

## Science Siftings

By 'Volt'

### Vegetable Sponges.

About ten species of vegetable sponges are now cultivated in the warmer parts of Africa and Asia, especially in Algeria. The fruit is edible before maturity, but on ripening the pulp separates from the fibrous material, which then becomes an excellent substitute for real sponge for the toilet, bath-room, and many other purposes. The Algerian sponges are in large demand in Paris.

### The Yellowstone Park.

Since the San Francisco earthquake the aspect of the Yellowstone National Park has greatly changed. Extinct geysers have again become active, and a new one has formed. Yellowstone National Park is mostly in the State of Wyoming, and includes a small part of Montana. The surface is diversified by grand mountain scenery, beautiful lakes, geysers, hot springs, and cataracts. The mountains are of volcanic origin. Numerous geysers occur in the western part of the Park, some of which eject intermittent jets of hot water to a height of 250ft.

### A New Use for Asbestos.

The peculiar substance known as asbestos, which was regarded as valueless a century ago, is now in demand for many purposes. It is made into roofing felt, cement, theatre curtains, and various heat-resisting articles, and has been recently spun into a light and fairly strong thread. Even ropes, with or without steel cores, are made from it for firemen. A new and rather surprising application is for army stockings, which have been shown to be less irritating to the feet of soldiers on the march than other stockings, and the War Department of Austria is considering their general adoption.

### The Decay of Teeth.

Why the teeth of some people decay early while those of others continue sound throughout a long life is a problem that appears to have been only imperfectly solved. A European investigator, Dr. C. Risa, has lately analysed the saliva of 219 children averaging 13 years of age, and has confirmed the idea that there is a relationship between the alkalinity of the saliva and dental caries. A highly alkaline saliva ensures good teeth. He has made many experiments to determine how an acid or slightly alkaline saliva may be made decidedly alkaline, and has proved that a diet containing much lime has a marked influence and does much to keep the teeth in perfect condition.

### Adulterated Foods.

In the House of Representatives, Washington, Congressman J. R. Mann (Illinois), in supporting the Pure Food Bill, exhibited various products adulterated with pepper, olive oil, and other articles. He alleged that bottled cherries were picked green, their color removed with acid, and that they were then dyed a bright red with an aniline dye. A sample of the dye taken from a bottle of cherries dyed a piece of cloth scarlet. In a bottle labelled 'pure honey' the contents were found to be entirely glucose. The bottle contained a dead bee so as to deceive the public. Patent medicines were shown containing opium and cocaine, and declared to be largely responsible for the alarming increase in the opium and cocaine habits.

### An Earthquake Map.

Of the 30,000 earthquake shocks that occur each year, about 60 are 'world-shaking,' giving instrumental records at a great distance, and Prof. John Milne finds that these great earthquakes belong to 13 regions, 3 being unimportant. The important centres form two great rings. The chief of these rings, with a radius of 65 degrees, embraces 7 regions—the Alaskan coast, the California coast, the West Indies, the Chilian coast, the south of New Zealand, Krakatoa, and Japan, and the other, with a radius of 50 degrees from its centre in the Sahara Desert, includes the earthquake region between India and Madagascar, the Azores and Tashkend. Prof. Sollas has concluded that the earth has the shape of a pear, its ends being the centres of these two rings, one in Africa and one in the Pacific. This view has had remarkable confirmation, and the weakest points of the earth's crust are where this theory would suggest.

For Children's Hacking Cough at Night, WOODS' GREAT PEPPERMINT CURE, 1/6 and 2/6 per Bottle.

## The Home

By 'Maureen'

### Cleaning Light Kid Gloves.

First rub with cream of tartar, leave for an hour, and then rub with powdered alum and fuller's-earth mixed in equal proportions. Next day brush them till the powder is removed, and finish by rubbing with dry oatmeal to which a little powdered whiting has been added, afterwards wiping this off with a dry cloth.

### The Use of Fats.

Fats, especially those which are easy of digestion, like cod-liver oil and sweet cream, are essential to the well being of the nervous system. The peculiar substance—neurine—found in all nervous structures contains fat as an essential constituent. It is remarkable that most 'nervous' individuals have a strong aversion to fats as articles of diet. This is extremely unfortunate, as fats are very strengthening to the nerves.

### Housework as Physical Culture.

There is nothing like housework for physical culture. In the various complex movements performed by the different sets of muscles during the innumerable evolutions incidental to housework we have an admirable system of gymnastics peculiarly adapted to the needs of women. A certain amount of exercise which arouses and interests the mental faculties while occupying the activities of the bodily organs is necessary to health, and housework undoubtedly complies with both of these conditions.

### Uses of Glycerine.

Nothing is better for chapped hands than a mixture of glycerine and olive oil in equal proportions. The softness of the oil takes away the smarting property of the glycerine. A tin of condensed milk, 4 ozs. of glycerine, 2 ozs. of honey, and half lb. sugar, make a honey-scotch, nice to take and very nutritious. If a laxative is required, two teaspoonfuls of glycerine swallowed warm at intervals of an hour are what is needed. As a cure for indigestion, a teaspoonful of glycerine after meals is perfect. For pimples, flowers of sulphur, mixed with glycerine, is a splendid remedy. For earache, a few drops of warm glycerine poured into the ear soothes and heals.

### Forcing a Child to Eat Fat.

Forcing a child to eat fat is not encouragement, rather the reverse. Indeed, one might say that a child should not be forced to take a single morsel against his will, or a lifelong disgust may be the result. He may show a reluctance to eating a greasy, slimy lump, but if the fat is judiciously mixed in some way there is generally very little trouble. Suet is easily administered, and have we not the whole range of suet puddings—from the humble roly-poly to the delicious plum-pudding—have we not all these to choose from? Marrow puddings are considered by some people to be lighter than suet puddings and a greater delicacy. Fats in other pleasant forms are not difficult to find.

### Why Wear High Heels.

Women are much mistaken in thinking that high heels make the foot look smaller. As a matter of fact, they make it look far larger, as it is compressed into an ugly fat mass that swells out over the top of the shoe in anything but a graceful manner. To put the foot in a well-fitting shoe of the size that properly belongs to it and to wear low heels is the best way to preserve the foot in perfect health. If you wish the foot to appear small by perfectly natural means, always wear black kid or satin. A white shoe makes a foot look large and very wide, and should never be worn except where the foot is faultless in shape and very small to look at. If the shoes are darker in color than the dress the feet will appear to much more advantage.

*Maureen*

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