Flush Tanks,

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The Manufacturer and Builder.

Is Fat Injurious?

Fats are very important elements of our food; still, gross oil, hard, tallow, trash oil, fish oil, and the varieties of diet, are wisely endured by all except hew- men, and those whose physical labor is very great, and who are almost constantly exposed to cold. While, therefore, the student and civilized worker wisely eschews the coarser forms of fat, he should not neglect it in some more refined and delicious forms; he should instead use such fats as are most suitable to his taste and needs.

The brain is a great consumer of fat, combined with phosphorus. "No phosphorus—no thought," is a modern phrase, expressing the importance of phosphorus in mental action. As yet we are in the infancy of knowledge on this subject, but it may be prophesied that when we know the whole truth, the phrase will be something like this: "No phosphorus, no thought." There is always some fat in most of our foods. The special forms best to make up any deficiency that may be in them are no doubt to be found in good butter and cream; there are, of course, instances in which they will not be tolerated, but these are exceptional. Fat is not digested in the stomach, but by the pancreatic juice in the intestines, nature having provided a special juice to form it into an emulsion so that it may be absorbed. In this state every atom of fat is so small that it is required to a microscope to detect it, and in this state it may easily be passed through the walls of the intestines and carried into the circulation. We require no better evidence of the need of fat than this careful provision for its digestion in the system. The symptoms which attend a non-use of fats in some forms are coldness of the extremities, a tendency to indigestion, lack of nervous energy and power to work, perspiration, diminished muscular power, and a tendency to consumption.

It may be true that many persons suffer from an inability to digest fats, and that sometimes they obstruct the liver and cause clotted blood. In such cases it would be advisable to use them wisely and judiciously, but rarely to avoid them altogether, except perhaps in corpulence, where they are best used in great moderation. Lean people should use fats rather more freely than fat ones. The amount of fat necessary for a healthy working person is about three ounces daily; persons with extraordinary working power require more than this. The truth in our food is to a certain extent a substitute for fat, and may be converted into it.

The Influence of Temper on Health.—Excessive labor, exposure to wet and cold, deprivation of sufficient quantities of necessary and wholesome food, habitual bad lodging, sloth and inanition, are all deadly enemies to human life; but those who are so bad as violent and ungovernable passions. Men and women have survived all the former, and at last reached an extreme age old; but it may be safely doubted whether a single instance can be pointed out of violent and brutal temper, habitually subject to storms of ungovernable passions, who has arrived at a

Some relief for the afflicted may be found in the fact that some four or five years ago a cleansing process was discovered, which is called the "naphtha bath," and is thus described: A large tank, with a capacity of fifteen or twenty barrels of naphtha, is filled to the brim with naphtha, and heated at 130° by introduction of a steam coil. Into this the articles to be cleansed are plunged and allowed to remain for four or five hours; when taken out not only has every perceptible vestige of the moth disappeared, but every minute harm which the article may contain has been effectually destroyed. Sometimes cold naphtha is used in this process, but the time required for the operation is much longer.

By this process, which seems to answer in every particular the purpose for which it is intended, the finest fabrics are not injured in the slightest degree. Several concerns are engaged in the naphtha cleaning business in New York, Boston and Chicago, and will undertake anything from a fur muff to a set of furniture, at prices ranging from twenty-five cents to twenty-five dollars.

CASE OF THE EYES.—The case of the eyes is urged by Arthur Chevalier in a new French work. The use of the eyes, he says, should be regulated by their strength, and they should never be overtrained. A habit of reading after dinner is recommended. This is reading or writing step from time to time and allow the eyes to wander over surrounding objects. To persist in working after symptoms of fatigue appear is foolish. As soon as the eyes begin to itch, or grow red, or any pain is felt in the eye-balls, work should be discontinued and cold water applied. Do not pass suddenly from darkness into bright light. All eye-irritations are eye-ignitions.

As the eyes are one of the most powerful and persistent, and how to prevent their encroachments is a problem worthy of study. It extends its operations rapidly, taking possession of every nook and cranny, and when it comes in contact with wooden goods or fences, it is simply voracious; carpet dealers suffer much from it, mangy and a fine Moqueur or Wilcox which has been "destroyed" for a reason, on being brought to light is found to be utterly ruined. It is only by the most careful and frequent inspections, that carpet and furniture dealers are able to hold their own against their wily enemy; floors are thoroughly swabbed, cracks and crevices are cleared of dust and filled with naphtha, and so the warfare constantly goes on.

Those dealers who make a business of storing furs during the summer months, and who insure them against the ravages of the moth as well as from loss by fire, (the rate of insurance being five per cent on $100) pack their goods in camphor—an excellent preventative but useless as a cure. Valuables that are moth-infested are often sent to the "trader" to be worked over in sawdust and butter by the process employed in skin-dressing, and which has the desired effect of destroying the vermin.

Now the question arises, is there no extemporizer in existence which we can apply to moth-ridden household articles generally? Of course in every case prevention is better than cure, and although cleanliness, yearly or semi-annually batheings of carpets, frequent overhaunings of furniture, and the liberal use of camphor, will do much to rid our homes of these pests; but when these measures have fastened themselves upon us with an evident disposition to stay, how are we to be saved from the destroyer?

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FIELD'S FLUSHING CISTERN. A volume, will effect a thorough cleansing of the pipes, and part of the sewers they are connected with.

The purpose of the flush cistern here described is to effect such a scouring periodically in an automatic manner. It may take the water and any liquid refuse matter from 1 to 20 hours to collect; by the siphon arrangement: it will, as soon as a certain amount of liquid—say some 20 pailsful, which, if discharged in the flush tank A, made of sheet-iron; C and B in combination constitute a siphon, in which D D are the seats for the short leg; the ascending tube D C carry the descending tube B. As soon as the water reaches the top C of the battens, it will rush down, carrying with it the air in C, while the vacuum there created will cause the liquid in the tank A to ascend from D to C, and descend furiously through B, and continue in its motion until the tank A is empty. Running into E below, it finds its exit by the tube E to the sewer. As it is hermetically closed, no odors can ascend from it, or from the sewer, with which it is connected. The whole apparatus, therefore, acts as a perfect trap, and it would be desirable to have it adopted in all houses connected with sewers.

This flushing cistern was patented by Rogers Field, and can be obtained at 494 Broadstreet, New York, A. G. Myers manager.