WATER IN HOT WEATHER.

Dangers From the Use of Ice Water—Moderately Hard Water Favored.

Ice water—that is, water in which ice is constantly melting—should be drunk with caution and an understanding of its true dangers. These, as pointed out by a writer in the New York Times, are, first, the sudden flooding of the stomach with a large quantity of icy fluid when the body is oppressed with heat. The half pint or more of ice water drunk rapidly cannot fail to cause a chill. Second, when the fluid is taken profusely, it may drive the blood to the brain and through the capillaries in such excess as to occasion congestion. The third and more remote danger from the use of ice water is from infected ice. Freezing does not always destroy poisonous germs, as boiling does. Pure water placed in an icebox, in a covered pitcher or stoppered carafe, will become cool enough to drink in a short time. Some of the improved refrigerators contain a porcelain water tank for maintaining a continuous supply of cool drinking water. Water in a porous earthen jar, placed in a draft of air, will rapidly cool to a pleasant temperature. Such porous jars are now sold in the oriental stores in all our large cities. Cool water slowly drunk may be taken freely and at comparatively short intervals. Small bits of ice can be eaten without injury. A sharp pain at the back of the neck, at the base of the brain, or at the supraorbital spaces, above the eyes, indicates a chill of the nerves, and warns against further eating of ice or drinking of ice water. It is like eating ices and sherbets. The safety lies in the length of time occupied in consuming the fluid.

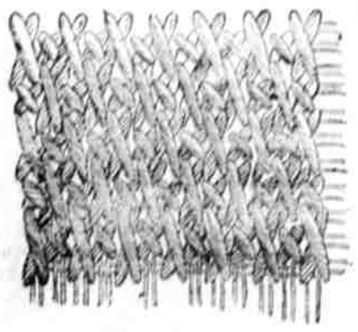
Not only in ice, but in water, must we look for sewage contamination. Sometimes the purest in appearance is dangerous from this cause. The simplest test is that of Heisch—put a teaspoonful of pure loaf sugar in a clear, glass stoppered bottle; add about half a pint of the water to be tested; close the bottle, shake it to dissolve the sugar, and place it in a sunny window for two days. If there is any milky or cloudy appearance, the water may be considered impure; if it remains clear, it may be used without anxiety.

Filtering will remove solid impurities from water, but to overcome poisonous conditions only boiling will suffice. As some persons consider boiled water insipid, it may be aerated by rapidly pouring it from one pitcher to another in an atmosphere free from dust. The Japanese or Chinese water coolers protect drinking water from all contamination by dust or the air and also keep cracked ice unmelted for a long time. The manufactured ice now in general use is free from germs of disease and may be used safely with distilled or filtered water.

Of the well and spring waters, the soft contain potash and soda. The hard waters contain lime, magnesia, the phosphates and sulphates; they are apt to disturb the digestive organs. By boiling hard water the objectionable elements can be precipitated and the pure water may then be poured from the sediment. From a sanitary point of view, pure, moderately hard waters are brighter, clearer and cooler than soft waters and less apt to absorb organic life or contagion of any sort. The lime in small quantity is wholesome. Government commissions in Europe have decided on moderately hard water as favoring longevity, according to the authority quoted.

Wool Work Stitch.

The wool work stitch here suggested is especially adapted for needlewomen with weak eyes. The effect greatly depends on the harmonious shading of the



EASY AND EFFECTIVE.

tapestry wool, arrasene, or filoselle used. The long cross stitches are carried over one thread and along three, while the short stitches are only worked over one thread of penelope canvas. It may form an entire groundling on canvas for slippers, bags, stools, kettle holders, or on any solid material over which some canvas is first carefully tacked as a guide for the stitches and afterward clipped and every thread pulled out, as so often explained.

Cherry Water Ice.

Cherry water ice is always popular. Failing fresh cherries, it may be evolved from the canned fruit. Bruise a quart of cherries and squeeze through a bag; add a pint of water, a pint of sugar, juice of 2 lemons and a wineglass of brandy. Freeze.

An Altruist.

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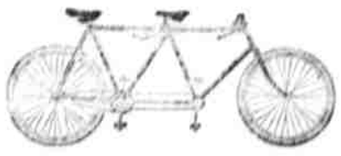

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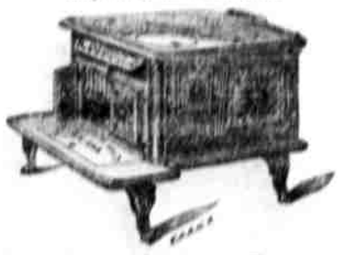

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