

DOMESTIC ECONOMY.

Is Alcohol Food?

This is one of the questions of the present day to which the voice of scientific men returns various answers. The prevailing idea seems to be that it is food in a very small degree. The latest authoritative announcements on the subject have been made in a very interesting series of lectures by Dr. Richardson. He comes to the conclusion that alcohol cannot by any ingenuity of excuse for it be classified among the foods of man. It neither supplies matter for construction nor heat. On the contrary, it injures construction and reduces temperature. This conclusion is the result of a long series of experiments, extending over three years, on warm-blooded animals of various kinds, including birds; on the human subject in health and on the same subject under alcoholic disease.

Foods, as supplied to the human system, are of two kinds, tissue-building foods and heat-supplying foods. Nitrogenous bodies perform labor of the first kind, tissue-building, and probably are, to a small extent, heat-producers too. Alcohol, however, contains no nitrogen and cannot therefore rank as a tissue-building food. This conclusion will surprise many who have noticed how ale fattens people, but this fattening is the result not of the alcohol but of the sugar or starchy matter which is taken along with it, and it would appear that drinkers of pure spirit, i. e., spirit unmixed with sugar do not fatten upon it.

There is no doubt but that alcohol is used up in the body, that it is assimilated in some manner. Careful and long continued experiments have been made by many scientific men on this subject. The late Dr. Anstie, especially, made some exhaustive experiments in the matter, and came to the conclusion that of the alcohol administered but a very small fraction was yielded by all the secretions combined. He proved that an animal, a terrier dog, weighing 10 lbs., could take with comparative impunity nearly 2,000 grains of absolute alcohol in ten days, and that on the last day of his regimen, he only eliminated by all the channels of elimination 1.13 grains of alcohol. This fact was of itself sufficiently remarkable, but another still more important remains to be told. In completion of his research after an animal had been treated with alcohol, as above described, Anstie killed it, instantly and painlessly, two hours after it had received the last quantity—95 grains—of spirit. Then the whole body, including every fragment of tissue with all the fluid and solid contents, was subjected to analysis, with the result of discovering only 23.66 grains of spirit.

Alcohol, it thus appears, is decomposed in the animal body. By its decomposition in air, heat and power may be obtained, and why may it not then in the other case? The answer to this is, that it is not. As a result of his researches Dr. Richardson recognizes four progressive stages of change of animal function from alcohol, which are shortly described as follows:

The first is a stage of excitement when there exists that relaxation and injection of the blood vessels of the minute circulation with which we have become conversant. The second is the stage of excitement with some muscular inability and deficient automatic control. The third is a stage of racking, incoherent, emotional excitement, with loss of voluntary muscular power, and ending in helpless unconsciousness. The fourth and final stage is that in which the heart itself begins to fail, and in which death in extreme instances of intoxication closes the scene. These stages are developed in all the warm-blooded animals, and the changes of temperature throughout the whole are relatively the same.

In the first stage the external temperature of the body is raised. In birds—pigeons—the rise may amount to a full degree on Fahrenheit's scale; in mammals it rarely exceeds half a degree. In man it may rise to half a degree, and in the confirmed inebriate I have seen it run up to a degree and a half. The heat felt in this stage might be considered as due to the combustion of the alcohol; it is not so, it is in truth a process of cooling.

In the second stage, the temperature first comes down to its natural standard, and then declines below what is natural. In birds it reaches from one and a half to two degrees; in other animals, dogs and guinea pigs, it rarely exceeds one degree; in man it is confined to three-fourths of a degree.

During the third degree the fall of temperature rapidly increases, and as the fourth stage is approached it reaches a decline that becomes actually dangerous. In birds the reduction may be five degrees and a half, and in other animals three. In man it is often from two and a half to three degrees. There is always during this stage a profound sleep or coma, and while this lasts the temperature continues reduced.

Thus it would appear that alcohol falls also as a heat-producing food; that it is, in fact, a lowerer of the temperature. These facts are of great interest to those living in cold climates where spirits are so frequently taken to "keep one warm." It is well known that men exposed to long continued cold cannot venture to use spirits.—Ex.

GOOD HEALTH.

Using the Same Towel.

Health follows neatness and disease the departure from it. The use of the same towel by many, common in a public place, though more allowable than the use of the same tooth brush, is nevertheless a not much healthier practice. A prominent oculist says that the contagious Egyptian or granular inflammation of the eyes is spreading rapidly throughout the country, and adds, "I have in many, and I may say in the majority of cases been able to trace the disease to the use of the so-called rolling towels. Such towels are generally found in our country hotels and the sleeping apartments of the working classes, and being thus used by nearly every one, are made carriers of one of the most dangerous, and as regards its symptoms, most troublesome diseases of the eye. I therefore would strongly recommend that the use of the rolling towel be abolished, for thereby we will discard one of the great instruments for the spread of such a dangerous disease of the eye, by which thousands of workmen are annually deprived of their means of support."

SCIENCE AND INDUSTRY.—An interesting example of the industries and important results which have sprung recently from the scientific treatment of substances long overlooked or unthought of, is that afforded by the silky vegetable down which clothe the seeds of many trees. There are now largely employed in some parts of the country for stuffing beds, quilts—in the place of eider down—also ladies' skirts, and for other purposes.

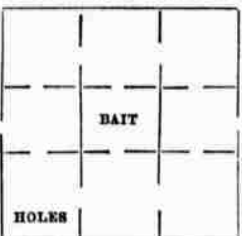
APoplexy—WHAT PRODUCES IT.—A middle-aged physician once said to the writer: "As I was walking down the street after dinner I felt a shock in the back of my neck, as if some one had struck me; I have not felt well since, I fear I shall die, just as all my ancestors have, of paralysis. What shall I do?" The answer was: "Diminish the tension on the blood vessels, and there need be no fear of tearing them in a weak place." Now this expresses in plain terms the exact cause of apoplexy in the majority of instances; and it is one, too, which every one has it in his power to prevent. A blood vessel of the brain, from causes which will presently be mentioned, has lost some of its elastic strength; food is abundant; digestion is good; blood is made in abundance; but little is worked off by exercise; the tension on every artery and vein is at a maximum rate; the even circulatory flow is temporarily impeded at some point, throwing a dangerous pressure on another; the vessel which has lost its elastic strength gives way, blood is poured out, a clot is formed, which, by its pressure on the brain, produces complete unconsciousness. This is the apoplectic stroke. It will be perceived that there are two leading conditions upon which the production of the stroke depends: a lessened strength in the vessel, and an increased tension on it.—Popular Science Monthly.

SIMPLE DYSPEPSIA REMEDIES.—Dyspepsia arises from a great variety of causes, and different persons are relieved by different remedies, according to the nature of the disease, the constitution of the patient and condition of the stomach. We know of a lady who has derived great benefit from drinking a tumbler of sweet milk—the richer and fresher the better—when ever a burning sensation is experienced in the stomach. An elderly gentleman of our acquaintance, who was afflicted for many years with great distress after eating, effected a cure by mixing a tablespoonful of wheat bran in half a tumbler of water, and drinking it half an hour after meals. It is necessary to stir quickly and drink immediately, or the bran will adhere to the glass and become pasty. Coffee and tobacco are often very detrimental to persons troubled with dyspepsia. As a general thing they should be avoided by persons afflicted with dyspepsia; although they may not be especially injurious to some constitutions, when used moderately. Regular eating of non-irritating plain food, and the use of some simple remedies like the above, will effect in most cases quicker cures than medicines obtained from the druggist.

REMEDY FOR NEURALGIA.—A friend of ours who suffered severe pains from neuralgia, hearing of a noted physician in Germany who invariably cured the disease, crossed the ocean and visited Germany for treatment. He was permanently cured after a short sojourn, and the doctor freely gave him the simple remedy used, which was nothing but a poultice and tea made from our common field thistle. The leaves are macerated and used on the part affected as a poultice, while a small quantity of the leaves are boiled down to the proportion of a quart to a pint and a small wine glass of the decoction drunk before each meal. Our friend says he has never known it to fail of relief, while in almost every case it has effected a cure.

A Vermin Trap.

An easily made and efficient vermin trap will be appreciated by every farmer. A correspondent of the Country Gentleman gives the accompanying figure, and explains it thus: I make a box two feet square, four inches deep, and divide it into nine equal parts, as shown in the illustration. I put a cover on it,



with hinges, and make holes as marked; then put in some chaff and something to entice the rats or mice into the box. Any one using it will soon have the whole of the mice visiting the establishment. I have taken from one to thirty-three at a time in this way. It will be seen that the mice have to pass through three boxes before reaching the center one, where the bait is placed. It is by far the most effective way of exterminating mice that I have ever seen. When the box is made on a large scale it is good for a rat trap. Mice and rats will often run into the box when disturbed in other places. When one wishes to kill the mice in the box, he has only to plug the two holes and carry the box in a clear open place. It is fun for boys with a dog.

Recipes for the Shop.

PAINT FOR BURIED WOOD.—The simplest, and perhaps best, paint to prevent buried wood from decaying is made of boiled linseed oil, into which charcoal is stirred until the whole is of proper consistency. Apply with an ordinary paint brush.

COPPER ALLOY THAT WILL ADHERE TO GLASS.—The following alloy of copper will attach itself firmly to surfaces of metal, glass or porcelain: 20 to 30 parts finely bleached copper (made by reduction of oxide of copper with hydrogen or precipitation from solution of its sulphate with zinc) are made into a paste with oil of vitriol. To this add 70 parts mercury and triturate well; then wash out the acid with boiling water and allow the compound to cool. In ten or twelve hours it becomes sufficiently hard to receive a brilliant polish and to scratch the surface of tin or gold. When heated it becomes plastic, but does not contract on cooling.

POLISHING COPPER ON BRASS.—Owing to the irregularities of surface, it often happens that considerable difficulty is encountered in putting a polish on articles of brass or copper. If, however, they be immersed in a bath composed of aqua fortis 1 part, spirits of salt 6 parts, and water 2 parts, for a few minutes if small, or 20 or 30 if large, they will become covered with a kind of black mud, which, on removal by rinsing, displays a beautiful lustre under surface. Should the lustre be deemed insufficient, the immersion may be repeated, care always being taken to rinse thoroughly. All articles cleaned in this way should be dried in hot dry sawdust.

DON'T HACK, HACK, COUGH, COUGH! Cough is a symptom by which various diseased conditions of the throat, bronchial tubes and lungs manifest themselves. But whether it arises from the irritation produced in the throat and larynx by taking cold, from an attack of bronchitis, from insipient consumption, or from various other causes, nothing will allay it more speedily or cure it more permanently than Dr. Pierce's Golden Medical Discovery. It does not matter whether it be a recent attack, or a lingering cough, the Discovery is in either case equally well adapted for its relief and permanent cure. In fact, it will cure a cough in one-half the time necessary to cure it with any other medicine, and it does it, not by drying it up, but by removing the cause, subduing the irritation, and healing the affected parts. No time should be lost in commencing the use of a proper medicine for the relief of a cough, for unless the cause is a lingering cough, the disease of the lungs is liable to result. Golden Medical Discovery is sold by all dealers in medicines.

S. F. MARKET REPORT.

GENERAL MERCHANDISE.

Table with multiple columns listing market prices for various goods such as sugar, coffee, and other commodities. Includes sub-sections for 'CANNED GOODS' and 'DOMESTIC PRODUCE'.

DEWEY & CO.



AMERICAN & FOREIGN PATENT AGENTS, Scientific Press. PATENTS obtained promptly; Caveats filed expeditiously; Patent reissues taken out; Assignments made and recorded in legal form; Copies of Patents and Assignments procured; Examinations of Patents made here and at Washington; Examinations made of Assignments recorded in Washington; Examinations ordered and reported by Telegraph; Rejected cases taken up and Patents obtained; Interferences prosecuted; Opinions rendered regarding the validity of Patents and Assignments; every legitimate branch of Patent Agency Business promptly and thoroughly conducted.

Foreign Patents. In addition to American Patents, we secure with the assistance of co-operative agents, claims in all foreign countries which grant Patents, including Great Britain, France, Belgium, Prussia, Austria, Victoria, Peru, Russia, Spain, British India, Saxony, British Columbia, Canada, Norway, Sweden, Mexico, Victoria, Brazil, Bavaria, Holland, Denmark, Italy, Portugal, Cuba, Roman States, Wurtemberg, New Zealand, New South Wales, Queensland, Tasmania, Brazil, New Grenada, Chile, Argentine Republic, AND EVERY COUNTRY IN THE WORLD where Patents are obtainable.

Home Counsel. Our long experience in obtaining patents for inventors on this Coast has familiarized us with the character of most of the inventions already patented; hence we are frequently able to save our patrons the cost of a fruitless application by pointing them to the same thing already covered by a patent. We are always free to advise applicants of any knowledge we have of previous applications which will interfere with their obtaining a patent.

Confidential. We take great pains to preserve secrecy in all confidential matters, and applicants for patents can rest assured that their communications and business transactions will be held strictly confidential by us. Engravings. We have superior artists in our own office, and all facilities for producing fine and satisfactory illustrations of inventions and machinery, for newspaper, book, circular and other printed illustrations, and are always ready to assist patrons in bringing their valuable discoveries into practical and profitable use.

DEWEY & CO., United States and Foreign Patent Agents, publishers Mining and Scientific Press and the Pacific Rural Press, 224 Sansome St., S. F.

The Mining & Scientific Press. Started in 1850, is one of the oldest weekly journals now published in San Francisco. It has been conducted by its present proprietors for ten years, during which period it has been repeatedly enlarged and constantly improved. The active and steadfast efforts of its publishers have gained for it an amount of practical experience greater than any other publishers have accumulated on this coast, of a weekly journal.

ARE YOU GOING TO PAINT?

THEN USE THE BEST. THE AVERILL CHEMICAL PAINT. Will last three times as long as the best Lead and Oil, without Chalking; is of any desired color. Is prepared for immediate application, requiring no Oil, Thinner or Drier, and does not spoil by standing any length of time. It is equally as good for inside as outside work; over old work as well as new; in fact where any paint can be used the AVERILL CHEMICAL PAINT will be found superior to any other. Any one can apply it who can use a brush, which truly MAKES IT THE FARMER'S FRIEND.

IT IS JUST THE PAINT FOR THE AGE. It is SOLD BY THE GALLON ONLY. One Gallon COVERS 20 SQUARE YARDS 2 Coats. For further information send for sample card and price list. MANUFACTURED BY the California Chemical Paint Company, TYLER BEACH, Pres't. M. C. JEWELL, Sec'y. Office—Corner Fourth and Townsend streets, San Francisco. ap17-ly

Superior Fruit Trees. TRUE TO NAME. Shade and Ornamental Trees, Cypress Seedlings, Gum and Pine Trees. ALSO, A GENERAL VARIETY OF NURSERY STOCK, At the Lowest Rates. Trees and Plants securely packed to send any Distance. T. CORLEY, Nurseryman, No. 315 Washington St., SAN FRANCISCO.

Henry K. Cummings & Co., Wholesale Fruit and Produce Commission House, ESTABLISHED 1858. No. 424 Battery street, south-east corner of Washington San Francisco. Our business being exclusively Commission, we have no interest that will conflict with those of the producer. 6-3m

Ayer's Hair Vigor. RESTORING GRAY HAIR TO ITS NATURAL VITALITY AND COLOR. Advancing years, sickness, care, disappointment, and hereditary predisposition, all turn the hair gray, and either of them incline it to shed prematurely. Ayer's Hair Vigor, by long and extensive use, has proven that it stops the falling of the hair immediately, often renews the growth, and always surely restores its color, when faded or gray. It stimulates the nutritive organs to healthy activity, and preserves both the hair and its beauty. Thus, brash, weak or sickly hair becomes glossy, pliable and strengthened; lost hair regrows with lively expression; falling hair is checked and established; thin hair thickens; and faded or gray hair resumes their original color. Its operation is sure and harmless. It cures dandruff, heals all humors, and keeps the scalp cool, clean and soft—under which conditions, diseases of the scalp are impossible.

Ayer's Cherry Pectoral, For Diseases of the Throat and Lungs, such as Coughs, Colds, Whooping Cough, Bronchitis, Asthma and Consumption. The few compositions, which have won the confidence of mankind and become household words, among not only our, but many nations, must have extraordinary virtues. Perhaps no one ever secured so wide a reputation, or maintained it so long, as AYER'S CHERRY PECTORAL. It has been known to the public about forty years, by a long continued series of marvelous cures, that have won for it a confidence in its virtues, never equalled by any other medicine. It still makes the most effectual cures of Coughs, Colds, Consumption, that can be made by medical skill. Indeed the CHERRY PECTORAL has really robbed these dangerous diseases of their terrors, to a great extent, and given a feeling of immunity from their fatal effects, that is well founded, if the remedy be taken in season. Every family should have it in their closet for the remedy and prompt relief of its members. Sickness, suffering and even life is saved by this timely protection. The prudent should not neglect it, and the wise will not. Keep it by you for the protection it affords by its timely use in sudden attacks.