

Science Siftings

By 'Volt'

A Cheap Safety Lamp.

About five fires per week were caused in London last year by kerosene lamps. This gives importance to the problem of producing a cheap safety lamp, and an association of the leading English grocers has offered a handsome prize for a lamp, costing not more than 50 cents., that shall be as safe as a common candle under all conditions of ignorance or carelessness. Though this is the fifth time the prize has been offered, no satisfactory invention has been found.

Wonderful Flight of Birds.

Dr. F. H. Knowlton, of the United States National Museum, says that perhaps the longest straightway flight made by birds in their migrations is accomplished by some of the shore and water birds that nest in the islands of Behring Sea, and spend the winter at Hawaii and Fanning Island, 2200 miles away. As some of these birds live entirely on the shore, and are probably unable to rest on the surface of water, they must, says Dr. Knowlton, accomplish the whole distance in a single flight. Yet, although there are no landmarks for them upon their long journey over a waste of waters, they make their way to their destination with the precision of a rifle bullet.

Sunlight and Cancer.

Artificial light is to find a powerful rival in sunlight for coming sanatoria. Preparing for an operation for cancer on the external ear, Dr. Hirschberg, a Frankfurt surgeon, visited Caux les Territet, on Lake Geneva, where he was exposed to the sun's rays for many hours a day, and the effect was so unexpected and surprising that he extended his stay to several weeks, when his ear became completely healed without the operation. Other cases—including throat treatment by passing sunlight through the open mouth—have given similar remarkable results. It is explained that cells of cancer and other diseased tissue, being unable to protect themselves by absorbing coloring matter from the blood and becoming pigmented, are killed by the sunlight; and that mountain resorts are especially favorable because the intensity of the light is greater, there is less vapor, and the air is free from germs.

The Development of Mining.

Perhaps in no line of human effort have modern developments brought more striking results than in mining. Lecturing the other day on modern and ancient methods, an English engineer, Bennett H. Brough, pointed out the progress that has made it profitable to mine copper ore in the Lake Superior district at a depth of 5000 feet, gold ore at the New Chum Railway Mine in Victoria at a depth of 4226 feet, and coal at the Pendleton Mine, near Manchester, at a depth of 3000 feet, to work with profit at Kimberley rock yielding one-tenth of a carat of diamonds per load; to work with profit at the Atlantic Mine, Lake Superior, rock containing seven-tenths of one per cent. of copper ore; and for a gold mine at Bendigo to pay a dividend on a yield of two pennyweights to the ton of ore.

An Invisible Wire.

Invisible platinum wire is stated to have been drawn by the late Henry F. Read a third of a century ago. Several yards were made, in lengths of three feet or less, and when wound upon a white card it could be felt but ordinarily could not be seen, although its shadow was visible. The wire was drawn through as fine a hole as could be conveniently drilled. When the platinum was reduced to this size, it was coated with silver and again drawn through the die. This was repeated as many times as necessary, when the silver was dissolved away, leaving the fine platinum wire. The product was intended for the cross-threads of optical instruments. The animal hairs employed were affected by dampness, but the brightness of the metal proved an even more serious disadvantage, so it never came into use.

HOW TO PAINT A HOUSE CHEAP.

Carrara Paint In White and Colors, Mixed Ready for Inside and Outside Use. **CARRARA** retains its Gloss and Lustre for at least five years, and will look better in eight years than lead and oil paints do in two. **USE CARRARA**, the first cost of which is no greater than lead and oil paints, and your paint bills will be reduced by over 50 per cent. A beautifully-illustrated booklet, entitled 'How to Paint a House Cheap,' will be forwarded free on application.

K. RAMSAY AND CO., 10 Vogel Street, Dunedin.

The Home

By 'Maureen'

Tea-Drinking.

A London medical practitioner of thirty years' standing—Mr. J. H. Clarke—has been making some sweeping assertions on the subject of tea-drinking. He solves the problem why so many people have such an appetite for tea when they have a distaste for any other meal as follows:—The sinking, empty feeling, accompanied often by irritability, low spirits, and shortness of temper, means that the stimulating effect of the last dose of tea is passing off and the stage of reaction setting in. It is just the same with the tea-drinker as it is with the alcohol-drinker; when the effect of the last dram is passing off, another must be taken to keep up the stimulating effect. Thus the vicious circle is kept up. And what is the effect of it? The effect is an increased wear and tear on the nervous system. Tea belongs to the group of nerve stimulants, of which coffee and cocoa are also members, that enable a person to get more out of himself in the shape of mental or bodily energy than he would be able to get without them. This is drawing a bill on the bank of his nervous system, of course, and the bill will have to be met. If the emergency is a passing one, the bill will be met by food and rest, and no great harm will be done. But this is not the usual case, and when once a habit is established an abnormal rate of wear and tear will go on, and this results in a fruitful crop of cases of that latter-day fashionable complaint, neurasthenia. Tea is the parent of much neurasthenia. Allied to neurasthenia, and nearly always associated with it, is dyspepsia of the nervous or flatulent type. Tea can produce any one of these and all combined. Another effect of tea is to produce anaemia.

Tea contains not only theme—the active principle which has the stimulating action on the nerves—but also much tannin. It is owing to this latter that much of its indigestion-causing properties are due. Tea turns meat into leather. The cheaper teas so much in use now—those which give people 'the most for their money'—contain the most tannin. A tea taster informs me that if the infusion of these teas is left in the tasting cups for any time, it will eat off the enamel. From which it is easy to understand the effect the infusion produces on the human stomach. It would almost seem that the human animal is determined to assert his superiority over all the rest of creation by the ingenuity he displays in discovering or manufacturing pleasant poisons for himself. The great majority of mankind are the slaves to one or more poison habits. Of these habits, the tea habit is one of the most subtle, insinuating, and injurious.

The Heroism of a Smile.

Once there was a woman who worked as hard to seem gay, as her husband worked hard to keep the little home together. Some of her efforts were unsuccessful, and there seemed nothing to smile about, and no one to smile back at her. But she kept up her courage, and started to search for something that might aid her. One day she found an advertisement in a magazine, the picture of a small boy laughing broadly. It was a funny sketch, and she pinned it up near her bed so that the first thing in the morning she could smile back at the smiling boy, and remember that through the day it should be her talisman. Then out of periodicals and newspapers she made a collection of pictures all of smiling and laughing faces, and placed them around her tiny home to inspire and help her in her quest of cheerfulness. Her husband finally caught the infection, and with it a more hopeful view of life. His wife insists that from deliberately looking cheerful she has learned to feel cheerful, and that no one has any right to inflict a woebegone face on the public at large, and particularly on those near and dear to her.

Maureen

Bad Breath

Bad breath is a most offensive thing both to yourself and your friends. If you are troubled in this way try DR. ENSOR'S TAMER JUICE for Bilioussness, Indigestion, and all Stomach Disorders.