

# HEALTH.

## The Invalid's Bed.

One of the most disagreeable features of a protracted illness is the more or less close confinement to which the patient is subjected. If he is compelled to keep his bed, his discomfort and impatience are of course greatly intensified.

Even in health a life spent in bed would soon become intolerable to the most ardent sluggard; and we can well pardon one whose nerves have been made irritable by long confinement, for showing at times a dissatisfaction with everybody and everything around him. A little skill in the arrangement of the bed, however, will at least render the patient's condition endurable.

First of all, we must have a mattress which presents a firm, even surface; one stuffed with curled hair will exactly meet our wants. Feather beds are a constant nuisance to both the patient and nurse. The mattress should be turned and shaken at frequent intervals, in order that it may not become compacted at any point.

The sheets and linen should be soft and kept as spotless as possible. If the sick person is very restless, it is better to change them often, as the accumulation of wrinkles is extremely irritating. It is better to be over-particular in this respect, since during a long confinement the skin becomes exquisitely sensitive, and predisposes the patient to bed-sores.

If there is any trouble from abscesses or hemorrhages, it will be well to place some protection between the mattress and the under sheets.

The coverings of the bed should be warm but not so weighty as to be uncomfortable. The top spread should either be of spotless white or of some fancy figure which may be changed at intervals, and so give relief by pleasing the eye.

It is not necessary to urge the propriety of taking the whole bed to pieces every morning, and thoroughly exposing the mattress and each piece of bedclothing separately to the action of fresh air.

There are many other things which will suggest themselves, if only we are sufficiently impressed with the importance of making as comfortable as possible those who are condemned to spend a greater part of their days in bed.

## Will-Power and Disease.

There is a great deal to be said in favor of what is best described as the mental-science cure for many of the minor ills of life. It is possible to throw off weakness, inertness, and languor, and infuse new life and spirit into the failing system by mere effort of will. True, it is hard at first, but with every trial it comes easier, until one may almost feel that the mind has gained a supremacy over the body. It is certain that the mind can, to a great extent, control the body and drive away much that saps vitality and undermines the strength. To keep ever before the mind the idea that will-power is one of the strongest forces in nature, and steadfastly refuse to yield to weakness, is to have gained something that, once possessed of, no one will ever be willing to lose.

## Ventilation for Closets.

A point of almost universal neglect in the building of our houses is the ventilation of closets. Every clothes closet should contain a window for the protection of clothing from mold, mildew, moths and disease germs, and if for no other reason, as a provision against that unpleasant and unwholesome smell unavoidably connected with the average close and unventilated closet. The same rule applies equally to storerooms, pantries and cellars for the preservation of fruits, vegetables and other kinds of food.

## The Teeth and the Throat.

A correspondent writes:—The teeth should be brushed and the tongue thoroughly cleansed at bedtime. This stimulates healthy circulation in the throat, and prevents the hearing being blunted by an accumulation of mucus in the inner passages of the ear.

## Health Hints.

It is said that alum water is an unfailing specific for hydrophobia.

Facial neuralgia is generally caused by nervous fatigue, by cold, or by mental excitement.

If the white of an egg is immediately applied to a burn, it will take away the pain and prevent a scar.

Margaret Fuller once said, "Never talk about your diseases." She might have gone a step farther and said, do not think about them. It is sound advice that we may all profit by, and be the healthier for it.

Plenty of fresh air and sunshine help to keep the neck fair and healthful. Avoid close fitting neckwear, as it is apt to cause ungraceful lines and unsightly creases.

Do not use old magazines or papers for wrapping up food. The Austrian Government has prohibited the use of such papers, and also of colored papers to inclose articles intended to be eaten.

Try a bandage of hot salt outside the face for neuralgia, fill the mouth with hot salt in case of toothache. Put a little hot salt in a piece of muslin and put it in the ear for a second or two when earache is troublesome.

Nothing so quickly restores tone to exhausted nerves and strength to a weary body as a bath containing an ounce of aqua ammonia to each pailful of water. It makes the flesh firm and smooth as marble, and renders the body pure and free from all odors.

Don't take a hot bath in the morning. It is the very worst thing one can do to the complexion, and to the digestion. Take a cold bath in the morning, and never mind the soap or sponge—just take a minute or two of cold shock. Afterward drink a cup of hot milk, water, or clear tea or coffee. That's the way to tone up the nervous system and get an appetite for breakfast.

It is said that butter-milk is an excellent remedy for dyspepsia. Put the butter-milk in a pan, which is placed in hot water. The milk is brought to the boiling point, but not allowed to boil. Skim off the heavy part—the whey which remains should be set aside to cool. Drink a glass of this liquid three or four times a day as hot as you can bear it in your throat. Those who have tried it say that it has a delicious flavor.

## A TAX ON BACHELORS.

### A Family Man Takes Upon Himself a Patriotic Service Which the Bachelor Shirks.

No form of taxation could be fairer than the one proposed by Mayor Cox, of Ottawa, on bachelors, if only it were possible to devise some way to hit them according to their means and according to their deserts. The difficulty of doing this is, we presume, the chief reason why such a tax has not always been resorted to in underpeopled countries, as it was with surprising effect in the early days of Canada. On this point the Montreal Witness says:—In any country he who brings up a family takes upon him a public service which the bachelor shirks. In addition to the serious natural burdens which attach themselves to this public service the state steps in and taxes him in a variety of ways from which the bachelor is comparatively free. In countries which are seeking increase of population—and what country does not record with pride any increase in its population—the value of the service rendered by the family man is obvious; but even suppose a country to be overpeopled it will be generally agreed that it is better for the country to occupy its situations with natives who are loyal to its very soil and who are bred to its institutions and understand and love them, than that they should fall to strangers who to their dying days harbor the sense that the country is not theirs, and who often never become fully transplanted.

You will hear people who have been twenty years in Canada, enjoying its best privileges and positions, still talking patronizingly, perhaps disparagingly, about "you in Canada." The natural condition of man is that of a head of a family, and no other is good for him or for the community. "It is not good for man to be alone," is the dictum with which the Scripture starts out, and throughout the Old Testament a man without a wife does not seem to have been imagined. The difficulty about the bachelor tax is that though it would be a standing inducement to get married, it would in some cases hinder this end by making it harder for a man to lay by enough upon which to get married prudently. As applied to young men at the beginning of their savings it would do more harm than good. Many men are kept from marrying because of their responsibility to their parents and their families. Nothing so worthy as this should be the subject of taxation. Again, the only fair bachelor tax would be one proportioned to income, and there is nothing more difficult to apply fairly or even with common honesty than an income tax. A poll-tax would have to be comparatively light not to be a hardship to many. A tax on bachelors, if it included grass widowers, would catch John Chinaman on a very fair ground, that of not being tied to the soil by family ties.

## ASTRONOMERS EXCITED.

### Something Going on in Mars—Prof. Wiggins Gives His Ideas.

A despatch from London says:—There is something going on in Mars just now which greatly excites astronomers. So far as laymen may penetrate these mysteries, it seems that some shining specks quite unlike anything ever seen before, have been discovered, and that the stars are exceptionally favorable to the hypothesis that Marsians are trying to signal to us. The only other conceivable theories are that these specks are the effects of an aurora, or of forest fires on a gigantic scale, but scientists appear actually to regard these as less probable than the first explanation. The mere suggestion of such a thing sends a thrill of fascinated expectancy through the whole academic system of Europe, and men of weight are already reviving the old schemes and propounding new ones by which an effort at sending back an answering signal through space may be made.

### PROF. WIGGINS' IDEAS.

Prof. Ezekiel Wiggins, weather prophet, concurs in the opinion expressed in some quarters that the bright projection on Mars seen by M. Javelle at the Nice observatory, July 28, is a signal from the Marsians to the people of the earth. He said today: "There is the best scientific evidence to prove that man is a native of Mars and lived there millions of years before he was transplanted to the earth, leaving the greater part of the human family behind. The Marsians regard us as their lost brethren, and have been searching for us for thousands of years. They have been especially hopeful since they saw the electric lights in our cities. We will be able to converse with them by signals before another century passes.

"It is much easier for the Marsians to see our signals than for us to see theirs, for the earth appears to them to wax and wane like the moon, so that they can easily see lights on our dark hemisphere while their planet always has its light side towards us."

## Gas Not Needed.

Dentist—"What! You don't want gas? You insisted upon having the gas the last time."

Victim—"You haven't been eating onions this time."

Parrots have been put to a practical use in Germany. They have been introduced into the railway stations and trained to call out the name while the train stands there, and thus save the passengers the trouble of making enquiries. A bird at Bonn spoke with such a strong French accent that the station master strangled it.

# POETRY.

## You and I.

If we could leave this world alone,  
Its pain and grief, its toll and strife,  
And have another all our own,  
Just you and I—  
We could be happy in this life,  
If we should try.

If we could let this world go by,  
And life was only you and me;  
If thus to live before we die,  
For just a day—  
That day a heaven it might be,  
You, who could say.

We do but dream: we cannot take  
From Life and Time a single day:  
They are not ours, yet for thy sake,  
My only Dove,  
From now until they pass away,  
We still will love.

## A Wreath of Yesterdays.

I made a wreath of yesterdays—  
A garland all for me—  
And hung it where sweet breezes blow  
From lands of Memory.

A summer's sunset stealing back,  
A golden glory falls;  
And once again, as long ago,  
My throbbing heart entralls.

The tinted leaves of forest trees  
Once more I seem to see,  
Where shadows with the sunlight blent  
In woven tracery.

And there, all from the world apart,  
I dreamed the hours away—  
Not empty, idle dreams, that melt  
As mist before midday—

But from the world-worn histories  
Heroic annals drew,  
And with them wove some future hope  
My soul should bravely do.

Not wholly lost, the fair, sweet dreams,  
Nor lacking golden fruit;  
Strong hearts know best when to protest,  
Or patiently be mute;

And know that sin or sorrow comes,  
Or joy unto our lives,  
And each, as seeks the plant the light,  
For the true purpose strives.

O garland made of yesterdays!  
You are so dear to me,  
I'll keep you where sweet breezes blow  
From lands of Memory.

## The Old Swimmin' Hole.

Oh! the old swimmin' hole! Where the  
crick so still and deep  
Looked like a baby river that was layin'  
half asleep,  
And the gurgle of the water round the  
drift just below  
Sounded like the laugh of something we  
on't ust to know  
Before we could remember anything but the  
eyes  
Of the angels lookin' out as we left Paradise;  
But the merry days of youth is beyond our  
control,  
And it's hard to part forever with the old  
swimmin' hole.

Oh! the old swimmin' hole! In the happy  
days of yore,  
When I ust to lean above it on the old sicka  
more,  
Oh! it showed me a face in its warm sunny  
side,  
That gazed back at me so gay and glorified,  
It made me love myself, as I leaped to caress  
My shadder smilin' up at me with such tender-  
ness,  
But them days is past and gone and old Time's  
tick his toll  
From the old man come, come back to the  
old swimmin' hole.

Oh! the old swimmin' hole! In the long, lazy  
days  
When the hum-drum of school made so many  
runaways,  
How pleasant was the journey down the old  
dusty lane,  
Where the tracks of our bare feet was all  
printed so plain  
You could tell by the dent of the heel and the  
sole  
There was lots of fun on hand at the old  
swimmin' hole,  
But the best days is past! Let your tears in  
sorrow roll  
Like the rain that ust to dapple up the old  
swimmin' hole.

There the bullrushes grewed, and the cattails  
so tall,  
And the sunshine and shadder fell over it all;  
And it noddled the worter with amber and  
gold  
Till the glad lilies rocked in the ripples that  
rolled,  
And the snake feeder's four gauzy wings  
fluttered by  
Like the ghost of a daisy dropped out of the  
sky,  
As it cut across some orchard to the old  
swimmin' hole.

Oh! the old swimmin' hole! When I last saw  
the place,  
The scenes were all changed, like the change  
in my face;  
The bridge of the railroad now crosses the  
spot  
Where the divin' log lays sunk and forgot,  
And I stray down the banks where the trees  
ust to be—  
But never again will their shade shelter me!  
And I wish in my sorrow I could strip to the  
soul,  
And dive off in my grave like the old swim-  
min' hole.

—[James Whitcomb Riley.]

## Lord Aberdeen's Estates.

Before the British Royal Commission on Agriculture, presided over by Mr. Shaw Lefevre, Mr. George Muirhead, factor for Lord Aberdeen's estates in Aberdeenshire, in the course of his evidence, said that the acreage of Lord Aberdeen's estate was 53,000 acres, the rental being about £40,000 a year. Since 1872 Lord Aberdeen had spent over £200,000 in improvements on the estate. In 1880 £21,000 was returned to the tenants owing to the disastrous season of 1879; in 1886, £5,068 was returned; and in 1892, £2,033. In 1886 a revaluation was offered to every tenant, and to those who accepted it it brought a reduction of about 22 per cent, but nothing like all the tenants asked for a revision. The new rents under the revision were to stand for five years. In 1890 these rents were raised 11 per cent. All the tenants were under lease. He gave details of the number of years' rent at 18s an acre which it took to equip holdings of different sizes, ranging from £120 for holdings of five acres to £2,300 for holdings of 500 acres. He had at least a hundred applications for farms lying at his office that day. The farms which came to be let were generally let for less than some applicants were willing to give. Judging from the regularity with which rents were paid, he had no reason to suppose that the agricultural depression was felt in Aberdeenshire. His opinion was that the depression existing generally was due to the contraction of the currency and the consequent appreciation of gold. The only remedy he could suggest was an addition to the supply of gold.

# DROUGHT AND DESOLATION.

## Kansas and Arkansas Will Have No Crops Except Potatoes.

A despatch from Wichita, Kan., says:—Of all the droughts recorded in the history of Kansas, not one wrought such havoc as that now prevailing all over the state. The western portion has sustained failure after failure of some of the standard crops, and there has not been a fair yield of oats, wheat, and corn all in the same season once in seven years, but the present drought has proved more disastrous than any ever before experienced. Entire counties are without so much as a wagon load of green stuff growing on the ground. Thousands and thousands of acres have not a green blade or a tassel of corn silk. The great Arkansas valley, one of the richest west of the Missouri river, with its great underflow of water, is a vast, desolate waste. Hundreds of square miles of fine crops have been burned up in less than eight days, and the corn stalks are scarcely worth cutting for fodder, as all the blades will fall to pieces as soon as handled.

The great potato crop, for which the Kansas valley is noted, will not be seriously injured, as the tubers have attained their full growth.

## TWO CHILDREN CREMATED

### THE WORK OF AN INCENDIARY NEAR CHATHAM.

#### Nine Persons Asleep in a Farm House Seven of Whom Escape With Difficulty, and All More or Less Scorched—Two Little Ones Burned to a Crisp.

A Chatham, Ont., despatch says:—This community was thrown into a state of intense excitement on Sunday by the intelligence that the house of a well-to-do colored man, named Chester Curtis, situated on a small farm on the second concession of Chatham township, was destroyed by fire, and two of the inmates lost their lives. What adds to the horror of the occurrence is the fact that the fire was the work of an incendiary, whose motive was either robbery or revenge. Nine persons slept there when the flames broke out. It was a close call for everyone of those who escaped with their lives; and the wonder is that any of the household were left to tell the tale, for the fire spread with such lightning rapidity that in five minutes the whole structure was ablaze, and in 20 minutes was a heap of charred ruins. Out of the ruins were taken the remains of the two who perished—Lizzie Gant and the infant Samuel Thompson. They were mere charred trunks, totally unrecognizable, and so far consumed that they fell to pieces as the officers removed them from the burning debris. The comfortable little farmstead had recently been repaired, renovated and refurnished. The money was supplied by the daughter from Detroit, who has ample means, and was devoting a portion to making a pleasant home for the old folks in their declining years. Everything but a few articles was consumed, Mrs. Munson also losing money, diamonds and wearing apparel to the value of several hundred dollars. An insurance of the property was to have been effected this week. The theory of incendiarism, upon which the police are working, is based on the story of Mrs. Munson and that of a neighbor.

Mrs. Munson is certain that some one deliberately fired the house by means of stuff shoved through the dining room window and seems to think that it was a thief who had first robbed the house. Young Curtis risked his life in saving his two little nephews, as did also Mrs. Munson in a vain attempt to rescue Lizzie Gant, who perished in the flames. The poor infant seems to have been forgotten by everybody. All the inmates, excepting old Mrs. Curtis, were scorched in making their escape from the burning house. It is a singular coincidence that on this very farm several years ago, a fire occurred at which Mrs. Gant, mother of the girl who this morning perished, lost her life.

## A CUSTOMS DEFINITION

### Regarding the Market Value of Goods Purchased in Bond.

A despatch from Ottawa says:—A misconception appears to have arisen with respect to the order recently promulgated by the Board of Customs respecting the market value of goods purchased in bond. The text of the circular is as follows: Inasmuch as section 58 of the Customs Act provides that ad valorem duties shall be collected upon the fair market value of the goods as sold for home consumption in the principal markets of the country whence, and at the time when the same were exported directly to Canada, it is clear that the price actually paid for goods purchased in bond in any foreign market is not the value for duty in Canada, nor the fair market value within the meaning of the Customs Act; but to the price paid for the goods in bond there must be added the customs or internal revenue duty leviable in the country where the goods are purchased in bond, and which is collected in all cases by the foreign Government concerned before the goods are allowed to go into home consumption in such foreign country. Further, in the case of any goods to which a Government bounty may attach, when the same are exported, and which may have been purchased in bond, the amount of such bounty should also be included in the value for duty at Canadian customs. Such principle must be strictly applied by you to all cases in which goods may have been purchased in bond, and in respect of which entries may be tendered at your port.

This is not a new decision, and is not designed to hamper trade. The practice has been in vogue since 1853. In order to secure uniformity in the collection of duty at the various ports it has been deemed advisable to issue this circular.

A Swedish copper mine has been worked without interruption for 800 years.

# British and Foreign.

One of the most interesting spots in the immediate vicinity of Windsor Castle, the summer residence of Queen Victoria, is the celebrated "Graveyard for Royal Dogs."

Children at Gibraltar, until they reach an age which brings them better knowledge, believe that the sun always sets with a bang. This fancy is due to then ever omitted report of the sunset gun in the fort on the strait.

The Champs de Mars is to be the site of the International Exposition in Paris in 1900. It runs back from the Seine 3,084 feet, and the river frontage is 2,290 feet. This famous field is a fine spot for the great final show of the century.

The King of Greece, as an expression of gratitude for the help rendered the sufferers in the recent earthquake in his kingdom by the city of London, has conferred upon the Lord Mayor the distinction of Knight Commander of the Royal Order of the Saviour.

Radicalism has encountered a slight check in the London County Council. That body has instructed all the foremen employed in the works department that they are not to enquire before engaging any man as to whether he belongs to a trades union or not.

The German Emperor intends to devote the profits from the sale of his song toward the fund now being raised to build a church in memory of Emperor William I. The piece, called the "Song to Ager," is his own composition, both words and music. It has not yet been published.

They have been naming children after Lord Rosebery's Derby winner. The father of a girl child who was to be buried gave the name to the coroner as Ladas. He was reminded that Ladas was originally the name of a man runner, whereupon the parents after consultation decided to remember the child as Aladas, and it was so buried.

The price of corn in Russia has shrunk so low, in consequence of the splendid prospect of the harvest that many farmers are sending their cattle into the fields, as the cost of harvesting would exceed the price of the corn. In the Caucasus barley and wheat are cut green and given to the cattle. Forty-five pounds of corn are worth a cent and a half.

A torpedo catcher from a third maker, Laird of Birkenhead, has been received by the British Government. It differs from the Hornet and Daring in being 194 feet long, instead of 180, with 19 feet 3 inches beam. Six runs on a measured mile gave an average of 27,612 knots, and six half-hours gave an average of 27.51, with average revolutions of 361. This is better than either Havock or Hornet.

A scientific exploring expedition to Madagascar has been organized under the supervision of the Royal Society and the British Museum by Dr. Forsyth Major. He leaves London soon for Tamatave whence he travels to the capital, Antananarivo. From there he will endeavor to penetrate the island in a southerly direction, covering what is practically unknown country.

The ladies of the British royal family show a commendable feeling in their patronage of home industries. Several of them wore British silks at court this summer, and now the Queen has ordered some Irish poplins for the trousseau of Princess Alix of Hesse, the bride-to-be of the Czarowitz of Russia. They are supplied by a Dublin firm, and the designs contain small gold shamrocks in profusion.

Toluol is being substituted for mercury and alcohol in thermometers in Germany, and many advantages are claimed. Toluol is a liquid of a deep black color, which renders the column very visible; in the second place the freezing point of this liquid is very remote from the boiling point, and finally it costs less than mercury, and the manipulation of it is attended with no danger to the health of the workmen.

At Limoges, France, a great and well-known centre for the manufacturing of chinaware, successful experiments have recently been made in the application of petroleum as a fuel in ovens for china. The porcelain has not been discoloured either by gases or by smoke, and the articles were withdrawn from the ovens having as beautiful an appearance as if wood of the best quality had been used for fuel, as is ordinarily done.

The Countess de Montebello, wife of the French Ambassador at St. Petersburg, has sent to Mme. Carnot as the representative of French women a book containing portraits in water colors of twenty-four groups of Russian women, 5,000 autograph signatures, and a draft for 18,000 francs to found a scholarship in a French college for girls. The volume is sumptuously bound and its corners of gold are ornamented with rare gems.

Gambling on the next rain and its duration has become so great a vice in Calcutta that the Government has been called on to suppress it. Clerks on the way to their offices stop at commission houses to place bets, and the women have been seized with the mania so that they do not only pawn their own and borrowed jewels, but go further to procure money to gamble with. The bookmakers risk no money of their own and charge a small commission for handling the bets.

A remarkable disinfectant has been discovered in Bavaria under the title of "formalin." According to the report of the United States Consul, it is merely an intensified wood alcohol, produced by oxidation. The peculiar feature about this new compound is that it preserves as well as destroys. While it will kill bacilli, and neutralize obnoxious odors, it is also claimed that it will preserve almost all edibles and even flesh, fish, and fruit. This latter feature may prove the more valuable by far, and open new possibilities in provision storage.

## No Love for Alma Mater.

Caller—"You graduated at the Studhard College, didn't you?"

Miss De Style—"Yes; but I wouldn't advise anybody else to go there."

"I heard that it was a fine institution."

"On the contrary, it is miserably managed. Why, on graduation-day I was compelled to appear in plain white dress, not a bit better than the ones worn by the poverty-stricken creatures who took all the prizes."