Home Department.

The House Moth.

Of all the household pests the carpet moth, or the *tinea tapetzella*, is certainly the most powerful and persistent, and how to prevent its encroachments is a problem worthy of study. It extends its operations rapidly, taking possession of every nook and crany, and when it comes in contact with woolen goods or furs its appetite is simply voracious; carpet dealers suffer much from its ravages, and many a fine Moquet or Wilton which has been "shelved" for a season, 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 scrubbed, cracks and crevices are cleared of lint and filled with naptha, 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. Valuable furs 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 in destroying the vermin.

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

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 "naptha bath," and is thus described: A large tank, with a capacity of fifteen or twenty barrels of naptha, is filled with that fluid, and heated at 130° by the introduction of a steam coil. Into this the articles to be cleansed are plunged and allowed to remain four or five hours; when taken out not only has every perceptible *vestige of the moth disappeared, but any minute* larvæ which the article may have contained is effectually destroyed. Sometimes cold naptha is used in this process, but the time required for the operation is much longer.

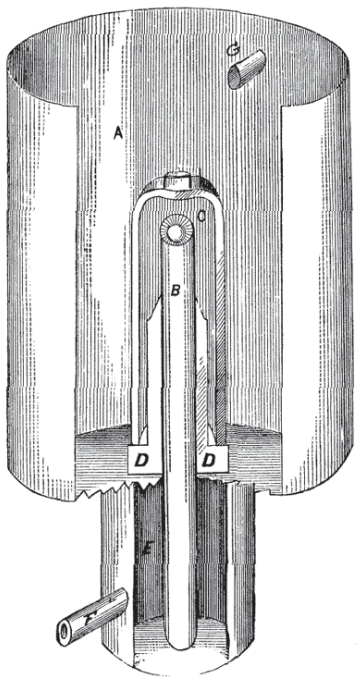
By this process, which seems to answer in every particular the purpose for which it is intended, the finest fabrics are not injured in the slightest degree. Several concerns are engaged in the naptha cleansing business in New York, Boston and Chicago, and will undertake anything from a fur muff to a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

Care of the Eyes.—The care 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 overtaxed. A habit of resting them often during work is recommended. Thus in reading or writing stop 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 artificial lights are injurious. The author adds:

"If a person cannot tear himself away from close work, he can at least vary his occupation. Let him close his eyes from time to time, and take a turn around his room, or what is better, take a walk in the fresh air; this, even if it be but for a few minutes only, will do him a great deal of good. Let him who once becomes convinced that he is putting too much confidence in his eyes take care to abstain from all confining work immediately after rising, after meals, or by artificial light. Let him wash his eyes often during the day with cold water—a remedy which, although simple in itself, never, fails in every case to produce good effects. Baths of tepid water are injurious to the eyes."

Flush Tanks.

Any one acquainted with the small amount of water habitually discharged into the sewers from private residences, knows that its motion is so slight that it has a continual tendency to deposit sediment and to promote parasitic vegetable growth, with their inhabitants, the *bacteria, one of the lowest classes of animalcula*—always present where putrefaction takes place in largely diluted organic remains, and in localities where zymotic diseases prevail. The best way to get rid of conditions favorable to these injurious agencies, is to have periodical floodings and scourings, using large amounts of liquid—say some 20 pailfuls, which, if discharged in



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 flushing cistern here represented 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 hight is reached, be discharged with a rush in 20 seconds—an operation repeated every time the contents ascend to a certain level, which may be one, two, three or four hours. The effect of this sudden discharge is that the whole line of pipe is thoroughly scoured and cleansed from impurities, which, if allowed to remain and dry on the inner surface of the soil pipe, would be liable not only to generate sewer gases of a most deadly nature, but also to eat holes of a minute character, which if they would not allow a water leakage, would admit streams of gas into the apartments through which the pipe passes. All waste waters contain acids, and it is these that so rapidly eat away whatever metal they may be exposed to for any lengthened period. By frequent flushing, pipes may be made as cleanly as the wash-bowl that contains the supply and washes it.

As explanatory of the engraving, we may add that G is the supply pipe, by which the waste water enters 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 surrounds the descending tube B. As soon as the water reaches over the top C of the lattice, 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 F to the sewer. As E is hermetically closed, no odors can ascend from it, or from the sewer, with which it is connected by F. 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 Jennings' Sanitary Depot, 94 Beekman street, New York, A. G. Myers manager.

Is Fat Injurious?

Fats are very important elements of our food; still, goose oil, lard, tallow, train oil, fish oil, and like varieties of diet, are wisely eschewed by all except lumbermen, 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 ignore it in some more refined and delicate form; 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 phos*phorus in mental action. As yet we are in the infancy of knowledge on this subject, but it may be predicted that when we know the whole truth, the phrase will be something like this: "No phosphorized fat, 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 exceptions. 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 requires 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 form are coldness of the extremities, a tendency to indigestion, lack of nervous energy and power to think, emaciation, diminished muscular power, and a tendency to consumption.

It may be true that many persons suffer from an in*ability to digest fats, and that sometimes they obstruct* the liver and cause much trouble. In all cases it would be advisable to use them wisely and judiciously, but rarely to avoid them altogether, except perhaps in corpulency, 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 starch 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 intemperance, are all deadly enemies to human life; but they are none of them so bad as violent and ungoverned passions. Men and women have survived all the former, and at last reached an extreme old age; but it may be safely doubted whether a single instance can be found of a man of violent and irascible temper, habitually subject to storms of ungovernable passion, who has arrived at a