## HSALTH.

### An Aristocracy of Health.

The tendency of man is to separate, ac cording to natural affinities, into clans and classes. We have had, from time immemorial, aristocracies of military glory, of political power, of landed estates, of wealth, of illustrious ancestry, of empty titles, of "old families," and of many other distinctive claims. Even the most rural localities are not altogether free from persons who have pretentious aspirations to aristocratic exclusiveness and privileges. To say that this is all wrong would, be perhaps, to make an attack upon human nature in general. We only want to point out not only a harmless

but vastly beneficent channel into which this tendency of our nature may be diverted. We wish to propose the establishment of an aristocracy of health. What a grand thing it is to be well-born -to come into girdle." This was one of the favorite remethis world with a sound physique and an unclouded intellect! What a splendid ambition t is to live so that the integrity of the bod y dreds of cases. We quote from the Dietetic may remain unimpaired, and the power of Gazette the following translation from a mind may increase until advanced age!

Imagine in the distant future the account of a marriage in "one of our most select circles," The perfect symmetry and exquisite complexion of the bride and the manly strength and bearing of the groom sustain their claims to desent from families that a method to patients where a sedative effect for many generations have been free from the slightest taint of syphilis, scrofula, tuberculosis, insanity, nervous debility, rheumatism, and all organic weakness or constitutional tendencies to disease, but the members of which always die of old age; families | cloth, so as to prevent evaporation, whilwhose rosy-cheeked women never wore corsets or tight shoes, never suffered imprudent exposure at the menstrual epoch, nor indulged in unwholsome forms of social dissipations; whose men never weakened their nerves with tobacco, treatment of insomnia. By dilating the others when attempts were being made to fired their tissues with alcohol, or large vessels of the intestinal tract by the leave the vessel in them. The second mate ed to get rid of all who impeded the march. clogged their systems by gormandizing or warmth applied, a condition of anæmia of indolence; whose husbands and wives did brain is produced, favoring sleep. These not spend their physical capital faster than it accumulated, but reserved their vital perly termed the waste-gates of the circulaforces to contribute to more perfect health tory system." and higher and nobler forms of mental ac-

What a blessed promise such a union gives! Who would not like to marry into such an aristocracy! Who would not be proud to be a descendant from it! What a power such a race would have among their fellows -far beyond that conferred by wealth!

And yet such a desirable condition of things is not at all impossible or even difficult of attainment. Simply a little intelligent study and daily attention to plain laws of health will accomplish the object. Each husband and wife may begin now, and resolve that henceforth their daily lives shall contribute to this glorious cause. Each young person may prepare to become a partner in establishing an illustrious family in this wonderful new aristocracy. And each victim of incurable disease may at least resolve to spare himself the pain of seeing a group of sickly children around his though I had more to say 'round this place hearthstone.

By joining in this movement you do not stint and deny yourselves, like the miser, to leave an inheritance for your heirs to fight over and squander after your death; you enjoy the full rich benefit of it yourself, and leave them a wealth that no man can take from them.

Then all hail and all hasten the glorious new order-the aristocracy of health, whose escutcheon shall be the erect, athletic form, Everybody tried to shake hands with him oming cheeks and ruby lips, the pearly teeth and gleaming eyes of a happy race of healthy men and women !- [Medical World.

# Selt-Control.

insane asylum said a little time since that out a back door and the proprietor came these institutions are filled with people who over to me and said : have given up to their feelings, and that no one is quite safe from an insane asylum who Understand? It don't go !' allows himself to give up to his feelings. The importance of this fact is altogether too | side and said : little appreciated, especially by teachers. We are always talking about the negative understand jokes, and you'd better say the positive virtues. We discipline the "Another told me I had better get out kangaroo battue in the near vicinity of a huts which afford no protection against the Counties' Asylum, near Hitchin, Eng., respected to bear the shill are found to be a hitching them. virtues of discipline, but we rarely speak of nothin' about it.' schools to keep the children from mischief, of town, as there was a general feeling that to maintain good order, to have things I had heard too much. quiet, to enable the children to study. We "'But where is the man who shot this of the women to look out for whites. One Dromaux writes that he has seen hundreds say, and say rightly, that there cannot be a Smith?" I asked. good school without good discipline. We do not, however, emphasize as we should the Mexico,' was the reply. Then he added: fact that the discipline of the school, when 'Stranger, you don't seem to sort o' get ing him to the locality they sighted some Every morning corpses are dragged from rightly maintained, is as vital to the future onto this business. The Doc has just sent sheep. Upon Morrill deciding to go on the the slave huts and thrown to the byenas. good of the child as the lessons he learns.

mental training as arithmetic. It is not of marks is called off and we starts a new deal the right kind unless it requires intellectual | See ?"-[Chicago Tribune. effort, mental conquests. The experienced official referred to above, was led to make the following remark by seeing a girl give way to the "sulks." "That makes insane women," she remarked, and told the story of a woman in an asylum who used to sulk until she became desperate, and the expert said, "You must stop it. You must control yourself;" to which the insane woman replied, "The time to say that was when I was a girl. I never controlled myself when I was well, and now I cannot."

The teacher has a wider responsibility, a weightier disciplinary duty, than she suspects. The pupils are not only to be controlled, but they must be taught to control themselves, absolutely, honestly, completely.

# A Simple Remedy When Foreign Bodies

nave been Swallowed. sometimes pennies, and even larger objects ment; and recently large hoards of Arcot camp, and upon his advice they moved off through the careless habit of holding such rupees from Mardras, add Chilki rupees from some miles further from the hut. things in their mouths. Careful parents Kashmir, have passed into our mints. In When he told them that he intended to Then with Wagner she assaulted will instruct their children in better habits, Bengal several considerable hoards of sicca return to the whites, the natives at first but the great majority of children are not rupees have been found to exist in the houses understood that he would be away for three observed with sufficiently care, neither of wealthy landholders on the occasion of or four days only, and begged him to talk to are they sufficiently well instructed, their property passing into control of the his countrymen and tell them not to shoot to prevent the frequent occurrence of cases | Court of Words. Mr. Harrison estimates | the natives. When they learned that he in which foreign bodies, of more or less the annual quasi-permanent disappearance was going away off to see a great many harmful and dangerous nature, have been of Government rupees due to this cases as whites, and that he would be away three swallowed. The best method of dealing with | now less than 5,000,000, and would put it | or four months, some of them declared that cases of this sort was discovered by a Ger- even lower if there were not reason to be- he was going to leave them altogether. They man surgeon, some years ago. A case well lieve that in Southern India the priestly begged of him to induce his countrymen to illustrating the value of this method was re- trustees of temples still accumulate the of- let them have at least the swamps and saltcently reported by Dr. Silver, of New York. | ferings of pilgrims. A three-year-old boy, while lying on his back on a lounge, playing with a large shawl-pin, which he was treating as a cigar, suddenly swallowed the pin. His mother gentlemen, walk right up to the prescrip- morning Morrill ended his seventeen years' ing. heard choking sounds, and on turning toward the boy and asking what he had done with the shawl-pin, he promptly replied, " Me eat it up." The mother, of course, was very much alarmed, but on examining the child's throat could see velvet string knotted under the chin pleases no trace of the pin. She took the the milliners and the patrons as well.

child at once to a physician, who also made a careful examination but could find no trace of the swallowed article. The mother was directed to give the boy nothing but potatoes to eat for two days, but to allow him to eat freely of this vegetable. Four days after the pin was swallowed, it was passed without difficulty, the head downward, and was found to be imbedded in a thick, pasty mass of undigested potato. The pin was three inches in leugth, and the diameter of the head was one half inch. In cases in corners have been swallowed, the same remedy has been employed with equally good

#### For Sleeplessness.

For many years we have been in the habit or what the Germans call "Neptune's spent seventeen years among that people. dies of Priessnitz, and we have demonstrated its virtues as a sleep-producer in hunpopularity which this simple remedy is winning in higher medical circles :--

"Warm baths, as is well known, produce a calming effect, and tend to bring on sleep, and Alldorfer has attempted to apply such is desired, and yet where a bath is inapplithe lumbar region and belly with lined cloths soaked in warm water, and then covering them with oiled silk or rubber the whole is kept in place and loss of heat prevented by a flannel cloth. This procedure is of ready performance, and the author says that by this simple means he has oblarge intestinal vessels have been very pro-

## A Bad Man from the Border Line.

"I was stopping in the only hotel in a litlity Texas town," said the traveler, "and was in my room, when I heard three shots in quick succession I reached the office just as a man rushed in and exclaimed:

"" Bill Smith is shot?"

"' Dead?' asked the proprietor. "Three holes in him. He's done, for

sure,' was the reply. "A tall, lanky man. who was standing by the desk, brought his fist down on the blurred and blotted register and said:

"It's a good thing. I kin walk down the street now without feelin' that I may have to draw quick and dodge behind a tree most any minute.'

"The proprietor straightened himself up and said:

"Boys, let's have somethin'. I feel as now, and especially in the barroom.'

"Of course I asked who Bill Smith was, and was informed by three or four at once that he was a bad man from the border line State, that he was quarrelsome, brutal, and a general all round crime-steeped villian. And in the midst of the description the man who had done the shooting walked in. and every one invited him to drink.

"Then another man came in and whispered to the proprietor, and the proprietor said something to the man who had done the shooting, and there was a general whispered conference. At its conclusion An expert and experienced official in an the man who had done the shooting slipped

" Say, stranger, what I said don't go

"Then the lanky man pulled me to one

"'I was jokin.' See? But Bill don't

Discipline of the right kind is as good | pretty sure get well. Wherefore, all re-

# Hoards of Silver in India.

appears from Mr. F. C. Harrison's elaborate on the fence, he called out the sailor's salu- of the care bestowed on them." article on the circulation of the rupee in tation he had so often repeated to himself It is not likely that similar atrocities will "The Economic Journal" (Macmillan) to be when alone "What cheer, shipmate?" to be mainly confined to the old wealthy the hut and seeing Morrill, who was wild termined that they shall cease. An armed families and princes. The original cause, looking in appearance, immediately called body of men, with the permission of the vestment, the sweet simplicity of the 4 per | yellow, but is not black !" Morrill then | these frightful raids around Tanganyika. cents, or family misfortunes, sooner or later | threw up his arms and called out : " I am a | The Congo State is very vigilant in its purhave the effect of emptying the family vault. shipwrecked sailor. You would not shoot a suit of slave raiders in its territory. and al-Notable instances of the dissipation of large British subject !" Then toe men, who were though it has by no means extinguished the hoards have occurred in recent years. The stockmen, and had regarded him as a sort of evil it has done away with most of the raidthe Government upward of 30,000,000 gave him bread to eat, which at first he could rupees, of which all but 3,000,000 were in | not swallow. Having almost forgotten the native coin. The Maliaraja of Burdwan's English language it was some time before accumulation (principally of sicca rupees) he could explain himself to the settlers. Children not infrequently swallow pins, has disappeared in litigation and invest. That night he returned to the aborigines'

> tion counter. One and all, gents; it's my treat. Here, Mr. Drug Clerk plenty of patients for ye. Now, gentlemen, name y'r diseases and the clerk will mix y'r medicine.

The prevailing fashion of wearing broad

## LIVED WITH SAVAGES

Seventeen Years in Australia.

James Worrill Being Shipwrecked Took Up His Abode Among Cannibals and Adopted Their Customs-How He it' nally Obtained His Deliverance.

The doings of white men among the aborigines of Australia are indeed interesting rewhich articles with ragged edges or sharp cords, and many of the stories seem stranger Hundreds of Helpless Captives Murdered than fiction, especially when there exists in the minds of Englishmen an idea that that race of mankind partakes a little of savage cannibals. Among those persons who have abandoned civilization and lived for a time among the Australian blacks, as that race is generally but wrongly called, the most inof recommending, in cases of sleeplessness, teresting, perhaps, is James Morrill, the the wearing of the moist abdominal bandage, wild white man of North Queensland, who

On the 28th of February, 1846, a bark named the Peruvian, of Dundee, left the port of Sydney, New South Wales, bound for China. She had a crew of twenty-two all told, and was commanded by Captain French medical journal, as evidence of the Pitkelly. There were fourteen sailors, among whom was Morrill, and seven passen gers-Mr. and Mrs. Wilmot, their child and nursemaid, J. B. Quarry and child, and Mrs. Pitkelly, the captain's wife. For a full week Makutubu, one of the well-known Arab the vessel experienced tempestuous weather, and was blown along for several days with only the bare masts. Early on the morning cable. His method consists in wrapping of the second Sunday out (March 8) the veswhich stretches for nearly 1,200 miles along the Queensland coast, southeast of Fort Denison; and was soon washed up so high that only the spray from the breakers reached her.

tained most astonishing results in the of the collision with the rocks, and the on account of meagre rations. was washed overboard by the first sea that At Lusuko, in order that his caravan might little English girl, who sat next to him, swept the vessel after she struck, and the advance with greater haste, he drowned first mate, who was the captain's brother, about 100 old women and little children. the last remaining boat fit for the sea. fresh hindrance. Many of the poor slaves From casks, rigging, spars, etc., a raft was had become so enfeebled by the rapid rate formed, upon which the survivors, after securing a cask of water and some tinned meat | Massacres, of which people in civilized counand soup, drifted from the wreck. Their tries can form little conception followed. sufferings during the days that followed were fearful.

> which it drifted from the wreck, the raft vance of the caravan and reached the miswas washed ashore on the north-eastern side sionary post. Father Dromaux set out at of Cape Cleveland-the captain and his wife, Mr. Wilmot, Millar (sail-maker), poor people from the fate that threatened Gooley and Morrill (seamen), and Wilson them. He succeeded in ransoming sixtyalive. Shortly after landing Mr. Wilmot killed. Of course, he paid only a very and Gooley died and Millar, finding a native canoe, paddled away in it in the hope of dis. covering food and relief, but he never re- of the natives for the slaves he had liberat- room with a kettle of boiling water he stumturned, his body being found some time after ed, nursed them back to strength, and took bled over the cradle, the child sleeping inby the natives. The survivors sheltered them to the station. themselves in a kind of a cave, subsisting on of the aboriginal tribes found them.

fires had been lit, and were supplied with such food as the aborigines possessed. The that he could shoot quicker and with truer four unfortunate creatures struggled along remaining two endeavored to find their way | tal. south, but got no further than where the From Mpala, across the lake from Karema, present town of Bowen stands. Twelve come more facts about the atrocities commonths after the death of the captain the mitted by slave dealers in the region southyoung apprentice died and Morrill was left west of Tanganyika. They are turning the origines for his companions.

> Australian race Morrill accompanied them killed many hundreds of the natives and in their marches, fought with them in their burned their villages. On the march the tribal wars, went with them on their hunt- slaves are chained together in groups of previous congresses, that India can never be fishing excursions to the seashore. He soon skeletons. Food is very scarce along some be prosperous or contented, until they are forgot all European habits and forgot almost parts of the route, and the slaves are forced his mother tongue, becoming, in fact, a real to dig up and eat roots which even wild tives an effective voice in the legislative domesticated aboriginal.

the tribe with which he lived organized a ters are taking them, they are placed in one day Morrill was detailed with a party dysentery, they perish by scores. Father of the women who had strolled off by her- of slaves in roofless huts, while near them "'Tryin' to get over the border lineinto | self soon told Morrill that she had seen a their master's goats have roofs over their white man's hut, and when she was direct- heads. out a quiet tip to the boys that Bill will woman ran back. He then went to a water- The missionaries have rescued many poor hole, where he washed himself so as to ap- children whom they found among the cap-

Maharja of Gwalior, a Mahratta chief, lent a bushranger, took him into the hut and ing in the large territory it controls.

water creeks, upon condition that they (the natives) abandoned the upper reaches and river. With much lamentation on the part

sojourn among the natives. Queensland, who, however, took little in- will take the same as her husband.

terest in the "Wild White Man." While, in that city he joined the Baptist church Returning to Bowen, he was employed in the customs department as one of the crew of the pilot-boat; and in 1864 he married a servant of the police magistrate of that place. He died in October, 1865, at Bowen. -[Chambers Journal.

# ATROOITIES NEAR TANGANYIKA.

Stories of remarkable atrocities committ-

# by Arab Slave Stealers.

ed recently by slave raiders near Lake Tanganyika, have reached Europe. They would seem almost incredible if their accuracy was not vouched for by missionaries on the ground. These statements have been laid before the African Society at Cologne, and have been published by the au ohrities of that society with the statement that the stories are perfectly correct. One of the missionaries writes that on Nov. 19 last 2,000 bound slaves arrived in the neighborhood of Karema, on the southmission station, though it was founded by 000 in 1890. King Leopold about twelve years ago, as the extreme eastern post of the Congo Free

State. The Arab raiders were led by chiefs east of Tanganyika. The slaves had been brought from 100 to 150 miles south and southwest of the big lake. The seacoast markets being cut off, the Arab sell sel struck on the Horse-shoe reef, one of the their slaves among the native tribes along dangerous shoals of the great Barrier reef, the shores of the lake. They had purchased the slaves for a songor captured them without any cost save for ammunition, and as human flesh was so exceedingly cheap they cared nothing about preserving the lives of those who fell by the way dur-The boats were destroyed, one at the time | ing the forced marches or who succumbed On his way to the lake Makutuba decid-

of march that they could go no further. As fast as a slave succumbed he was knocked in the head with a club and left dead. At last, after forty-four days from that on The story of the atrocities went on in adonce in order if possible to have some of the (apprentice), seven in all, reaching the land one slaves who would otherwise have been small sum apiece for them. Then the caravan went on, while the priest bought food

He says that from ten to fifty slaves a day | spilling over it. shelfish for a fortnight, when some members were murdered while the caravan was on the road. About 600 were killed during the known medical practitioner, whilst travel-After a short time the shipwrecked sur- march north and 2,000 reached the east ing by train from Leamside to Sunderland, vivors were conducted to huts prepared for shore of the lake. Those whom Father jumped out of his compartment in front of a them, at the entrance of which several small Dromaux had ransomed were pitable ob- train coming in an opposite direction. He jects, in spite of the good treatment he had | received severe injuries on different parts of given them. Even those who appeared to be | the body, and has had one leg amputated in healthy had terrible burns on the arms and Durham Hospital, where he lies in a precaraim than any man in that section of the for twelve months, when the captain died, thighs which they had received as punish- ious condition. No reason is assigned for and his unfortunate wife only survived him ment for trival or imaginary offences. The Dr. Dunlop's conduct. three months, dying of a broken heart. The mission orphanage was turned into a hospi-

caught nearly 2,000 slaves up to September | zlers were heard for blocks. During his residence with this tribe of the last year, and in the course of his raids animals refuse to touch. When they reach During the early part of January, 1853, the slave markets to which their cruel mas-

pear as white as possible, and walked on in tives. They were placed in special wards of the direction of the sheep. Soon he came the mission hospital. "As soon as I enter," in sight of a yard, then a hut, from which says Father Josset, "They stretch out their he heard voices, and at this instant fell con- thin little arms toward me and say, 'Good fused and alarmed and was almost impelled | Father, we have suffered so much hunger.'

be repeated during the coming season. Both

# Not Appreciated.

At a Steinway she was posing, And her vocal-volume closing, She remarked, "I'll play you something

that will suit you. My auriculars and halted To inform me 'twas " the music of the

future."

I awaited but the dying Of the strains so mystifying, Then I muttered in a manner effervescent "Then your aim is misdirected,

For althou' you've not detected The condition, I am living in the present."

-- Boston Courier.

Bangs will soon be out of date. Many who have high foreheads are brushing their Candidate (in Iowa drug store)-Come, of his tried associates, on the following hair plainly back, and it is very becom-

Morrill was not, however, long to survive | It takes a man of broad judgement and his release. James Gordon, at that time liberal views, and a calm, statesmanlike con- craving for sausage he looked around for a the sub-collector of customs at Bowen took | trol of his features, to know how to give a | piece of paper and trotted off to the butcher's him to Brisbane and presented him to Sir citizen the right kind of syrup in his soda- The farmer is something out of socket, but George Ferguson Bowen the governor of water when then the citizen's wife says she squares the account by casting of his dog's

A second Congress of Chambers of Commerce of the British empire will be held in London in June.

For an assistant mistress in a school in Wiltshire, for four months, there is offered

a salary of five shillings a week. It has been proposed to put jinrikshas, the Japanese sedan chairs on wheels, drawn by men, in the streets of London.

A ricochet shot from the new magazine rifle adopted in England broke a cottage window four miles distant from the firing

The Bishop of Chester will prohibit the Rev. Malcolm Forbes from preaching in his diocese because of the latter's refusal to discontinue religious services at the rooms of the Young Men's Christian Association in The grand total of charitable bequests in

England during the past year, excluding Baron Hirsch's \$10,000,000 for Jewish emieast coast of Tanganyika. Karema is now a gration, was \$15,000,000, as against \$11,500,-The good people of Gloucester took much pleasure a week ago in seeing the Bishop,

aged 73, appear with his skates and indulge in an afternoon's display of his proficiency, which is very great. A Dorchester correspondent states that William Lovell, aged nine, a dairyman's

son, died at Upway, near Dorchester, on Sunday, from a bullet wound in the stomach. The revolver was being examined by his stepbrother, a lad named Symonds, belonging to H. M.S. Boscawen, when it accidentally exploded.

It is said of the late Bishop Crowther, a native of Africa, that he astonished the English by emerging from a second-class car one very hot summer day with two thick overcoats on. He was accustomed to tropical heat. At dinner one day an inquisitive was observed to be wetting her finger and rubbing it upon the Bishop's hand to see if was lost while he was endeavoring to make Two days later his caravan experienced a the black came off. He was a great humorist, and appriciated the little lassie's curiosity.

At an inquest held by Mr. A. Braxton Hicks, the coroner for Mid Surrey, at the Clapham and Wandsworth Infirmary, a letter was read from a juror asking to be exempted from serving, as he was cook to the Prince of Wales, and had to be at Sandringham. The Coroner said of course if the juror had business to transact in the Prince's household he must be excused.

The Ballinasloe Magistrates on Saturday committed for trial Edward Fallon for killing his infant child and assaulting his wife. The prisoner swore he would scald his wife to death, and when chasing her round the side being scalded to death by the water

On MondaymorningDr. Dunlop, a well-

A "razzle dazzle" was one of the nuisances specified in the complaint against a piece of amusement in the old Cross Bones Burial Yard, near London. The "razzle dazzle" was a contrivance intended to make people experience the motion of the waves of sole survivor of the party, with only the ab- country into a desert. One dealer, it is said, the sea, and the screams of the razzle daz-

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At the Indian National Congress which met at Nagpur recently, the first resolution reaffirmed the conclusion arrived at by all ing expeditions into the country, on their twenty to twenty-five, and look like living well or justly governed, nor can her people allowed through their elected representacouncils of their own country."

At the annual ball held at the Three Dr. Lee, of Ashwell a gentleman widely known throughout the district, who was one of the guests, fell dead immediately after the first dance. The deceased gentleman was carried from the room and medical aid summoned, but without avad. Death is attributed to syncope, caused by undue excitement. The sad occurence casta gloom over the festivities.

# Typesetting by Telephone.

The management of the Times has wellized the telephone in a unique way. Telephone wires have been laid in the underground The ancient Oriental passion for hoarding to run away. Mounting as high as he could Fifteen of them have died already in spite railway tunnel between the composing room in Printing House Square and the Parliamentary reporters' gallery in the House of Commons. A copy reader placed at the gradually disappearing, and is now believed | One hearing this one man looked out of Germany and the Congo Free State are de- telephone reads the stenographic "turns" from the note book as fast as it is possible for the compositors to take them on their fear of civil tumult, has passed away, and out : "Come out and bring the guns, Wil- German authorities, left Zanzibar recently typesetting machines in the Times bailding the presence of an increasing market for in- son; here is a naked man that is white or for no other purpose than to put an end to a mile and a half away. At first the reporters did not take kindly to the innovation but when they found that they could dietate their notes direct to the composing room without the trouble of transcribing them, they began to look at the arrangement in an entirely different light. Proofs, of course are sent to them for correction. Each machine can produce from five to six columns of solid minion a night. The Times 13 able to print in time for the 5 A. M. newspaper trains going to all points of the United Kingdom the whole of the debates, which are often continued until after 3 A. M.

# A Wily Dog.

A true story is told of a farmer's dog who had been found guilty of obtaining goods under false pretenses. He is extremely fond of sausage and has been taught by his owner to go after them for him, carrying a written order in his mouth. Day after day he appeared at the butcher shop bringing his master's order, and by and by the butcher became careless about reading the document. Finally when settlement day came the

farmer complained that he was charged with more sausage than he had ordered. The butcher was surprised, and the next time Lion came in with a slip of paper between his teeth he took the trouble to look at it. The paper was blank, and further investigation showed that whenever the dog felt a intelligence.