

Science Siftings

By 'Volt'

A Land of Perpetual Ice.

The largest mass of ice on earth is beyond the control of the Ice Trust. It has been accumulating in Greenland for thousands of years, and the immense block is supposed to average a mile and a half in thickness, its area being about 600,000 miles.

Above Sea-level.

Of the 58,324 square miles of England and Wales, Miss Nora MacMunn finds that 26,482 are under 250 feet in elevation above the sea, 16,365 are between 250 and 500 feet; 10,476 are between 500 and 1000 feet; 4698 are between 1000 and 2000 feet; 300 are between 2000 and 3000 feet; and 4 are more than 3000 feet.

Remarkable Effect of Violet Light.

Ultra-violet light is claimed by Professor Kronmayer, a German experimenter, to have had remarkable effect in the treatment of falling hair and baldness. In thirty-two cases where every other remedy had failed the light rays cured twenty-seven, and not only the hair, but in some cases the eyebrows and beard were restored, although 'the trouble was mostly of long standing.

A Substitute for Leather.

The general increase in the price of boots in England has had the effect of bringing forward many substitutes for leather (says a London paper). The high rates ruling for hides and skins in the English, American, and Continental markets have led a number of ingenious people to experiment with various kinds of substitutes for leather, but as yet no satisfactory substitute has been seen on the open market. The most prominent of these substitutes for making the boot uppers takes the form of a finely-woven fabric, considerably finer than any of the canvas materials at present used for seaside shoes, but it lacks the surface finish and appearance of leather. The waterproofing difficulty can be got over, and it may in time be so far improved as to enter into regular consumption for cheap goods.

Novel Water-pipe Protector.

Water-pipes are usually protected from freezing by the use of such non-conducting materials as straw, cork and oakum. In a new French method, a layer of straw, sawdust or tan-bark is first placed around the pipe, and pieces of unslaked lime as large as the fist are then packed around this coating and enveloped in a layer of non-conducting material, the whole being held together by a wrapping of coarse linen. The inside layer serves simply to protect the pipe from corrosion by the fresh lime. The outer covering admits only a small amount of air, and the moisture in this acts on the lime, which becomes warm and is so slowly slaked that the heat may be kept up during an entire winter. Frozen pipes may be thawed by using somewhat more lime and slaking rapidly by pouring water over it.

About Looking Glasses.

The earliest looking glasses, or mirrors, were of either metal, highly polished, or of black painted mica. It is noted in Jewish history that the laver was made of brass 'of the looking glasses of the women who assembled at the door of the tabernacle of the congregation,' and some commentators conjecture that these women gave up their bronze or copper hand-mirrors to supply the material of the laver. Egyptian women always carried their mirrors to the temples, and the Hebrew women probably did likewise, as do the Arabian and Turkish women today. Glass mirrors are of comparatively recent date. Mirrors of silver and gold were commonly used in mediaeval times. In 1360 Venice became the seat of the manufacture of glass mirrors, which have since superseded all other varieties; the improvements in the manufacture of plate glass enabling mirrors to be made of great size.

Cough while you can,
For you can when you will,
If you take this advice
You'll never get ill.
WOODS' GREAT PEPPERMINT CURE.
All coughing will kill,
So run off your cough,
And run up no bill.

The Home

By 'Maureen'

How to Grow Old Gracefully.

The great scientist, Dr. Metchnikoff, thinks we ought to live ten times as long as the period we take to develop. That is from 230 to 250 years. Though at present we fail to attain this ripe old age, there is no reason why we should not remain youthful till we pass 70 or even 80. Some people accomplish it, and it is possible for a great number. With attention to food, air, exercise, and the hygiene of the mind most people might be ten or twenty years younger than they really are. The two greatest factors conducive to a green old age are work and cheerfulness. Dr. Osler, a famous physician, says that 'the secret of life as he has seen it played, and tried to play it himself, is work.' This prescription, he declares, 'will make the stupid man bright, the bright man brilliant, and the brilliant student steady. It is the measure of success in every-day life. The secret of successful working lies in the systematic arrangement of what you have to do, and in the methodical performance of it.' Having selected your work and reduced it to a system, you are advised not to get too deeply absorbed to the exclusion of all outside interests. 'No matter what your work, have an outside hobby.' The doctor is very emphatic in denying that work—legitimate work—kills. It is the foul fiend, 'Worry,' that is responsible. The best way to conquer this fiend is to cultivate a cheerful habit of mind.

While work and cheerfulness are advocated as the best means towards attaining a long and happy life, over-eating and drinking are singled out as the most fatal to it. 'More people are killed by over-eating and drinking than by the sword.' 'Adults eat far too much; the physicians are beginning to recognise that early degeneration, which was formerly attributed to alcohol, is due in large part to too much food.'

The following rules may be of some help to those who desire to grow old gracefully:—

Do not eat heavy suppers; drink little or no alcohol; avoid rich meats and pastry; do not grow fat by eating too much; fat people seldom reach a good old age; the youthful old man or woman is lean; lessen your food continually as you grow older; over-eating produces all the diseases that make one old; under-feeding shortens life; just enough and a trifle over is the ideal.

New Zealand Greenstone.

Jade, or New Zealand greenstone, has (says the 'Weekly Scotsman') been lifted out of the oblivion into which it had fallen, and is now being adapted to every conceivable kind of jewellery ware. The Queen herself set the fashion, when she appeared many times on public occasions wearing a long chain wherefrom a collection of curious jade charms dangled, and a further filip was given to the growing craze when Lord Rothschild had a 'lucky Maori god' carved from jade and sent to him by a well-wisher before St. Amant won the Derby. Jade, says a prominent jeweller, has quite taken the place of the once fashionable turquoise. Its special qualities are its iron hardness, and its surface, which, while admitting any polish, will absolutely not scratch. It is not only in ladies' jewellery that jade has taken the lead, but also in articles for men. There are jade dress waistcoat buttons, jade scarf pins, studs, and sleeve-links, and even cigarette-cases of jade, framed in gold.

Fruit at Breakfast-time.

It is a mistaken idea that no fruit should be eaten at breakfast; indeed, it would be far better if people would eat less bacon at breakfast and more fruit. The apple is one of the best fruits. Baked or stewed apples will generally agree with the most delicate digestion, and are an excellent medicine in many cases of indisposition. Green or half-ripe apples stewed and sweetened are pleasant to the taste, cooling, and nourishing. Raw apples are better than liver pills. Oranges are very acceptable to most people; but the orange juice alone should be taken, and the pulp be rejected.

Maureen

The recently-appointed Chief Justice of Canada, Mr. Fitzpatrick, is a Catholic. He was a member of the Laurier Ministry.

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