them directly into the fire. If you are constantly talking and thinking about dyspepsia, you will surely have it. Endeavor to forget that you have a stomach. Keep a clear conscience; live temperately, regularly, cleanly; be industrious, too, but be temperate.—Boston Journal of Chemistry.

AUSTRALIAN CURE FOR SORE THROAT.—A correspondence of the Queensland gives the following cure for sore throat: It cannot be too generally known that all forms of sore throat, whether simple, ulcerated, quinsy, diphtheria, scarlet fever, or otherwise, can be either totally or greatly alleviated by wearing a soft oil silk kerchief twice around the neck, high up and next to the skin, especially if worn at night when the pain is first felt. Like Naaman the Syrian, people will take any trouble but the right one and fly to gargles, blisters, lotions, etc., and keep at them for a month at a time; but an old silk square—why it's too absurd, and so they hug their sore throat and wonder why it don't get better. Not only does the silk cure the sore throat, but it prevents a recurrence of it. I was formerly a martyr to quinsy and ulcerated sore throat, and used to have a whole month of it regularly every winter, and in spite, too, of all the usual battery of pills, gargles, etc., it runs its course till I tried the silk; the sore throat then took the hint and left me alone ever since as a bad customer. I invariably killed it in an hour of any attempt it makes upon me; an old sore throat will take a day to cure. Mind, I do not pretend to say that the silk will cure fever or any other symptom or complication that may accompany sore throat, but this I do say, that it will cure and remove all pain and difficulty of swallowing in the throat without the aid of any local remedy, or it will do it in spite of them, if you do apply them and it both, but without it, cure only comes by nature, not physic, as far as the sore throat goes; other remedies are neither good nor harm, except as they keep you from trying the infallible silk.—Austrian Paper.

Poultry.

Rules for Success in Raising Poultry. Just now the cry comes up from many quarters of cholera, and fatal epidemics among the poultry, and we are treated ad nauseam to all sorts of specifics and preventives in the agricultural publications of the day, as well as harassed by all the old ladies of our acquaintance for a cure that will immediately not only put their cherished bipeds once more into erect port and saucy carriage, but act as a scarecrow for all time to come against any and all kinds of foes. My wife often says to me: "Do you think you know more than mother, who was born in the country and

lived there all her life?" and my triumphant reply is always: "How about the chickens, my dear?" "Oh, well," she answers, "even mother says you do manage to beat anybody she ever heard of in raising chickens, but then it is all your good fortune, after all!" From this you may judge, I think, I know something on the chicken question, and I propose, as far as able, with the kind permission of the American Farmer, to give some of my experience and thoughts.

The first rule I ever took—mind, I say rule, I don't mean any temporary makeshift, helter-skelter, spasmodic way of doing things, but a regular daily operation, and sticking to it—the first rule for success in raising poultry, I find in these words: "Cleanliness is next to godliness," and, just as regularly and habitually as a man takes the dirt out of his own house, so ought he to take the dirt out of the chicken-house, if he means business. The second rule I found in the Bible, in the command to do everything "decently and in order." Now it may be I saw more, or differently, in these injunctions than most people, but the sum total of all my experience is just this: that, whether you raise poultry for fancy or for profit, in breed, meat or eggs, a liberal application of these rules cannot but result in success.

That there is money in poultry I fully expect to demonstrate, not only by my own experience, but by the figures of others. Figures! What have chickens to do with figures? Much, every way. How without figures, can you tell anything satisfactorily? I keep a book, in which I set down the cost of my yard. I take stock every year—in February. Every hen in my yard has her number, and that number has a page in my book. Every egg each one lays is set down to her credit. Sometimes I get puzzled by finding two or more eggs in the same nest—then I have to watch for a day or two, until I spot each particular biddy. When she wants to set, I give her a dozen eggs, and charge them against her. In this way I keep tally for every egg laid, charging the house, of course, with all used, and crediting all sold outside. When the little chicks are hatched, the noisy matron receives credit for them, and her account is closed for that hatching. They are counted and watched over day by day. All the feed used is charged against them in the aggregate, and, by dividing this aggregate, I manage to fix the cost of each one as close as can be. Every chicken that dies, or turns up missing, is entered on the loss side, and all sold or eaten are credited, and in this way, at the end of the year, I can find out how much I have made, and how much each has cost me, and start fresh for the new year. This is what might be called system. It takes a great deal of trouble at first, but, when you once get habituated to it, the whole thing works like an old shoe. Only try it once, and, with a parting injunction, I say, if you make up your mind to do this, stick to it.—American Farmer.

RAPID DEVELOPMENT OF EGGS.—On leaving the ovary, the egg to be extruded a week hence is not much larger than a pea in common pullet. In its passage through a tube hardly eight inches long, it imbibes fluids from the wall to increase its size. On its transit through the four inches the growth is still more rapid, while it also is coated over with lime, mixed like paint with mucous, which hardens quickly. That is the finishing process being laid. In twenty days the eggs of one hen would exceed the weight of her body. So of any bird. Yet the whole of that mass of albumen is drawn directly from her blood. If stunted in food, of course it would limit the number as well. In the laying season, if domestic fowls cannot range for insects and worms, which furnish albumen for their eggs, they must be fed with animal food to meet the demand upon their systems for that material.

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