

## HEALTH.

### What is Correct Breathing.

There has been much controversy among teachers of vocal music and voice-trainers as to the proper method of breathing. In general, it may be said that the disputants have ranged themselves in two classes, one allowing, if not recommending, the free movement of the upper part of the chest, with little movement of the waist; the other strictly enforcing so-called abdominal respiration. A careful study of this subject, including investigations of the respiratory movements as seen in savage women, in young infants, in healthy men, and in civilized women who have never worn any sort of constriction about the waist, has led us to the conclusion that both the thoracic and the abdominal types are abnormal. This conclusion becomes irresistible when one makes a careful study of the mechanism of respiration. When air is received into the lungs, not only the chest but the whole trunk is expanded. The depression of the floor of the chest cavity, by contraction of the diaphragm, presses the liver and other abdominal organs downward, and so naturally increases the diameter of the abdomen at the same time that the diameter of the chest is increased.

To attempt to breathe by expanding one end of the trunk only, either the upper end or the lower end, is then abnormal. Considering the trunk is a single cavity, as we may fairly do, since the diaphragm is a flexible and movable apparatus, it is natural to expect that the point of its greatest expansion would be near its central part, just as would be the case with a flexible rubber bag of similar size and dimensions.

Normal respiration is neither chest respiration nor abdominal respiration, but full respiration, in which the greatest expansion is at the waist, with a slight degree of expansion at the upper chest and the abdomen. Anyone who wishes to know how to breathe, has only to take a lesson or two from a young infant lying quietly asleep, to find an object lesson which will give him more information than he could obtain by any amount of study of adults.

### Training the Stomach.

If the stomach is in a healthy condition, and able to digest food, that condition will be indicated by a sense of hunger; if the system is in a disordered state, as is that of a person suffering from fever, no food is relished, and the patient does not care whether he eats or not. In such a case it is the duty of a nurse to insist on the patient's taking food the same as he would take medicine—once in so many hours. Dyspeptics often literally starve themselves because their stomachs suffer when they take food, and they take less and less until by and by the stomach loses all desire of food, and almost loses its ability to digest it.

The only way to cure such a person is to train the stomach into a state of activity. The stomach needs to have a healthy stretching with a good big meal, and to have some hard work to do. I have seen some patients whose stomachs were not really feeble, but they needed to be stretched by hearty meals. Once in a while I prescribe a good "square" meal for a patient who complains that he does not want to eat anything.

At one time I had a lady patient whose stomach had been pampered until it finally became so feeble and inactive that it would not act upon nor even hold any food that was put into it. I was greatly perplexed to know what to try next. She was finally restricted to nothing but gluten gruel, but her stomach would not digest even that. I then said, "The best thing for you to do now is to eat what you please." So I ordered a good meal for her, everything on the bill of fare, and she ate everything she wanted. Her stomach disposed of that meal without a particle of trouble; all the vomiting and discomfort ceased, and from that time she began to gain in health.

The time sometimes comes in the treatment of cases which have been dieted so carefully, that a change to an ordinary wholesome dietary becomes not only proper, but necessary for recovery.

### Diseases in House Cloths.

Among the many agencies for the propagation and spread of disease germs, the house cloth and dish cloth are quite likely to be overlooked. Such a thing as danger lurking in either one of these harmless-looking articles probably never occurred to a great many housekeepers.

Not long since, a woman physician, who is very fond of thoroughness, and likes to go to the root and ground of all the ills that her patients are heir to, took occasion to oversee the preparation of a special article of diet that she had ordered. Going to the kitchen, she found that, although the house-keeping was supposed to be nearly up to the usual standard, there was a good deal of carelessness about the management of the cloths used about that portion of the establishment. She found it impossible to touch the dish cloth owing to the intolerable odor, and a scrubbing cloth was in equally objectionable condition. At the risk of giving offence, she read the family a lecture then and there, and being well up on microscopic research and bacteria, sent to them some portraits of the inhabitants of the dish-cloth that not only shocked the family, but caused a new leaf to be turned over in that department. It seemed but a trifling thing, this neglect of dish-cloths; but when one comes to realize that the germs from them are spread over our spoons, knives, forks and cups, it takes but a little while for the idea to reach our brains that this is a most successful way to spread disease.

Whenever one is done using these cloths, they should be thrown into a dish of water, a little soda or potash put in and placed for a short time on the stove, allowing the water to come to a boil. They may be rinsed out in cold water and hung up in the air. When needed again they will be as clean-smelling as the clothes from the laundry, in which condition they should always be kept. It is a curious study to note the difference in regard to the care of this portion of the kitchen equipment. Some women could no more tolerate a malodorous cloth than they could any other offensive article; others never seem to realize that such things exist, and really excellent housekeepers are not infrequently guilty of owning cloths that would strike disgust to the very soul of a physician, could they be brought to light.

And some of these cloths go three times a day into the pan to wash china, glass and silver with. Absolute cleanliness in this matter is of the utmost importance to health, and the best test of proper management is the sense of smell.

### Home Physical Culture.

Did you ever think that your backaches, headaches—yes, and dyspeptic attacks—may result from your standing improperly? Well, they do oftentimes. If you wish to be strong and healthy you must learn to stand gracefully and correctly. There are many violations of the normal standing posture, and dire are the effects. Many women, in order to possess a dignified and patrician bearing, hold their shoulders rigidly too far back. Then, to counterbalance this unnatural backward weight, they thrust their hips and abdomen too far forward, so that instead of attaining the poise that marks the caste of Vere de Vere they look like creatures in distress.

You see proportion is just as important a factor of equilibrium in human bodies as in sculpture. Now this position is not only ugly, but wasteful, for muscular tension ever involves a loss of nerve force. This pose brings a tremendous strain on the lower muscles of the back, and the centre of gravity is thrown over the heels and a jar to the spine and brain is caused by each step. Hence headaches and backaches.

Now, on the other hand, the relaxed back bent like a hoop from the neck to the base of the spine, is quite as harmful. Show me a continued position of this sort and I'll show you the sunken chest, "wry neck," flabby waist—muscles, which being unable to perform their supporting offices, allow the upper part of the torso to rest upon the lower part. Hence, dyspepsia.

Then, too, there is that very bad position which is so common with schoolgirls, where the weight of the torso is allowed to rest on one side of the pelvis, causing internal weaknesses, one-sidedness and curvature of the spine. How important, then, for girls and women to stand intelligently!

There are many simple physical exercises which one may learn to follow at home, which, if carefully followed out, will give one a proper poise in standing. Here is one: Standing on both feet, hold the knees straight, relax the arms and bend the body slowly forward. Notice the movement of the hips, which recede as the torso goes forward. Keeping the hips as nearly stationary as possible, raise the torso to an upright position and push the crown of the head upward. Repeat this exercise half a dozen times.

### Nature's Cures the Best.

The best housekeeper to take entire charge of our tenement of clay is Mother Nature, and, like all other housekeepers, she is very partial to the virtue of cleanliness. It is said that women make themselves portable machines for effete matter. Their nerves cry out when fed by dirty blood, and their cry is called neuralgia.

Breathe the clear air from morning to night and from night to morning again, and you will be rewarded with a lightness of spirit that the largest drugstore is powerless to bestow. Eat clean food, food that is not greasy nor spicy nor hard of digestion, and you will be nourished and made strong by the only genuine blood purifier in the market. Bathe in clean water every day, and note the elevating and tranquilizing effect it has on the mind.

Think clean thoughts, and the body as well as the soul will seem to be mate-fellow with the angels.

### JUST LIKE POOR LO.

#### Native Australians Shiftless, Aimless, Fond of Liquor.

For many years there has been an annual distribution of blankets and other necessities to native Australians, says a writer in Chambers' Journal. Mission stations have also been established by government and private funds in different parts of the country, where as many of the blacks as are willing to conform to the mild rules laid down for the conduct of the establishment are housed, fed and taught. Their want of constraint and their instinct for a free, roaming life, however, generally weigh more heavily than does even their liking for regular rations and a lazy life. The majority prefer to become hangers-on about the townships and stations, eking out existence by begging and doing odd jobs. Every station and township has its little band of black fellows and their "gins," who wander about in wonderful assortments of the cast off clothing of the whites, begging from everyone and not always clearly distinguishing between "meum" and "tuum."

"Bacca" and sixpences are what they most favor, but nothing at all comes wrong. The men and women are alike inordinately fond of tobacco and intoxicants. This fondness for drink has had not a little to do with their downfall. It is a pitiable sight to see the poor creatures loafing about the hotels, begging and praying for the maddening poison which they know too well is fast destroying them. Once having acquired the vices of the whites, their ruin is swift. A few, but not many, are employed as cattlemen, shepherds and general help about the stations. They are also drafted into the police force as mounted troopers and trackers, and have done and are doing some splendid service in hunting down criminals who escape to the bush. Many are fine runners and athletes, but since abandoning the old wild life their prowess in these respects is waning. Mission work among the blacks cannot be said to have been successful. Undoubtedly good work has been done by the devoted missionaries who have spent their lives trying to raise and enlighten the native tribes. The low type of intellect, the shiftless, aimless life, the wandering habits, the traditional instincts of the aborigines and the too often evil example set them by the rough settlers have been hard to overcome.

Editor—"No sir; your novel won't do at all. It's too improbable." Author—"How so?" Editor—"Well, in one chapter, in speaking of Wires, the Harlem politician, you say: 'As he passed Garvey's saloon, Wires observed his rival.' No Harlem politician ever passes a saloon."

"You think," said Willie Washington, "that it actually hurts a man to be hit with one of Cupid's arrows?" "No," replied Belle Pepperton; "as a rule he merely becomes senseless for a time."

## FIGHTING PIRATES.

### The Quaker Sea Captain Who Was Slow to Anger.

The Quaker quarterly meeting in Lewisport had just adjourned and Friend Summerville was talking of the world's folks and other things.

It must be some sorter hard on that old Quaker sea-cap'n, said he, when things on shipboard go movin' so sorter slimpsey that only a good, rollickin', up-an'-down-the-center cussin' would yank things out straight—it must be some sorter hard ter have chawed his thumb an' depyitized the mate ter g'wup and unlo'd sulphur. 'N'en fightin', too. That old Quaker didn't b'lieve in fightin'—no, not a little bit, Quakers don't, you know.

One time pirat chased him. Ship wuz loaded with taters and grindstones. Old Quaker cap'n wuz down in his cabin, meditat'in', probably.

Mate come along to c'mpanion-way an' sez, sez 'e:

"Pirat, sor."

"Thee doesn't say so! What is he doin' Friend Joseph?"

"Chasin' us, sor."

"What does thee think we'd better do, Joseph?"

"Fight um, sor."

"Let us be slow to anger, Joseph, meek and forgivin' in spirit. Does thee see no way except to fight?"

"No, sor."

"Well, Joseph, I am sorry to mark thy cruel an' warlike spirit, but I see that all persuasion of my weak tongue cannot hold thee back. If thou art determined to fight, thee'd better bring the Long Tom on deck an'—"

"Aye, aye, sor, I'll go now an'—"

"Soft, Friend Joseph, a word more; load Long Tom with hot lead, nails an' so forth."

"Aye, aye, sor, we'll—"

"Harkee, Joseph, we'll not fight unless we are driven. I would that no pirates were left to come aboard an' engage in vain an' wicked strife."

"Aye, aye, sor."

Pretty soon Long Tom was ready at the stern an' the old man aimed it himself. Then stepping back, he said with a calm, sweet smile:

"I think that if thee's going to fire this gun thee'd better do it now."

The old man knew something about gunning, don't forget that, an' that first shot tore the pirat's rigg'in' all askew an' set his sails on fire.

Then the pirat's shots kinder tore up the old Quaker's sails. 'N'en the pirats come on in their snail boats, rowing like mad.

"Friend Joseph, does thee mark those wicked men in those frail barks of the ocean?"

"Yes, sor."

"I think they must want something that we have, yea, undoubtedly the grindstones. We will not fight with these rash men. Give to each boat a grindstone even as you see me place example before you."

Fust pirat boat that come alongside, the old Quaker rolled a big grindstone 'cross the deck an' plump! downshe went through the bottom of the pirat's yawl.

Rest of 'um got it same way an' pretty soon them pirats wuz splashin' an' cussin' and splutterin' 'round in the water.

One of 'um managed ter git hold of er rope that hung over the side of the old Quaker's ship an' up he wuz comin', hand over hand. Old cap'n see'd him and he out with a knife an' cut off the rope just above the pirat's hands. Pirat tumbled back.

"Thought the grindstones were all thee wanted, but if thee is greedy enough to want that rope, too, take it, Friend Pirat?" said the old man.

Now, wasn't that a sight generouser than fightin' them poor pirats?

### HEROIC TESTS OF ANTIDOTES.

#### Doctors Have on Occasion Deliberately Placed Their Own Lives in Jeopardy.

There is no difference of opinion among doctors as to the heroism displayed by Dr. William Moor, the specialist on therapeutics, who has discovered that permanganate of potassium is an antidote for morphine poisoning, and proved it the other day when he counteracted the effects of what ordinarily would be a fatal dose of morphine by swallowing his new found antidote. Some of the doctors who were present left the room. Those who remained had the opportunity of congratulating him on his discovery and self-confidence. Such cases are not uncommon. Almost all successful physicians have, at some time, placed their lives in jeopardy to experiment on themselves. Drugs, poisons and narcotics are the favorite subjects of experiments, and physicians boast that many obscure heroes have laid down their lives in the interest of science because their calculations failed. A Brooklyn physician, while travelling in France with his wife, was forced to go through the cholera districts some years ago. He had a new theory of his own for the cure of cholera, and his wife was in a fever of dread over the chance of infection. This man inoculated himself with the germs of cholera, and then, with two paid attendants, isolated himself from the rest of the world and put his theory into practice, having left minute directions for his treatment before delirium set in. In a week he was cured. Shortly after his wife was stricken and he confidently applied his remedy. His wife died and he never again tried his discovery. To this day he does not know whether his experiment was a success or not. But it was none the less heroic.

### America's Terra Incognita.

Lower California, which somebody bringing threatens to purchase and bring under territorial dominion of the United States, is the longest of North American peninsulas. It is of about the same area as Florida. Its greatest length is about 800 miles and its greatest width about 145 miles. The whole peninsula is subtropical in climate and productions, and its extreme southern end is just within the torrid zone. The coast line on gulf and ocean is about 1,700 miles in length. The population is sparse and the means of communication so undeveloped that it is one of the most remote regions in the civilized world. The gulf ports are almost unknown to people of this country.

Joe—"These fountain-pen makers will never be affected by the income tax." Bob—"Why not?" Joe—"Because they never make enough ink come to be taxed."

## GAVE THEM GOLD MINES.

### Australia's Method of Giving Aid to Her Unemployed Last Winter.

An odd means of helping the unemployed was devised by the government of Victoria during the winter just ended there, when trade was duller and distress more acute and general than in any winter past. It consisted, says a correspondent, in actually presenting gold mines to the unemployed workmen. Not only this, but transportation to the mine was furnished, and also tools to work it and provisions to last until it began to pan out. There are scattered through the colony auriferous gullies and streams and old diggings that have been worked out so far as adequate commercial returns are concerned, but which yet may be made to yield a living to anyone who will seek hard for it. The living is not good enough to attract gold-seekers in good times, but at a time like the past winter, when thousands of unemployed men, with dependent and destitute families, walked the streets of Melbourne, glad to get even crusts and crumbs, such a living as

### THE OLD DIGGINGS

afford was one to be fought for. The reason why men did not set out to obtain this living was, of course, because capital was needed to reach the diggings and to work them. The department of mines sent experts to the old mining regions to ascertain where there would be most likelihood of the unemployed workmen getting enough gold to afford a living. Some regions that would have yielded fair returns to experienced miners were unsuited for the endeavors of the promiscuous workers, willing but unskilled, who were subsisting on charity in Melbourne. To some of the better of these regions parties of unemployed were sent in charge of one or two experienced miners. But many places were found where unskilled men might get enough gold from the creeks and rivers to afford what would be to them, under the circumstances, a good living.

About three thousand men were sent out by the government to these old diggings during the winter, and most of them were accompanied by their families. Free railway passes were provided to the station nearest the place where they were to prospect, and, where possible, further transportation was also furnished. On arriving at the diggings 30 shillings was given to each man for the purchase of provisions and supplies, and also a few simple tools. Experienced miners were on hand to show them how to get to work, and remained in the region so long as necessary. Twenty to fifty and a hundred families were located in some diggings. Most of the districts selected for those settlements were along streams, and here was generally found land suitable for raising fruits and vegetables. The experiment

### PROVED A SUCCESS.

Almost all the people thus sent out have been making a fair living. Some have had to work hard with little returns and have needed assistance from the government; but the great majority have done really well. Some of the men have made an average of 20 to 30 shillings a week all the time they have been at the diggings, which was sufficient to maintain their families in comfortable circumstances. Few there are who have not been able to make at least a livelihood. Some returned to Melbourne and other cities to take up their old lines of work, but a great many are remaining at the diggings, satisfied with their present condition, and doubtless in many cases hoping to strike a rich patch.

The government also settled about 1,800 men, most of them with families, on government land, under the provisions of an act recently passed for the formation of village settlements and homestead associations and communities. Thirty-five such settlements were plotted out and unemployed men with their families placed on them, with the means of commencing to obtain a livelihood from the products of the soil. The plan of most of these settlements was that of a co-operative company, and great care was exercised to apportion the unemployed among the thirty-five settlements so that their individual capabilities might be of best advantage for the common good. The plan was something similar to that of the Hirsch settlements of exiled Russian Jews in Argentina. All these communities are reported to be doing well, and in but few instances have settlers deserted them. The winter climate in Victoria is, of course, very mild, and in July, the coldest month, it is a rare thing for the temperature to fall to freezing.

Employment was also found for some 1,500 of Melbourne's unemployed during the winter by the department of railways and the department of public works. Altogether, though times were duller and distress more general and acute during last winter than in many years, it was in no way so apparent on the surface as in much better years. There are few processions of idle men through the city streets and few demonstrations of the unemployed, such as attracted universal attention to Australia the previous winter.

### England's Books 'or '93.

It appears that the total number of books published in 1893 was 6,382. This, however, is 150 below the number of the previous year. If we distinguish between new books and new editions the numbers are of new books 5,129 as compared with 4,915 in 1892. The new works of fiction have fallen from 1,147 to 935, but this is probably due to some differences in classification as many works probably classed before as fiction now go to swell the list of "juvenile works and tales," which have made an otherwise astonishing rise from 292 to 659.

In an advance sheet of The Publishers' Circular, from which we gather these facts, this is the explanation given. In political economy there is a falling off from 151 to 71. Voyages and travels are nearly the same as the previous year—about 250—while works of history and biography are slightly fewer. There is a small increase in volumes of poetry, as also in year books and serial volumes. Medical and surgical works are not so numerous. This remark applies also to belles lettres.—[London Daily Telegraph.]

Jack—"Do you believe in the transmigration of souls, Joe?" Joe—"What's that, Jack?" Jack—"Why, for instance, that that cow has had a prior existence in another form—perhaps been a being like myself." Joe—"Oh, no doubt the cow's been a calf."

## PERSONALS.

The present Emperor of China is the first potentate of that country to study the English language.

One hundred and four descendants of Mr. and Mrs. Jacques Morin, of Hull, Quebec, assisted in celebrating their 60th wedding anniversary recently.

The widow of the late Senator Stanford of San Francisco has been granted an allowance of \$10,000 per month, pending a settlement of her late husband's estate.

The Princess of Wales has a collection of lace valued at £50,000. The nucleus is a remarkable piece given her by the King of the Belgians at the time of her marriage and valued alone at £11,000.

Dr. Talmage expects to preach his farewell sermon in March, at the Brooklyn Tabernacle, and to start, with his wife and two daughters, on his projected tour of the world about April 1. His itinerary will take him westward to Honolulu, then to New Zealand, Australia, and India.

The novelist Ouida is decidedly plain looking, about fifty years old, and "over dresses shockingly." She drives on the fashionable gay pictures in Florence every bright day, a gar of picture against the turquoise blue satin of her smart brougham, in an orange colored batiste, much trimmed with lace, and a black guipure mantilla.

It is said of Mr. Gladstone's private library that it is particularly rich in the classical and theological departments; that there is probably not a single theological work missing which has seen the light since the owner matriculated at Oxford in 1828. Most of these books were presented to him by their authors.

Queen Victoria is in possession of a curious needle manufactory at Redditch, and represents the Trajan Column in miniature. Scenes from the Queen's life are depicted on the needle so finely cut that they are discernible only through a microscope.

Cornelius Vanderbilt works as hard and as regularly as the average poor man. He is at his desk at the Grand Central station at ten o'clock every morning, and is kept busy until late. At night there is always something to do if he has no social engagement. He watches every detail of the thousands of miles of road controlled by his family.

Mr. Thos. Wardrop, now Rev. Dr. Wardrop, of Guelph, was the first headmaster of the Ottawa Collegiate Institute. He received his appointment from Sir Charles Metcalfe, and during his term of office, which lasted from 1843 to 1846, he was assisted by his brother, the late George Wardrop. Mr. Wardrop's successor in the school was the Rev. John Robb, from 1846 to 1850. He was succeeded by Mr. W. A. Ross, now Judge Ross, of that city, from 1850 to 1856.

Quebec is hardly the place where you would expect to find one of the best collections in America of autograph letters from prominent writers of the present day. Yet it would be difficult to match the collection of George Stewart, the Canadian essayist, who has made his home there for many years. Mr. Stewart has in his possession letters from Emerson, Holmes, Tennyson, Whittier, in fact from nearly all of the great men who have been writing during the past quarter century.

Francesco Crispi, the Italian Premier lives in Rome, in a palace near the famous Piazza de Spagna, or Spanish Square. The mansion has two entrances, which front on two different streets, and are reached by open staircases. The apartments are beautiful, though neither rich nor magnificent, as described in some reports of interviews with Crispi. He lived in exile for some years in England, and seems to have preserved some British traits of character. He displays, naturally or intentionally, something of the English coldness and indifference, so that nobody would think that his character is like that of his native Sicilian mountain, Etna, a volcano covered with snow.

Ex-Mayor MacIntosh, of Halifax, finds fault with the horses shipped on Saturday as the gift of the ladies of Canada to Princess Mary. He says:—"I am surprised and shocked to hear that the span of beautiful bay horses which form part of the gift sent from Canada have been mutilated by docking, and the disfiguring stumps of their once beautiful tails are even now raw and sore. As it is well known that her Majesty the Queen is opposed to this disfigurement of one of God's creatures and man's best friends, the Princess will refuse to receive the gift. I feel sure that had it been known in Halifax that a pair of beautiful horses would be tortured and mutilated and sent forward as a portion of our gift, the amount contributed by Halifax would have been very much smaller than it was."

Rev. Richard Whiting, of Kingston, received one of the last, if not actually the last, of the letters dictated by Dr. Douglas. The letter is dated Dec. 22nd. It says:—"Our company before are gone, and we are bringing up the rear, thank God, with the blessed hope of joining the blood besprinkled band. I have had a very hard time for more than three weeks with the gripe. Just when I closed my last lecture this term I received a knock-down. It struck my stomach and feet. I came down to two teaspoons of barley water every twenty minutes, and it will be weeks before I can walk again, but then, as you know, I am a tough customer, and hope, with the aid of a wheel chair to be at work again with the opening year. How ideal your condition is, able to do a little work and compassed about with so much comfort, temporal and spiritual!"

Mr. T. C. Weston, F.G.S.A., has just finished his thirty-five years of service in connection with the Geological Survey department at Ottawa. He was brought out from England by Sir Wm. Logan in February, 1859, as an expert and skilled lapidary. During his long and faithful service, both under Sir William and under Dr. Selwyn, the present director, Mr. Weston has occupied several positions of trust as librarian and field explorer, and has always been noted as a careful and successful collector of fossil remains. The large number of beautiful specimens collected by Mr. Weston now on exhibition in the paleontological branch of the museum, will be a standing monument to his researches, provided they are not burned up in the wooden building in which they are at present housed. Mr. Weston has for years had charge of the ethnological branch and given considerable time to the management and classification of the contents of that department.