

HEALTH.

Torpid Liver.

If the liver is inactive, and consequently fails to make bile enough, the poisonous, waste elements, which should be eliminated in this manner, are retained. The bile is not retained, because it is not made. The materials for the bile are not bile, any more than alkalies and oils are soap. One of the elements of bile is a resinous substance called cholesterine. If this is not carried off properly, very serious and sometimes fatal consequences follow. In the liver itself, it accumulates and forms gall-stones, a diseased condition accompanied with the greatest pain. Gall-stones are sometimes so nearly pure resin that they can be ignited and burned.

One of the symptoms of a torpid liver, is a brassy taste in the mouth, indicating the presence of cholesterine.

Another symptom is specks before the eyes, and these specks are of cholesterine, deposited in the crystalline lens of the eye, where they intercept the rays of light. Sometimes these specks float about, moving with each movement of the eyeball. If these specks become very abundant, they form an impediment to vision.

If the liver is not doing its full duty in the manufacture of bile, the digestive apparatus suffers greatly. A person with a torpid liver is always lean, for he is unable to digest the fat making elements of the food. One with hard, plump tissues cannot possibly have a torpid liver; for a pretty good liver is absolutely necessary to the deposit of a large amount of adipose tissue.

Another consequence of torpidity of the liver is that the food is not well absorbed after it is digested. Such persons may eat enough to be fat, but their food does them no good, beyond maintaining existence.

The gastric juice is a very corrosive fluid, and if the quantity of bile produced is insufficient, the gastric juice is not neutralized as thoroughly as it should be when it meets the food in the small intestine; and as the small intestine has no means of defending itself from its action, irritation is set up. Such persons will have pain in the bowels, just below the liver, and often complain of a tenderness in that region. The trouble is not in the liver, but in the duodenum. Not infrequently, however, this irritation sets up a catarrh, and the catarrh travels up to the liver, and dams back what little bile is made; and then the bile must be absorbed into the body, and the skin will not only be dingy, but yellow.

If the bile is scanty, it does not exercise proper antiseptic action, and fermentation sets in before the food is completely digested and ready for absorption. Alcohol and carbonic acid gas are formed, and the bowels become bloated, putrefaction takes place, and offensive gases are formed. Poisonous substances are thus developed, which are absorbed to a greater or less degree; the breath is tainted, and every tissue and portion of the body and the brain itself, all suffer the poisonous effects. The person may have vertigo, and feel dull and unable to concentrate the mind, with overpowering sleepiness after meals. He is being poisoned by poisons generated within his own alimentary canal.

Yet many people who have torpid livers and indigestion, treat it as a trifling matter. It is really a dreadful thing for one's brain to be so poisoned that it cannot even think properly. The nervous system, as a whole, may be affected, and the disturbance may become so great as to lead to insanity.

The bile is a natural laxative, and stimulates peristaltic action. If the bile is deficient in quantity, then the action of the bowels is partially paralyzed and excretions which should pass off are retained for days and even weeks. During all this time, poisonous substances are generated and being absorbed. It follows that a person with a torpid liver is sick and miserable, and suffers from an innumerable multitude of ills.

If the liver is too torpid to attend to its duty of regulating the supply of sugar, the digested sugar passes directly into the blood, and brings on that disease known as diabetes, which is often very difficult to cure.

Again, the liver may fail to perform its function, and consequently the refuse matters of the body are not completely reduced and changed as they should be to enable them to be thrown off by the organs of elimination. This condition is often made apparent by a whitish, brick-dust, or a pinkish sediment in the urine. These sediments mean that the liver is torpid, and is not converting the waste substances which come to it in the form of uric acid, into urea.

Uric acid, or its derivatives, is often deposited around the joints, and the person may have an attack of rheumatism, pleurisy, gout or some allied affection. Nature must do something with this worse than useless material, so she deposits it around the joints, in order to save the delicate membranes of the heart and brain and lungs from suffering from their presence. Sometimes, in place of rheumatism, the person will have neuralgia or a one-sided head-ache.

Causes of Near-Sightedness.

Nationality has an influence, though a slight one, in the production of near-sightedness, as shown by contrasting Jews with other people. The complexion, whether fair or dark, also seems to have some influence.

The shape of the cranial bones is also a factor, but how far is not yet determined. Deep orbits and a short face are very frequent in near-sighted persons, but often the same mold of face is found without myopia.

Heredity is an important factor. Children are most liable to be near-sighted when both parents have been similarly affected, less liable when only the mother and least when only the father is thus affected. Boys of myopic parentage are twice and girls four times as strongly inclined to myopia as the offspring of non-myopic parents.

There is but little difference between the tendency of boys and girls to become near-sighted. If any exist it will be found that under the same conditions more girls than boys will become affected.

Occupation has the greatest influence in the production of myopia, as especially marked in those occupations which demand frequent and continuous accommodation of the eye with convergence of the visual axis.

Needle-work at an early age, unsuitable seats, insufficient light, and means of teaching which make too great demands upon the eye, such as dark slates, poor paper small type, etc., all possess a most harmful influence.

The following is recommended by way of prophylaxis:

Schools should be well lighted; this should be so arranged that in gloomy weather the darkest part of a room should receive light the equivalent of ten candle-power. The window surface of a room should bear the proportion to its floor surface of at least one to five. The interruption to light should be few; for this reason the pains of glass should be large, and the frames should be of iron. School buildings should be somewhat isolated, not surrounded by other buildings, trees, etc., which lessen the amount of light.

The seats should be adapted to the sizes of the pupils, there being at least three sizes in each room. All the pupils should be measured twice a year and seated accordingly.

On entering school each pupil's eyes should be examined by a physician and the result recorded; all the pupils should be examined at least once a year, and should any show signs of myopia they should be carefully guarded against further predisposing causes in the assignment of seats, and in the apportioning of exercises, etc. Glasses should not be worn unless by direction of a physician, neither should their use be forbidden except by the same authority.

Test letters should be displayed in each room in a suitable place; if on dark days the vision of any of the pupils should be found wanting it would be better to temporarily substitute oral instruction for exercises in reading or writing.

As little as possible of the school work should be done at home. Here, also, each child should have a chair adapted to its size. The hours for study should be arranged by the teacher.

Black slates should not be used, but in their stead white slates or paper. In textbooks and in writing books white paper and black ink should be insisted upon.

These demands are clearly put, and further, they can be easily complied with. The most difficult thing would be to regulate the amount of work at home, as well as seats adapted to the size of the children. The latter condition is not only of the highest importance in its relations to the production of myopia, but it plays a prominent part in the consideration of spinal curvature.

The Proper Weight.

Growth is very irregular in children and young people generally; perhaps two inches may be gained in two months, and for the next ten months not another inch, even up to the age of ten or twelve years.

While growth is thus rapid fatigue is readily reduced; during the pause weight is gained and work or training can go on again.

As a general rule a child in the fourth year should be 3 feet high, and weigh more than 28 pounds; in the sixth year, 3 1/2 feet high, and weigh 42 pounds; in the eighth year, 4 feet high and 56 pounds in weight; at twelve years old, 5 feet in height and 70 pounds in weight is a fair average.

At the term of adolescence 28 pounds should be added for a gain of 3 or 4 inches in height, 112 pounds is about the average weight for 5 feet 6 inches; 126 pounds for 5 feet 8; 140 pounds for 5 feet 10; 154 pounds for 5 feet 11, and 168 pounds for 6 feet.

The Domestic Doctor.

Powdered chalk and vinegar are good for a burn.

Severe pains in the bowels and stomach are often speedily relieved by the application of a bag of hot salt.

Eruptions caused by heat may be soothed by bathing them in a solution thus prepared: To a pint of rose-water add one tea-spoonful of common carbolic acid. Do not let the wash get into the eyes, as it will make them smart.

Of all the causes of premature baldness none is so common as indigestion. Dyspepsia and weak and falling hair go hand in hand. As the one affection has increased so has the other, and not all the oil of Macassar, the bear's grease of Siberia nor the cartharides of Spain will prevent a man's hair from shortening and thinning whose stomach is badly out of order. Indeed, anything which debilitates the nervous system has a weakening effect on the scalp tissues, which shows that loss of hair may proceed from general as well as local causes.

One of the best hot applications for pain in pneumonia or dysentery is a flannel bag filled with hops and wrung out with hot vinegar. The process may be avoided by the use of two tin plates. After the bag is ready pour a little vinegar in one plate, set it on the top of the stove and lay the bag in it. Place the other plate on the top to keep in the steam. When the vinegar has all evaporated into the hops add a little more and turn the bag. In a few minutes the bag will be steaming hot but not dripping. This keeps it light, a thing always to be considered when the chest is weakened by pneumonia, and saves the hands of the nurse from the scalding vinegar.

He Grasped the Situation.

Henry was a bashful lover. He scarcely dared touch his lady's hand. He loved her well and she was worthy of his affection, for she was modest, intelligent, sweet and honorable; but like all good women she yearned for the respectful caresses that are the evidences of pure affection. She, however, yearned in vain. Henry worshipped her—he might kiss the hem of her garment, but to kiss her lips or cheek—the very audacity of the thought made him tremble.

They sat together by the sea looking out on the track of the moon's light which white-winged yachts were crossing now and then. "It was a witching hour. A scene for love and calm delight."

Suddenly she moved slightly away from him. "Please, Henry, don't do that," she said. "What?" he asked in genuine surprise. "Oh! you needn't tell me," she replied. "You were just going to put your arm around my waist—and you were going to try to kiss me."

"Dear Lillie—"

"Oh! you needn't tell me different; you were going to do it. Well, after all, I suppose you are not to blame. It is just what a lover would do to his sweetheart and I suppose I must not be offended if you do do it."

And Henry grasped the situation and did exactly what Lillie supposed he would do, and the moon grinned and the stars winked and the waves laughed and a mosquito that was about to alight on the maiden's cheek flew away and settled on the nose of a grass widow who was sitting near the band stand.

YOUNG FOLKS.

A Boy's Belief.

It isn't much fun a-living
If grandpa says what's true,
That this is the jolliest time o' life
That I'm a-passing through.
I'm 'fraid he can't remember,
It's been so awful long,
I'm sure if he could recollect
He'd know that he was wrong.

Did he ever have, I wonder,
A sister just like mine,
Who'd take his skates, or break his kite,
Or angle up his twine?
Did he ever chop the kindling,
Or fetch in coal or wood,
Or offer to turn the wringer?
If he did, he was awful good!

In summer, it's "weed the garden;"
In winter, it's "shovel the snow;"
For there isn't a single season
But has its work, you know.
And then, when a fellow's tired,
And hopes he may just sit still,
It's "bring me a pail of water, son,
From the spring at the foot of the hill."

How can grandpa remember
A fellow's grief or joy?
"Tween you and me, I don't believe
He ever was a boy.
Is this the jolliest time o' life?
Believe it I never can;
Nor that it's as nice to be a boy
As a really grown-up man.

Wait On Yourself.

There is one lesson which every young person ought to learn. It is a duty. Wait on yourself.

Do not grow up to depend on others. Make it a rule to do whatever you can yourself. Don't call on your mother, or your sister, or the servant, for service which can just as well be performed by yourself, without calling on any body. If you have lost your slippers find them. The world is wide, and if they are to be found in it, why cannot you find them as well as anybody else.

We are continually hearing the cry among young people, when any of their belongings are lost, "Oh, I can't find it! Ask mamma, or call Kitty."

What is the reason you can't find it? Have you lost your eyesight that you cannot see, or have you lost your reason that you do not know when you have found what is lost?

We know numbers of young men who depend on "mother" to hunt up their shirts, and their stockings, and their neckties, and hang up the overcoats and hats which they fling anywhere, and produce from the household litter the newspapers they may happen to want to refer to. Now, what reason is there in this sort of thing? Isn't a young man of five-and-twenty, with no rheumatism in his legs, and no neuralgia in his teeth, and no corns on his toes, just as well able to hunt up things, and take care of his clothes, as is his mother, who is, probably, twice his age, and who has her hands and head full of household cares and trials?

We know of young girls who can go to balls, and dance till daybreak, who are always too tired to darn their own stockings; and expect "ma" to mend them. "Ma does so love mending!" They will stay out on a damp piazza, staring at the moon, with Mr. Fitz Booodle, or young Mr. De Smith, till midnight, and never dream of taking cold; but if they have a ruffled apron to iron, ma must do it. They are so afraid of getting into perspiration and then taking cold!

Young people nowadays, are a helpless generation. We look at them and wonder what the next generation will be? We see young mothers who cannot hold and tend their children, because they have no strength; but the same young mothers are able to care for two or three lap-dogs, and paint straddle-bug Chinese patterns on every available square inch of crockery in the house.

We know young men who cannot get up to breakfast, and who find it an effort to brush their own clothes, and, who would shudder at the thought of making a fire or shoveling coal, or pumping water, who yet have the strength and the courage to contemplate matrimony with creatures as helpless as themselves, on an income of fifteen dollars a week.

Oh, we do not like to see a young person who is equal to waiting upon himself; we like to see him take pride in it. We like to see him hold up his head while he brushes his own coat, and finds his things in his bureau drawer and brings up his own shaving water, and lets Bridget alone with her dish-washing and pot-scrubbing.

It does not hurt anybody to wait on himself. It teaches a young man the useful lesson that he was put into the world for some other purpose than to make a slave of his mother, or to order round servant-girls, and men-servants.

It gives him a confidence in himself, and in his power to be and to do; and gives him the comforting assurance that if all the servants in the world should vanish into space in the twinkling of an eye, he could still manage to brush his coat-collar, and get his beard off without their help.

How to Talk Well.

If one might choose between being very handsome, with tolerable manners, and being plain, with a fine, well-modulated voice and better manners than ordinary, he would wisely prefer the latter. We do not feel the charm of well-taught speech, because it is so seldom heard. But once felt it has a spell which lingers in the mind forever. The beauty of the face strikes the eye, the tone of the voice stirs the heart.

A fine voice, which does not mean a loud one by any means, is always a distinct one, which can be unerringly heard without effort of the speaker. An indistinct utterance is always a sign of mental or physical deficiency, which ought to be promptly mastered. And it takes very hard work often to get the better of this slovenly pronunciation. Learn to speak. It is easier when you come down in the morning to grunt in answer to good morning than to say the two words, but you must not allow yourself this piggyish, boorish habit of grunting in place of speech.

Natlier, John Alexander, must you let your sleepy, dreamy, unsocial temper control you so that you speak in a dull, thick tone at the back of the throat, which is of all others the most trying voice to understand.

Slow speech is an intolerable affront to



FIG. 45.—No. 4699.—MISSES' DRESS. PRICE, 25 CENTS.

Quantity of Material (21 inches wide) for 10 years, 8 1/2 yards; 11 years, 10 yards; 12 years, 10 1/2 yards; 13 years, 11 1/2 yards; 14 years, 12 yards; 15 years, 12 1/2 yards.

Quantity of Material (41 inches wide) for 10 years, 4 1/2 yards; 11 years, 5 yards; 12 years, 5 1/2 yards; 13 years, 5 1/2 yards; 14 years, 6 yards; 15 years, 6 1/2 yards.

If made of materials illustrated, 4 1/2 yards of 42-inch material and 1/4 of a yard of 18-inch velvet will be required for the medium size.

The gumpes on this figure is taken from Pattern No. 4128. Price 20 cents, and is appropriate for all-over embroidery, tucked muslin, insertion, lace, etc., consisting of a yoke, frill around the neck, shirt-sleeves, and wristbands. The body portion is drawn up around the waist, holding it in position when the dress is put on over it. The dress represents Pattern 4699, price 25 cents, and may be used for light woollen fabrics, dainty cottons, or Indian silk, plain or figured. The full skirt is simply gathered and hemmed, the elbow sleeves hang in knife-pleats, the round "baby" waist is shirred in several rows at the top, and a sash of the goods from the side seams is tied in the back. Epaulets of velvet trim the shoulders, and a corselet belt of the same is held by a buckle in front.

Facts and Figures for the Curious.

At 6 o'clock on the night of Friday, Aug. 1st, thousands of copies of Stanley's book were distributed to the trade, and by the following Monday it was circulated throughout the length and breadth of the land. The first English edition numbered 20,000 copies (this is inclusive of the *two* edition, etc.) It is estimated that during the last four months nearly 11,000 men, women and children have been employed upon it. In England alone 60 compositors, 17 readers, 12 reading boys and 200 machine and warehousemen were at work on it. In the binding of 40,000 volumes 500 men and 600 women were employed. There are ten foreign editions. The printing ink consumed amounts to 1 ton, 10 cwt.; multiply these figures by eight for the foreign editions and you arrive at the enormous quantity of twelve tons. The paper for the English edition weighs sixty-five and a half tons. As the foreign editions are not so large as the English, the figures are multiplied by four only, which produces a total of 262 tons. The binders' cloth used for England amounts to 4,500 yards, in America to 9,000 and in other countries to 1,000 (they have paper covers in many cases). That makes over eight miles! It is estimated that 268 printing presses have been in use to print the book.

Cucumbers not Noxious.

Many people are under the impression that cucumber is very indigestible, and when they eat it they do so under protest, and with apprehensions of possibly dire consequences. How this delusion can have arisen it is difficult to say, unless it be that cucumber is often eaten with salmon and other indigestible table friends. It is not the cucumber, however, but the salmon that sits so heavily upon our stomach's throne. Cucumber, in fact, is very digestible when eaten properly. It cannot, indeed, be otherwise when it is remembered that it consists mainly of water, and that those parts which are not water are almost as exclusively cells of a very rapid growth. In eating cucumber it is well to cut into thin slices, and to masticate them thoroughly. Even the vinegar and the pepper that are so often added to it are of service to the digestion if not taken in excess. The cucumber, as every one knows, belongs to the melon tribe, but in our somewhat cold country it does not grow to any very large size, and therefore it is firmer and looks less digestible than its congener, the melon.—[London Hospital.

A Good Suit.

"I want a running suit."
"This is a good durable suit."
"Are the colors fast?"
"Yes. You'll have great difficulty in keeping up with them."

Mr. Summerheim—"So your old friend Abrahams has failed?" Mr. Sonneburn—"Ya, tree hundred thousand hiphities." Mr. Summerheim—"And how much assets?" Sonneburn—"Nuttings at all." Summerheim—"Weeping Rachel! What a genius!"

others and waste of time. I went to church yesterday and sat out a sermon which wasted thirty-five minutes of the possible forty-years I have yet to live, listening to such novel and profound remarks as these, "Animals are endowed with life," "Human beings have reason," spoken in a ponderous way, as if the speaker's wits were wool-gathering each sentence. You may believe I would not have wasted so much of my precious life waiting on such sluggish muddling if the sexton had not seated me too far up the aisle to get out without making a procession of myself before the congregation. You must learn to talk to the point and with celerity—that is, not chattering but with smooth, ready flow of language without jerks or confusion.

To speak sweetly, make the toilet of your mouth and nose with care three times a day. There should be three minutes after each meal given to personal cares, rinsing the mouth, clearing the throat and using the handkerchief, which should then make its appearance as seldom as possible. A habit of deep breathing also clears the voice and gives it fullness and softness at command.

Only good feeling and great kindness of nature can give sweetness—heart sweetness—to a voice but the smooth, vibrating tone that one listens for and wonders at comes of physical well-being, a warm, lively temper of mind and body, which may be cultivated by keeping one's self very comfortable, and then getting all the work out of one's self he is capable of doing.

What to say, and how to say it, is all there is to the art of conversation. True, this is like saying that earth, air and water are all there is, to the world, as if it were simple as beeswax. But it is something to know when you want to begin to improve talk, and that is by finding out just what you want to say. The other day a very bright woman asked me how she should write an advertisement for a merchant, I asked her for an idea of what she wanted to say, and the first sentence she uttered was the announcement complete. It was simple, concise, perfect. Happily the forms of polite speech are laid down for us—the "good morning" for those we meet with whom we are not intimate the "how do you do" for friends and neighbors.

People don't always feel themselves the central interest in creation or wish to talk about themselves. They are rather complimented by talking about their tastes rather than their affairs or personal interests. You see the safe topics can only be indicated by teaching yourself pretty decidedly what not to say. Avoid questions if you can. It sounds better to say, "I hope you are not tired with your long walk," or "You must be tired with it," than to ask "Are you tired?" or "Have you come far?" Take everything creditable for granted of your companion. Don't ask perforce, "Do you like music?" in a crude way, but "You are musical," with the very faintest questioning inflection, or "You play tennis, I suppose?" And if your unhappy respondent does not understand either of these things, do not make him any more unhappy by pause or comment, but turn to something pleasanter for him.

Learn all the forms of courteous and complimentary speech, but use them with distinction. You should know when to say that you will be pleased to accept a courtesy or attention, when you will be "happy" to do the same, and when you will be glad, in the open-heartedness of frank intimacy. Learn the shades of civility, they give value to intercourse and meaning to cordiality when it comes. Use the salt and spice of conversation freely, but be choice of your sugar, and, above all, don't be oily! There are people so unctuously polite that one near them feels like being careful for fear he gets grease on his clothes. One has to take all their smooth words with much salt. Sincere courtesies need no flavoring added.

Lincoln's School Days.

Little Abe was first sent to school when he was about seven years of age. His father had never received any "book learning," as education was termed among such people, and it was with difficulty that he could write his own name. One day about four weeks after Abe had been sent to school, his father asked the teacher, "How's Abe getting along?" The teacher replied that he was doing well; he wouldn't ask to have a better boy. He had only one lesson book, an old spelling-book. During the school hours he was attentive to his task, and at night he would study over the lesson he had been engaged upon during the day; the highest ambition of his life at this time was to learn to read. He believed if he could only read as well as his mother, who read the Bible aloud to the family every day, the whole world of knowledge would be opened to him, and in this conjecture he was about right. As the old Baptist minister told him one day, "When you can read, you've got something that nobody can get away from you."

In the Kentucky home there were but three books in the family—the Bible, a catechism, and the spelling-book which Abe Lincoln studied. He had not been long in Indiana before he had read the *Pilgrim's Progress*, his father borrowing it from a friend who lived twenty miles away. He was very fond of reading *Abe's Fables*, a copy of which came in his way. A young man taught him to write. As writing-paper of any kind was very scarce and expensive, Abe used to practice his writing exercises with bits of chalk or a burnt stick on slabs and trunks of trees. Sometimes he would trace out his name with a sharp stick on the bare ground. When, finally, he was able to write letters, he was called to do the correspondence of many of his neighbors, for very few grown persons in that region could write even a simple letter.

As Abe Lincoln grew older he became a great reader, and read all the books he could borrow. Once he borrowed of his school-teacher a *Life of Washington*. His mother happened to put it on a certain shelf, and the rain coming through the roof, the book was badly damaged. Abe took it back to the school-master and arranged to purchase it of him, paying for it by three days' hard work in the cornfield; and he was entirely satisfied with the bargain at that. At the age of eighteen his library consisted of the *Life of Franklin*, *Plutarch's Lives*, the Bible, the spelling-book, *Abe's Fables*, *Pilgrim's Progress*, and the *Lives of Washington and Henry Clay*. A boy might have a much larger library than this, but he could scarcely find an equal number of books better calculated to impart wholesome lessons as to correct living and right thinking.—[*Harper's Young People*.