

## HEALTH.

### Nerve Hygiene.

It stands approved by experience that nerves and muscles which remain inactive lose strength and shrink; and just so the brain needs exercise, and in fact, earnest, hard labor, but not too one-sided, in order to become, and remain strong and healthy. Over-weariness and over-exertion, however, injure the brain as they injure muscles and nerves. To furnish power and working capacity the muscles and nerves require a sufficient amount of such nourishment as will produce matter and force; but over-feeding is an injury. It is just so with the brain.

Sleep is the indispensable rest of the brain, during which it recovers the substance lost by the wear of the day, and gathers up strength. Good sleep is the fundamental requirement for brain health. Every nerve stimulant, and on the other hand, all substances that produce artificial sleep, are nerve poisons, and are to be condemned by healthy nerve hygiene. The worst foes of the human brain are alcohol, morphia, ether, cocaine, and the like. Their use is never justified except very temporarily as medicine, or in order to allay the pain and the agony of death in a fatal illness.

Every one who desires to secure and to strengthen a healthy and useful brain, must first, not only labor physically, but mentally; must really labor, and that daily, and not too little. Four hours of work a day for a healthy being is altogether too little. Let any one spend his time in enjoyment and idleness, and enjoyment soon ceases to be enjoyment. He will accumulate artificial wants in ever increasing numbers until they burden his life. He will become more and more dependent and morose. His mental horizon will grow narrower continually, and more rigid. The plastic brain of youth, that is, its docility and adaptability, will become less and less active and capable of comprehending and elaborating new thoughts.

On the other hand, mental labor preserves the plasticity of the brain to a much more advanced age. Idlers, therefore, in spite of the best brain capacity, become prematurely old mentally, narrow-hearted, limited in horizon, and not seldom absolutely stupid. We often observe moderately gifted students becoming, by means of work, men of power; and highly gifted young men, by means of idleness, gradually grow useless, peevish, and now and then narrow-minded Philistines.

### A Contrast.

With an incredible fatuity we give our children pies, cake, preserves, hot biscuit, coffee, pepper, and all other condiments we can collect from the four quarters of the globe, and then wonder that their stomachs and nerves are a wreck before they are fifteen. We have seen children carry pepsin and quinine to school to take with their dinner. Their parents were not invalids; they endowed their children with strong frames and good digestion; but the young stomachs had been so debauched with villainous hot bread, hot cakes drowned in syrup, strong coffee, fried potatoes liberally dosed with pepper, and other such abominations, that they were unable to nourish the young bodies through the trying period of the summer season without help of the stimulants above mentioned. On the other hand, children sitting at the same desks, upon whom were originally bestowed no better physical systems, if as good, went through the summer in the enjoyment of perfect health which is comprehended in the saying, "There was little falling-off in the animal spirits, vigor, and color which they showed in the far North." Why?—Because they were never allowed to take tea or coffee, pepper or spices, and seldom hot, heavy bread and rich pastry. They were abundantly nourished on oatmeal and cream—Jersey milk with the cream stirred in—graham or whole-wheat flour bread, made light and wholesome, and fruits well and plainly cooked, with not enough sugar to neutralize their natural acid.

### Sleep.

The phenomenon of sleep, one of the most common and the simplest of the functions of the body, has, until recently, been one of the most difficult of explanation. It may not seem so difficult to understand why one becomes weary and desires sleep, although to the physiologist this is by no means a simple problem; but when one is sound asleep, why should not one remain in a state of repose? Herr Rosenbaum, according to the Revue Scientifique, has made a discovery which he believes unravels the mystery of sleep. According to his observations, weariness, or fatigue, is the result of changes in the nerve cells of the brain, by which their solid substance is in part removed, as the result of work, and water substituted. In other words, the brain acquires an undue proportion of water. The result of this accumulation of water is to lessen the natural activity of the nervous substances, so that the external stimuli, consisting chiefly of the sights and sounds by which we are surrounded, are insufficient to stimulate the brain to activity. When an extreme point is reached in the substitution of water for the solid substance of the brain, the individual falls asleep. During sleep, by the process of assimilation, the water is eliminated, and the solid particles obtained from the food deposited. Thus the brain is restored to its normal condition of excitability, and when this restoration is complete, the individual awakes. This explanation is certainly ingenious, seems to be plausible, and is perhaps as satisfactory as any which has yet been propounded.

### The Queen's Will.

It is understood that the Queen made her will in 1876. It is engrossed on vellum, quarto size, and is bound as a volume, secured with a private lock. Several blank pages have been left at the end of the book for codicils, some of which have already been added. Thus when the Princess Alice died in 1878, modifications of the bequests were rendered necessary and in the summer of 1884, after the Duke of Albany's death, further revisions were imperative. One entry relates entirely to the disposal of the Queen's Jubilee gifts, which are not the property of the nation.

No matter whether he has been to college or not, the man who can keep sweet when things go wrong is a man of power.

## ATLANTIC STEAMERS.

### How They Were Run in the Old Days.

The recent accidents to some of the big Atlantic steamers bring prominently to mind the great changes that have taken place in ocean travel in the past thirty or forty years. While to-day it is hardly an exaggeration to say that one is quite as safe on an Atlantic liner as on dry land, the same assertion could not be put forward regarding the "good old days" which are so honored in song and story. Sailing vessels did not make a very safe voyage while they were often a most uncomfortable means of locomotion, while perhaps the first steamships with their big side paddles and slow sailing qualities were not much of an improvement over the famous sailing clippers that fifty years ago had things all their own way upon the Atlantic highway. There were no six days passages in the old times, around 1860, an average passage of 40 days out and 23 days home to Liverpool being something to boast of. Still, there were some remarkably fast clippers, and the different packet companies showed just as much rivalry in making records as do the steamship companies of to-day. One clipper, the "Dreadnought," became celebrated in 1858 by having made the passage from New York to Liverpool in fourteen days, and from New York to Queenstown in nine days seventeen hours. Afterwards it was a good advertisement for a vessel to say she was built after the lines of the "Dreadnought." The first attempt to propel vessels by steam is claimed by the Spaniards to have been made in Barcelona by a paddle wheel vessel, as far back as 1543, but the first steamer worthy of being so-called was that placed by John Fitch on the Delaware, at Philadelphia, 1787. This primitive craft was propelled by a system of paddles or oars working vertically, and was the forerunner of

### THE PALATIAL VESSELS.

now plying on the great rivers of the United States. The first actual attempt at Atlantic steam navigation was made by Colonel John Stevens, of New York, in 1819. The boat was called the "Savannah" and was built as an ordinary sailing vessel, but afterwards fitted with engines and boilers, and steamed from the city of Savannah on the 25th of May, 1819. The next vessel to cross the Atlantic was a Canadian steamer named the "Royal William," built at Three Rivers in 1831. The "Royal William" was 16 feet long, 44 feet broad and 17 feet deep, of 363 tons burden. She sailed for London from Quebec on August 5th, 1833, and made a passage of over forty days. Another "Royal William" was built at Liverpool in 1838 and was the first real passenger steamer to cross the Atlantic. Passage on her cost \$140 including wines and stores. These boats were actually smaller than a powerful English tugboat of to-day. Quite an extensive passenger trade was going on by 1854, and it may be seen by newspaper advertisements then that passages to Halifax and Boston cost \$25 and to New York \$30. Dogs were charged \$5 each, but surgeons were evidently in demand, for some lines advertised free cabins for surgeons. That stewards took tips in those days likewise is seen by some of the notices, which say, "Steward's fee £1," others including steward's fee in the passage money. Freight cost anywhere from £4 to £6, and passengers' baggage was strictly limited. The Canadian Steam Navigation Company ran twice a month to Quebec and Montreal in 1854, and passage money to Quebec was twenty guineas. The sufferings of the immigrants on the clipper ships must have been considerable, through overcrowding, inattention, etc., for the mortality rate was very large. A New York paper of October 1853, gives a table of the arrival of 22 emigrant vessels at that port from September 9 to October 21 of that year, and out of 7701 emigrants carried, no less than 363 died on the passage out. Today a death is a very rare occurrence. Steamships to-day show a great change from the comparatively primitive days around 1854. Most people have a good idea of the various changes that have taken place in the building and running of a modern steamship, but not so many are so well aware of the enormous expense incurred on a single passage. A big Atlantic liner will carry about 322 hands in all departments, and have a wage bill of £1730. When all expenses are considered it is calculated that the sum of £16,000 is required to be realized per trip before any profit can be counted upon. One of these boats consumes three hundred tons of coal per day. Some interesting facts regarding the development of the Atlantic steamship passenger traffic are to be found in a book entitled "The Atlantic Ferry," from the pen of Arthur J. Maginnis, a member of the Institution of Naval Architects. This book gives a history of the Atlantic lines, biographies of men who have been prominent in the trade, records of passages and a vast amount of general information.

### Faith's Feat.

Upwards of 70 passengers on board the steamer Rualine drew up an address between Teneriffe and the Cape of Good Hope for presentation to Captain Bone, the officers, and crew of the ship. It tells in a few words the story of a period of trial, anxiety and danger in which these able navigators displayed unflinching zeal and devotion to duty. Fire was discovered in the vessel on the afternoon of Sunday, February 19th, when she was about 367 miles northeast of St. Helena. For this island her course was immediately shaped, and it was reached after nightfall the next day. The fire had broken out in the afterhold, and was burning for five days, notwithstanding continuous exertions to overcome it. The officers and the men worked the whole time, often in a stifling smoke, and at the peril of their lives, with the briefest intervals for rest and food. The passengers, in recording their appreciation of these exertions, testify that their material comforts were not appreciably interfered with, and they express the hope that the energy and devotion of those who were instrumental in saving the ship and the greater portion of her cargo may meet with due recognition and reward.

He who prefers the material delights of life to its intellectual pleasures is like the possessor of a palace who takes up his abode in the kitchen and leaves the drawing-rooms empty.

When another speaks be attentive yourself and disturb not the audience. If any hesitate in his words help him not, nor prompt him not nor answer him till his speech is ended.

## AN INSANE MOTHER.

### Tries to Drown Her Little Girl as a Sacrifice to God—Stopped Just in Time.

A Philadelphia, Pa., despatch says:—Crazed with drink and labouring under the impression that she must make a sacrifice to God, Mary McGee, 40 years old, on Saturday tried to kill her 4-year-old daughter Elmira, and to take her own life. The child was nearly strangled and had a narrow escape from death. Mrs. McGee is confined in the Philadelphia hospital pending an examination as to her sanity, and the child is in the care of the Society for the Protection of Children from Cruelty.

About noon on Saturday the neighbours about Mrs. McGee's house, at the southwest corner of 23rd and Vine streets, heard cries and moans, and they knew that Mary McGee was on another spree. The woman was seen at the front of the house several times, and was much intoxicated. As this was a frequent occurrence, the neighbours did not bother much, and went about their business.

At one o'clock several women saw Mrs. McGee leave the house and start in the direction of Wood street wharf. Behind her was the child, and she seemed to go unwillingly. Closer inspection revealed that a rope was fast around the child's neck, and the other end was in the mother's hand. Several persons started to release the child, but the wild gleam in the mother's eyes and her threats deterred them. Then a policeman was sent for, and the crowd followed the mother and child to the wharf. Overlooking the Schuylkill, Mrs. McGee paused and dragged the child closer and then faced the crowd, which was afraid to go very near. Mrs. McGee still held the rope, and the poor little girl sobbed as if her heart would break while the mother shouted her defiance at the spectators.

Presently she dropped on her knees and forced the child to do likewise, and then she offered her prayers and her child to God. She spoke incoherently, but those near her could understand that she offered the body of Elmira to her Maker as an expiation in part for the sins of mankind.

She finished her prayer and was about to push the child into the water, when Policeman Anderson broke through the crowd and stopped her. The woman struggled and shrieked, and the child cried, and the crowd shouted. The two principal actors were taken to the Police station, and the woman was locked up. Kind hands cared for the child, and her neck, where the

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### Lifting a Ton by His Teeth.

A man with marvellously strong teeth has made his appearance at the Royal Aquarium, London. This is Dan Sullivan, a native of Roscrea, in County Tipperary, who claims to be the only man in the world performing certain feats. The great feat of all comes last. In this Sullivan mounts a sort of archway on the stage, and lifts up bodily, again by his teeth alone, a cob and dog cart containing four men, notwithstanding that the total weight, with the platform on which the cob and dog cart stand, cannot be much less than a ton. Sullivan is 32 years of age, weighs 12 stone, and is of medium build.

He that works well for his religion honors it, but he that lives it well honors it more, for such a life is itself the best work, and powers all other work.

## GHOSTS OF THE TROPICAL FOREST.

### Strange Animals That Spend Their Lives in the Loftiest Trees.

To the naturalists the most marked feature of the great tropical forest south of the equator is the inequality in the balance of nature between vegetable and animal life. From the forests of Brazil to the forests of Northern Madagascar to the tangled jungles of the Asiatic Archipelago and the impenetrable woods of Guinea, the boundless profusion of vegetable growth is unmatched by any similar abundance in animal forms. A few brilliant birds of strange shape and matchless plumage, such as the toucans of Guinea amid the Amazon, or the birds of paradise in the Moluccas or the Papuan Archipelago, haunt the loftiest trees, and from time to time fall victims to the blow pipe or arrow of the natives, who scarcely dare to penetrate that foodless region, even for such spoils, until incantation and sacrifice have propitiated the offended spirits of the woods; but, except the sloth and the giant ant-eater, there is hardly to be found in the tropical regions of the New World a quadruped which can excite the curiosity of the naturalist or form food for the wildest of mankind.

In the corresponding tracts of Africa and the Asiatic Archipelago the rare four-footed animals that live in the solitary forests are for the most part creatures of the night. Unlike the lively squirrels and martin-cats of temperate regions they do not leave their hiding-places till the tropical darkness has fallen on the forest, when they seek their food, not on the surface of the ground, but, imitating the birds, ascend to the upper surface of the ocean of trees, and at the first approach of dawn seek refuge from the hateful day in the dark recesses of some aged and hollow trunk. There is nothing like the loris or the lemur in the fauna of temperate Europe. We may rather compare them to a race of arboreal moles, the condition of whose life is darkness and invisibility. But, unlike the moles, the smaller members of these rarely seen tribes are among the most beautiful and interesting creatures of the tropics, though extreme difficulty of capturing creatures whose whole life is spent on the loftiest forest trees is further increased by the reluctance of the natives to enter the deserted and pathless forests. The beautiful lemurs, most of which are found in Madagascar, are further believed by the Malagasi to embody the spirits of their ancestors, and the weird plaintive cries with which they fill the air at night, uttered by creatures whose eyes, as they cling to the branches, are visible, and whose delicate movements are seen, may well have left a doubt on the minds of the discoverers of the island as to whether these were not in truth the cries of wailings of true lemures, the unquiet ghosts of the departed.

### FAITHFUL TO DEATH.

#### Indian Story Which Has Come Down From Remote Times.

The Banjaras occasionally keep dogs, and, as we believe, a Banjara dog which verily is the Bethegert legend of India, a story comes from at least half a dozen remote parts of India, the substance being identical, although the localities differ. It is how it runs:

"Once upon a time a poor man owed a large sum of money to a Banjara, and as he did not pay nothing the Banjara came to seize his property, but he found that all he had was a dog. 'Well,' said the Banjara, 'since you have nothing else I will take the dog; will help to watch my house.' So the poor man took a tender farewell of his four-legged friend with many injunctions to love his new master faithfully and never empty to run home. Some time after the dog got to his new home thieves broke into his house and took all they could find. The dog barked as loudly as he could, yet the thieves snored peacefully, and so, seeing thieves disappearing with the booty, he loved them and saw them hiding their asure in holes dug in the dry bed of a nala then ran home and never stopped bark until his master woke up. The Banjara's almost frantic with grief on discovering his loss and was about to wreak his vengeance on the dog, but, attracted by his strange behavior, he determined to watch him instead. The dog at once led the way to the nala and began scratching at the hole. Very soon the stolen wealth was again possession of its lawful owner. The Banjara's delight on recovering his property was great that he wrote on a paper 'Your has paid your debt,' and, fastening it to the dog's collar, he had him return to his master, and the faithful dog, full of joy, led on as hard as he could go. His old master, as it happened, just about this time went to long for a sight of his dog and minded to go and see how he was getting on. When half way on his journey he saw the dog running toward him. He drew his bow and waited his approach, and as the dog with a whimper of joy, sprang forward to meet him, he cut off his head with his sword, crying out: 'Thou disobedient dog! Pay the penalty of deserting thy master! Then too late he saw the note fastened to his dead friend's neck, and was struck with such remorse that he fell upon his sword and died. The man and the dog were buried in one grave, and any one traveling to Haiderabad may still see the grave by the roadside."

### Discovery of Roman Coins.

An interesting discovery (the Daily News correspondent tells us) has been made in the excavations for the foundations of the Benedictine monastery which is being built in the Aventine. A large terra cotta vase was found full of gold coins, so well preserved that they looked as if they had just come from the mint. The coins are of the time of the Emperor Lucius Verus, and have the image of the Emperor on one side. The workmen who found the treasure tried to conceal it, but, like the thieves of the fable, quarrelled over the division of the spoil, and were thus discovered.

### Suicide of Three Soldiers.

Suicides in the German Army are still very frequent. From Coblenz comes the intelligence that no fewer than three soldiers have committed suicide within three days. An artilleryman, after arrest and conviction, threw himself off a ship's bridge into the Rhine and was drowned. The next day another soldier hanged himself while under military arrest, and on the following evening a vedette shot himself while awaiting his trial in the Civil House of Detention.

## SPECIALLY FOR LADIES.

### Facts and Fancies, Short and Sweet, for Feminine Readers.

Pianos were invented at Dresden. Titled lady shopkeepers are on the increase.

American women decorate their muffs with violets.

Lady journalists are not to be allowed in Japan.

Skirts are getting wider and wider. This looks ominous.

Gay coloring is to be a characteristic of the coming fashions.

Queen Elizabeth was renowned for the beauty of her lace.

Most young French ladies are taught fencing as a matter of course.

Ten years ago the demand for black crapes was treble what it now is.

Of the 363,000 teachers in the United States, over 240,000 are women.

Women were first admitted as students at the University of London in 1878.

A celebrated millinery establishment is reported to already have over 20,000 crinolines in stock.

Freckles may be safely treated by touching each one with a moistened crystal of common nitre.

The true Oriental ruby is found in the sands and rivers of Ceylon and the mountains of Pegu and Ava.

In Indiana a Bill has been introduced to the Legislature to prevent the importation and sale of crinolines.

Skirts are getting so voluminous that it is said woman will have to take to the crinoline in sheer defence.

Flattery is not love, nor yet friendship, nor yet, again, admiration; it is a very bad imitation of all three.

There are a score of women in New York whose collections of lace vary in value from \$20,000 to \$50,000.

Straw hats this year are wonderful in their workmanship—they are shot and shaded in all combinations of color.

A pretty floral fan is made of ivy-leaf geraniums, the center being hollowed out and filled in with grass and ivy leaves.

In a case of earache, turn a drop of milk as hot as can be borne into the ear, and cover it quickly with a piece of cotton wool.

The first lady to attain the degree of "Master" of Arts in England was Miss Mary Dawes. She accomplished this in 1884.

The reign of three-quarter length cloaks is over. In the spring nothing but peleries reaching a trifle below the waist, will be seen.

Madame Patti likes to have her hair dressed by a woman. She has employed the same hairdresser when in London for the past eleven years.

A Manchester house has already laid in a stock of steels sufficient for 10,000 crinolines in anticipation of a sudden rush if the fashion be established.

The world is increasingly dependent on intellectual work, and women are increasingly dependent on their own exertions to secure their maintenance.

Princess Victoria Kamlani, daughter of the Queen of Hawaii, is now at school in Northamptonshire. She has developed a penchant for slang English phrases.

A delicious breakfast cake is made with two cupfuls of milk, two cupfuls of flour, and two well-beaten eggs, to be baked in scalloped dishes or patty-pans.

John Collier, the well-known artist, says:—"My opinion is that female dress will never be wholly satisfactory until women have realized that they have no waists."

The most striking thing about a Swedish dinner is its preface, which is an exaggeration of the French system of *hors d'oeuvres*, and sometimes consists of a dozen or more dishes.

The art of fencing was the delight of our forefathers, and it is being extensively taught to ladies. It does not require strength, and will be found a graceful and healthy amusement for young girls.

A new fashion among ladies in Germany is to have visiting cards of iron, forty cards making only one-tenth of an inch in thickness. The names are engraved in letters of silver or gold on the black surface.

The great enemy of marriage is not its irrevocable character, but the increasing luxury and idleness of the present day pervading all classes, and making so many people ignore the duties of home domestic life.

The Short Skirt League has for its object to induce ladies to adopt a dress more rational than the present style for out-of-door wear. The chief rule is that the skirt be not less than 5 inches off the ground all round.

An idea evolved by an ingenious woman, whose dainty *tele-a-tele* set lost both its saucers, was to tie the two bereaved cups together with a bow of fancy ribbon, and convert them to the service of used and unused matches.

### Not so Glad as She Thought.

A few evenings ago a gentleman stepped from a train at one of the London stations when a young lady skipped up to him, threw her arms rapturously about his neck, and kissed him many times, saying:

"Oh, papa, I'm so glad you have come!"

The old gentleman threw both arms around her and held her firmly to his breast. Soon she looked up into his face, and horror stood in her eye.

"Oh, my, you're not my papa!" she said, trying to free herself from his embrace.

"Yes, I am," insisted the old gentleman, holding her tightly; "you are my long-lost daughter, and I am going to keep you right in my arms till I get a policeman."

When the officer came he found the old gentleman's diamond pin in the girl's hand.

### A Shrewd Tailor.

Gentleman—If you will get my coat done by Saturday I shall be forever indebted to you.

Tailor—Oh, if that's your game, it won't be done.

Nothing will do more to put wrinkles in your face than worrying about things you can't help.