

in adults. An organic acid, such as lemon juice, he considers the best means of freeing the blood when clogged up with too much albumen; and he alleges that by taking these simple remedies, in the way of precaution, he has, for upwards of twelve years past, frequented and taken up his abode in the most pestilential small-pox hospitals in Europe and South America with entire impunity.

**NEW MODE OF WASHING.**—The ill-effects of soda on linen has given rise to a new method of washing, which has been extensively adopted in Germany, and introduced into Belgium. The operation consists in dissolving two pounds of soap in about three gallons of water as hot as the hand can bear, and adding to this one table-spoonful of turpentine and three of liquid ammonia; the mixture must then be well stirred, and the linen steeped in it for two or three hours, taking care to cover up the vessel which contains them as nearly hermetically as possible. The clothes are afterwards washed out and rinsed in the usual way. The soap and water may be reheated, and used a second time, but, in that case, half a table-spoonful of turpentine and a table-spoonful of ammonia must be added. The process is said to cause a great economy of time, labour, and fuel. The linen scarcely suffers at all, as there is little necessity for rubbing, and its cleanliness and color are perfect. The ammonia and turpentine, although their detersive action is great, have no injurious effect upon the linen; and, while the former evaporates immediately, the smell of the latter is said to disappear entirely during the drying of the clothes.

**CARE OF THE FEET.**—Many are careless in the keeping of the feet. If they wash them once a week they think they are doing well. They do not consider that the largest pores are located in the bottom of the foot, and that copious perspiration is discharged through the pores. They wear stockings from the beginning to the end of the week without change, which become perfectly saturated with perspiration. Ill-health is generated by such treatment to the feet. The pores are not repellants but absorbents, and this perspiration to a greater or less extent, is taken back into the system. The feet should be washed every day with pure water only, as well as the armpits. Stockings should not be worn more than a day or two at the time. They may be worn one day, and then aired and sunned, and worn another day, if necessary. Many persons suffer from tender or sore feet simply from neglecting this precaution, especially the humbler classes, who exercise their feet most.

**IMPROVED STOVE.**—When the last German Arctic expedition was about preparing for its voyage to the north pole, Captain Koldway asked the aid of scientific men in devising a stove that would answer the double purpose of supplying a sufficient amount of heat and of economising the fuel. Among the patterns furnished that of Professor Meidinger, of Carlsruhe, was considered the best. This is simply an iron stove having a double wall, with a space about two inches wide between the outer and inner one, to which the air has free access above and below. The cold air being always at the bottom, and the warm air ascending, it follows that all the air in the room is being constantly forced through the space between the out and the inner covering of the stove; or, what is the same, is

being constantly heated. Connected with this is another ingenious device. The coal is put in from the top, and fills the whole inside of the stove, which is about six feet high, more or less. It is then lighted at the top, and kept burning by the draught created by valves inserted both in the side walls and at the bottom of the stove. The more valves that are open the greater the heat, so that the temperature of the room can be regulated to a nicety. At the same time the outer wall, being at a distance from the inner one, never reaches the excessive heat which is so great an objection in ordinary iron stoves. The expense of fuel to produce a sufficient amount of heat is very much less than that for ordinary stoves, and the new invention is rapidly coming into use in Germany.

**STEAM TOWING.**—A scheme is mooted for the adoption of steam towing on the continuous lines of canals and rivers lying between the Straits of Dover and the Gulf of Lyons, so as to unite the Mediterranean and the English Channel by a navigable route of medium speed. A single line of rail, weighing 10lb. per foot lineal, is to be laid along the banks, with four-wheeled traction engines running thereon, each engine weighing four tons, and towing a single boat of of 150 to 160 tons' weight (with cargo), at a speed of about three miles per hour, working in relays and exchanging boats; the return journey, when empty, being made at double speed. Successful trials are said to have been made of this system on the Marne Canal.

**ACTION OF POROUS FILTERS.**—Filtration through beds of porous material includes very powerful chemical action, albumenoid matter being instantly resolved into ammonia and other products by the action of the filter, which indeed behaves in this respect like a boiling solution of permanganate of potash. A good filter is a sanitary engine of great power.

**ANTIDOTE TO PHOSPHORUS.**—Phosphorus is absorbed by carbon, and to such an extent that, taken in the form of pills, carbon constitutes a complete antidote to the poison, and relieves those who have to manipulate phosphorus from all the disastrous consequences hitherto accruing. It has been found that the results of these pills in match factories are better than those obtained by the use of the essence of terebentine, as the continued use of the latter produces violent head-aches.

**A PLEASANT CURE FOR THE GOUT.**—It has been stated that the advantages of asparagus are not sufficiently estimated by those who suffer from rheumatism and gout. Slight cases of rheumatism are cured in a few days by feeding on this delicious esculent; and more chronic cases are much relieved, especially if the patient carefully avoids all acids, whether in food or beverage. The Jerusalem artichoke has also a similar effect in relieving rheumatism. The heads may be eaten in the usual way, but tea made from the leaves of the stalks, and drunk three or four times a day, is a certain remedy, though not equally agreeable.

**A NOVEL RACING BOAT.**—A noticeable and most interesting invention of recent date is a novel kind of racing boat, or, strictly speaking, a paper-covered boat, although they are popularly known by the former designation. The paper used in the manufacture of boats is prepared from either linen or manilla. When made from the former material, the skin is formed of