

Place about 100 mL of distilled water in a quart canning jar and add a couple of glass beads or boiling stones. Place the lid on the canning jar and seal it. Place it on a hot plate and heat to a vigorous boil. Turn off the hot plate and set the jar off the hot plate with a jar lifter. Allow the jar to cool for a few seconds (the boiling has ceased). Add a few ice cubes to a 250 mL beaker and set the beaker on the top of the canning jar. The water should begin to boil vigorously.

The science:

