

## HEALTH

### Disinfectants.

Long before people understood the manner in which contagious and infectious diseases were communicated from one person to another, the importance had been fully established of a thorough disinfection of the patient's clothing and of the room which he had occupied; but the agents formerly employed for this purpose, sulphur included, are now believed to be wholly useless.

At present only three chemical agents are recognized as of value in completely destroying the germs of disease and preventing their spread. These are carbolic acid, corrosive sublimate and chloride of lime; and it is at once apparent, to every one at all familiar with these chemicals, that their employment is necessarily restricted, as all of them are irritant poisons when used in excess.

Of the three, chloride of lime is perhaps the one which may be said to deserve the greatest commendation, on account of its cheapness and the comparatively little danger attending its use.

German authorities advocate the employment of steam and heat, justly maintaining that in these we have cheap and efficient agents, which are also highly penetrable and at the same time dangerous to but few household articles.

The following rules may be said to conform to the latest approved methods of disinfection:

1. All fabrics which will not be injured in the process must be boiled in water for at least four hours.
2. Fabrics which will not stand this treatment are to be subjected to the action of dry heat for a much longer time.
3. Furnitures, etc., may be treated with a four-tenths per cent. solution of carbolic acid.
4. All articles which have been in actual use by the patient must be burned.
5. The walls of the room must be thoroughly rubbed down with bread which must afterward be burned.
6. The sputa and excrements of the patient must be at once treated with chloride of lime.

It is evident that upon the thoroughness of disinfection depends not only the private, but the public welfare.

### Take Care of the Gums.

"People are losing their teeth from a new cause nowadays," said a dental surgeon the other day. "It is a complaint which seems to have become common only within the last fifteen years or so. 'Recession of the gums' it is called. Tartar is deposited at an abnormal rate, and this carbonate of lime secreted from the saliva pushes the gums back from the teeth. After a while, if nothing is done to prevent, the trouble gets as far as the sockets, which become inflamed. Finally the teeth fall out. A well-known statesman came to me fourteen years ago with a bad case of the disease. Every tooth in his head was loose, and one of them was so far gone that I took it between my thumb and finger and quietly lifted it out; within three months I had fixed him up so that all the rest of his dental equipment was perfectly solid in his jaws. It was accomplished simply by removing the destructive tartar and preventing it from accumulating again; also with the aid of a little medicine applied to the gums. The distinguished patient of whom I speak comes to me every two or three months and undergoes a little treatment. In that way I have been able to keep his teeth for him thus far. It is a peculiar disease. In a case so far advanced as the one I have described it can hardly be cured. That is to say, the tendency to an accumulation of tartar cannot be stopped. All that can be done is to prevent it from accumulating by scraping it away at intervals and by medicinal applications to the gums. In an early stage, however, the complaint is perfectly curable and the tendency in most cases can be overcome. But much care and continual attention are required. Otherwise the person will have lost some of his teeth by the time he is 40 years old, and after that the rest of them will go rapidly. The making of false teeth has arrived at great perfection, but at best they are poor substitutes. As I have said, this may be regarded as a new disease. At all events, it is only in recent years that it has become prevalent. It is important that people's attention should be called to it. From 7 years to 0 care should be taken of the teeth lest they decay. There is little danger of that after the twentieth year is passed. But from that time on one should look out for tartar. A mouth affected in the way I speak of is almost worse than a badly decayed mouth. The trouble means certain loss of the teeth unless looked out for and treated.

### Cause and Cure of Colds.

Now is the season for colds, and singularly prevalent they have been of late, and the type of the present attacks reminds us very much of the dreaded Russian influenza that only too recently occupied a position of importance in our vital statistics. Let us briefly consider a few ways of catching cold. By taking too much care, for instance. The healthy need not stay indoors because it is cold, wet or foggy; on the contrary, they should brace up the system by getting out of doors in all weather—rain, frost, fog or shine. The colder the weather, so much more the need to go out part of each day. The exercise will equalize the circulation, and besides, in such weather the air of the house will be all the more impure, because doors and windows are kept closed, and there is little chance of the escape of the vitiated products arising from gaslights, cooking stoves, etc. In far the larger number of cases, colds arise from allowing the body to cool down too quickly after exercise. Exercise heats the body and produces perspiration, and this in turn cools the system; therefore, when arriving home after exertion, the indication is rather to put on an extra wrap for a short time than to quickly cast off the overcoat or mantle. Then colds often follow a short nap or prolonged sleep when no extra wrap has been thrown over the sleeper. In sleep the natural production of heat is limited, and we are peculiarly liable to surrounding draughts, and this form of cold is the one most likely to end in bronchitis, pneumonia or rheumatism. Then there is the favorite method of getting cold by passing, when over-heated, from the

theater or ball-room without sufficient extra clothing, the waiting for cab or carriage, and taking all the time. The lungs contain 600,000,000 of air cells, and represent a breathing surface of 6 square feet, and in health are filled with air at a temperature of 95°. By breathing with the mouth closed, we prevent these air cells being cooled down too quickly, as the air passing through the nose is warmed before it reaches the lungs.

Clothing is worn, not to produce body heat, but to prevent radiation; hence, flannel and wool, being non-conductors of heat, should be worn next to the skin. And that part of the lungs lying between the shoulder-blades is the portion requiring the most careful protection from the weather; here the lungs are close to the surface, and are quickly chilled by cold or wind. The delicate will find an under-jacket of porous chamois leather an excellent protection, and it has the advantage of washing well. Many so-called felt or skin chest-protectors are worn here until they team with microscopic life. Persons very prone to take cold will find the morning cold sponge-bath of great service. The very delicate may begin with tepid water and pass on to cold.

When the first symptoms are felt use a hot mustard bath and take some hot fluid—coffee, milk or gruel—and then retire to bed and sleep between blankets. If the cold be of a severe type—full pulse, cough, pain and oppression on breathing—an adult may take ten grains of Dover's powder in a little gruel on retiring. We know the glass of hot whisky and water is very comforting if taken at the early stage of a cold; but we can not recommend it; because, after all, a cold is a mild attack of fever, accompanied by more or less inflammation of the membrane lining the air passages; hence, anything of a stimulating nature like whiskey, must increase the inflammatory action and tend to usher in bronchitis.

## PRISONS AND POLICE.

### Some Interesting Facts and Figures from Many Lands.

Peking has 1300 police stations. California convicts each cost the State \$2c a day.

The most frequent crime in California is burglary.

Drunkness is the most common offense in Russia.

Dublin, with a population of 350,000, has 1146 police.

Last year there were in Vienna 316 suicides and 338 attempts.

In the French prisons religious instruction is provided for all inmates.

The Hawaiian Islands have sixty policemen regularly employed as such.

Texas has ten State farms on which the convicts are worked under contract.

Over one-third of the arrests in Havana were for quarreling and fighting.

The Bertillon system of identifying criminals was adopted in France in 1882.

The London Police rely on their fists in the daytime. At night they carry clubs.

New Orleans has 242,000 and 274 police. Last year's arrests numbered 21,812.

The only system of signal in use among the Rio police is a weekly watchword.

Legal executions in Mexico are by shooting, and take place in the prison yard.

Of the 1233 prisoners in California 769 are American born, and 464 are foreigners.

The United States has 395 prisoners at Fort Leavenworth, 229 of whom are deserters.

Smoking is permitted in the prisons of Belgium only as a reward for good behavior.

Rio de Janeiro has 550,000 population and 2010 police, who in 1890 made 10,340 arrests.

All improper resorts in the City of Mexico are regularly classified, graded and licensed.

Political offenses in Germany and France are punished by imprisonment in a fortress.

Three-tenths of the earnings of a Belgian convict are set aside for his benefit on release.

The management of the Austrian prisons for women is in the hands of female religious orders.

Chinese jailers live on what they can squeeze out of the prisoners or the prisoner's friends.

In the Hong Kong prison 115 cases of prisoners fighting with each other occurred during 1890.

St. Petersburg's population is 1,000,000. There are 2165 police, who in 1890 made 76,002 arrests.

There are three ordinary modes of execution in China—slicing to pieces, decapitation and strangulation.

In Glasgow last year 577 persons were arrested and fined for failing to sweep their steps or pavements.

### Tel-el-Kebir.

Alexandria was bombarded by Admiral Seymour, July 11-13, 1882. Tel-el-Kebir, the sight of the entrenched camp of the rebel general, Arabi Pasha, was captured by the British under Sir Garnet Wolseley, on September 13, 1882. Sir Garnet Wolseley broke up his camp at Ismailia on the night of September 12, and began his advance at 1.30 a. m., his force being about 11,000 infantry, 2,000 cavalry and 40 guns; the troops marched rapidly in the dark, each regiment endeavoring to be first. At daybreak they arrived at the camp. The surprised Egyptians filled the trenches and fought well under cover; but when the British scaled the parapets, they at first resisted bravely, but afterwards fled, being hotly pursued by the British cavalry, leaving all their guns, ammunition, etc., in the hands of the victors. Thousands were killed or made prisoners. Arabi Pasha fled towards Cairo. The British General's masterly plans of the campaign was thus successfully carried out by efficient staff and gallant army, which included many young soldiers. The Irish and Highland regiments and the Guards were specially distinguished. Arabi Pasha's army was completely broken up, and the British entered Cairo the next day, September 14. The Highlanders bore the brunt of this action. The British killed numbered about 52, wounded about 380. The Egyptians killed and wounded were about 1,500.

## POETRY.

### A Little Love of Mine.

I know a clever little maid  
And sweet, who claims me for her knight,  
And I confess, I'm half afraid  
She thinks what'er I do is right.  
The reason why I may not tell,  
She's five, while I am twenty-nine,  
And yet we love each other well,  
I and this little love of mine.

She has a slender, lissome form,  
Brown eyes where trust and truth abide,  
A Cupid's mouth where kisses swarm,  
Rose cheeks where dimples deftly hide,  
A smile she borrowed from the skies  
In some rare hour of summer time,  
'That's sweet or serious, glad or wise,  
As suits this little love of mine.

Lovely petite, the little queen,  
Swift to forgive as to command,  
The daintiest monarch ever seen,  
She keeps her subjects well in hand.  
Her happiness heronly task,  
She roars by childhood's right divine,  
And richer kingdom none may ask  
Than has the little love of mine.

The boundary of her empire lies  
In home's fair walls; her wealth untold,  
The lovelight in her most radiant eyes,  
A treasure greater far than gold.  
Aye, running over is her cup  
With love's most rare and costly wine,  
And she—she gaily drinks it up,  
This charming little love of mine.

Fresh be the draught, I wish the hours  
May bring her what she most may prize,  
Soft dewy dawns, and fragrant flowers,  
And light wind blowing to the skies,  
But if my soul might win the bliss  
To beg a boon from Father Time,  
'Twould be to leave her as she is,  
This dainty little love of mine.

### An Everyday Tragedy.

He sat in honor's seat,  
And rapturous ladies gazed into his eyes,  
She stood without, beneath the wintry skies,  
In snow and sleet.

He spoke of Faith's decay;  
The ladies sighed because he spoke so true,  
She hid her face in hands frost-numbed and blue,  
But dared not pray.

In church, in court, and street,  
Men bowed and ladies smiled where'er he went,  
She stole through life by shame and hunger bent,  
With bleeding feet.

Upon his wedding day  
She stood, with burning eyes that fain would  
And heard the dancer's tread, the music's sweep,  
Sound far away.

The bride so pure and true  
He took unto himself in haughty mood;  
And all the paltry world appian ting stood,  
Though well it knew;

The while in frost and snow  
Half-clad she stood, upon whose maiden  
He pledged his faith, for love's supreme test,  
In joy and woe.

—[Hjalmar Hjorth Boyesen.

### The Snowflake's Power.

"They deem us frail and tiny and of but little worth,  
We'll show the people differently who live down on the earth!"  
Thus said the Queen of Snowflakes in their convention hall,  
When they resolved, their might to prove, all from on high to fall.

They came in great battalions, they fell for days two, three,  
They mantled all the hilltops, and shrouded dale and lea,  
And then they quietly frolicked with Northern  
Who roughly tumbled, drifting high in every track and wold.

'Twas thus the mighty steam horse, upon his  
Could not his burden pull ahead, or even push it back.  
The fragile, tiny snowflakes thus proved their  
By stopping traffic's iron horse for many a dreary hour.

—[Fanny L. Fancher, in N. Y. Observer.

### What Was His Creed?

His charity was like the snow—  
Soft, white and silent in its fall,  
Not like the noisy winds that blow  
From shivering trees the leaves—a pall  
For flower and weed  
Drooping below.

"What was his creed?"  
The poor may know.

He had faith in leaves of bread  
For hungry people, young and old;  
Hope he inspired in kind words he said  
To those he sheltered from the cold.  
For we should feed  
As well as pray.

"What was his creed?"  
I cannot say.

In words he did not put his trust  
His faith in words he never writ;  
He loved to share his cup and crust  
With all mankind who needed it.  
In time of need  
A friend was he.

"What was his creed?"  
He told not me.

He put his trust in heaven, and he  
Worked well with hand and head,  
And work he gave to charity  
Sweetened his sleep and daily bread.  
Let us take heed  
For life is brief.

"What was his creed?"  
What his belief?

### Hielan' Coortin'.

Gie me a canny 'oor at e'en  
In yonder copse, where, never seen,  
A lad may meet his lass at e'en,  
To lo'e more dearly.

We'll profess to scorn the sex  
Wha flit an' fawn, an' smile an' vex,  
But ne'er do keep in mind the text,  
Beware of woman.

Gie me the lass that wears the plaid  
On city street or on hillside,  
An' dons a coat and short-gown wide,  
An' wears a' scooman.

Then gie's a kiss, my ain braw hizzie,  
An' dinna thrav an' mak' me dizzy,  
An' keep me half-an-'oor sae busy  
In muckle fechtin'.

We'll no' be here till set o' sun,  
The struggle's o'er, I've almost won:  
I've smacked her twice the deed is done,  
An' fa' back pechin'.

—[Glasgow Mail.

### A Ring Under a Tree.

During the recent gale a holly tree growing near the Lake of Menteth Hotel in Scotland, was blown down, leaving a pretty deep cavity in the soil where the roots had been. Shortly afterwards a young woman found in the loose earth a gold wedding ring with the initials "W. A. G." engraved on the inside. Singular to state, about three weeks after the great storm, another gale from the opposite direction lifted the holly tree into its original position, and it appears to be thriving, being covered with berries. The owner of the ring so strangely recovered has not yet been found.

## IRELAND'S BOY DUKE.

### The Youthful Heir to Leinster Who Bears a Monkey on His Crest.

By the death of the duke of Leinster, who had been politically and socially of but little importance and was little heard of in England, his little son, the marquis of Kildare, who was 6 years old last March, succeeds to the title and to the estates, which are worth \$250,000 a year.

This canny little fellow, who looks as if he would be heard of in the world, with or without money, is now the youngest duke in the United Kingdom. His little minority will be beneficial to the estates, which are in the counties of Meath and Kildare, in Ireland. The young fellow will have a brilliant fortune when he is of age if the estates last so long.

Carton, the duke of Leinster's family seat, is a large and imposing house which contains some good pictures and a valuable library. The gardens are very pretty, and the picturesque park is famous for some of the finest old trees in Ireland and a beautiful avenue.

Kilkea, the dowry house of the Fitzgerald family, is also a very nice place, with a delightful demesne. The late duke's mother was long a prominent and brilliant figure in society, but she and her husband both died comparatively young. She was one of the daughters of the second duke of Sutherland and a sister of the late duchess of Westminster and Argyll.

The priests at Maynooth college will greatly miss the late duke, who always took a kindly interest in the work done there. He leaves behind him a widow who a few years ago was regarded as the prettiest woman in society.

The duchess is a daughter of the first earl of Beversham, and was born in 1864, so she is just 30 years of age. The son and heir, Maurice, was born in 1887, and therefore many years must elapse before he can entertain at Carton house or Kilkea castle.

The fifth baron of O'Faly, who was created first earl of Kildare in 1816, was a valiant soldier who assisted Edward II. in his Scottish campaigns and afterwards dispersed the rebels in Munster and opposed Robert Bruce, who had entered the north of Ireland with an army.

There is a tradition that the earl, while an infant, was asleep in his cradle at Woodstock castle when an alarm of fire was raised. In the confusion that ensued the child was forgotten, and on the servants returning to search for him the room in which he lay was found in ruins.

Soon after a strange noise was heard in one of the towers, and on looking up they saw an ape, who was usually kept chained, carefully holding the child in his arms. The earl afterward, in gratitude for his preservation, adopted a monkey for his crest.

### Scorpions Are Not Suicides.

During many years of scorpion hunting I never remember to have seen two individuals living together in amity; and even their more tender relations are tainted at times with the unamiable habit of cannibalism. The males are decidedly smaller than their mates, whom they approach accordingly with the utmost caution. If the fair innamorata doesn't like the looks of her advancing suitor she settles the question of hand by making a murderous spring at him, catching him in her claws, stinging him to death, and making a hearty meal of him. This is scarcely loverlike. On the other hand, if a dubious wife, the female scorpion is a devoted mother. She hatches her eggs in her own oviduct, brings her young alive, (unlike her relations, the spiders,) and carries them about on her back, to the number of fifty, during their innocent childhood till they are of an age to shift for themselves in the struggle for existence.

Scorpions do nothing themselves to death with their own tails when surrounded with fire. That silly, and, on the very face of it, improbable fable has been invented by savages, and repeated by people who ought to know better, solely on the strength of the curious way the creatures cock up their tails when attacked, in the proper attitude for stinging.

Some years ago, however, a so-called "man of science," who appears to have inherited his methods of investigation from a red Indian ancestor, subjected several hundreds of these poor helpless brutes to most unnecessary torture, for no other purpose on earth than to establish the truth of this negative result, which sounds to me like a foregone conclusion.

He burned the unhappy animals with fire and acids, he roasted them alive on hot stones, he scalded them with boiling oil, he lavished upon them every form and variety of torment that a diseased medieval imagination could suggest; but in the end he found no ingenuity of the inquisitor could make the constant scorpion take refuge in suicide. I merely mention this fact here, very much against the grain, in the hope that it may save other helpless scorpions from needless torture at the hands of such amateur investigators.

Knives With Many Blades.

The most remarkable knife in the world is one in the curiosity room of the factory of Joseph Rogers and Sons, cutlery, Sheffield. It has 1,390 blades, and ten blades are added to it every tenth year, so that the addition about seven years hence will bring the number of its blades up to 1,900. Another curiosity in their possession is three pairs of scissors, all of which can be covered by a thimble. One thousand eight hundred and forty blades, all provided with hinges and springs, and all closing into one handle, were made in a single pocket-knife by one of the cutlery manufacturers in Sheffield. Another specimen has 220 blades, highly ornamented with landscapes, etc.; and a third, measuring, when closed, only one inch in length, has seventy blades, illustrating all the various shapes ever given to knife blades. A knife with more than 100 blades was presented by the cutlery of Sheffield to George IV., and is now amongst the Royal plate at Windsor Castle.

### A Good Guess.

Another one of our nimrod home from a hunting expedition is denying the story, but it is true.

He had seen it all morning with a boy, who had seen him shoot several times before, and the birds had kept at such a distance that he couldn't get a shot.

"Well," he exclaimed in disgust after awhile, "I never saw birds so shy."

"I guess they don't know it's you, sir," remarked the boy, and went plunging right ahead through the field.

## EMIGRATION TO CANADA.

### Increased Considerably Last Year.

Falling off in Scottish and Irish Emigration.

A cable despatch from the Montreal Witness's London correspondent says:—The emigration returns for the year 1893 have just been published by the Imperial Government. The departures of all nationalities, foreign as well as British, from British ports during the last twelve months numbered 307,750, showing a decrease this year as compared with those of last year of 13,647. The British emigrants numbered 239,117, a decrease of 925. Of these 134,302 were English, an increase this year of 437; 22,690 were Scottish, a decrease of 605; and 82,155 were Irish, a decrease of 747.

The destinations of the emigrants were as follows: For the United States, 149,150, a decrease as compared with last year of 889; for Canada, 24,759, an increase of 1,505, entirely due to the increase in the English emigrants to the Dominion; for Australia, 11,264, a decrease of 4,636; for South Africa, 12,902, an increase of 3,201; The foreigners going to the United States numbered 64,100, a decrease of 21,082; this decrease is largely due to the increased numbers of Continental emigrants who sail from foreign ports. The foreigners going to Canada numbered 25,612, in increase for the year as compared with last of 7,000.

### ABANDONED RAILROADS.

#### Kansas Enterprises That Have Gone to Ruin and Can't Be Given Away.

There is a railroad in Kansas bridged, ironed and ready for business which its owners would be willing to give away if they could find a taker who would be willing to operate it and assume responsibility for it under the laws of the State. It is eighteen miles long and runs from a point on the Atchison, Topeka and Santa Fe twenty miles west of Kansas City south to Olathe, the county seat of Johnson county.

It was originally chartered under the high-sounding name of the "St. Louis, Lawrence and Denver," and in its inception was an enterprise of hope and promise. It was a scheme to bring the mountain to Mahomet. Lawrence was jealous of Kansas City's growing trade and supremacy, and some of her citizens conceived the idea of building a railroad behind the rival city. This done, they fondly hoped that it would be the end of Kansas City, and that Lawrence's greatness would be fixed for all time.

The Missouri Pacific undertook to operate the road, and did operate it for some years, but the big things that were expected of it never materialized. Commerce refused to recognize Lawrence's greatness or possibilities, and trade followed the longer route by way of Kansas City as before. The Lawrence jobbing firm which had originally set the project in motion pulled out of the old town and moved to Kansas City, where it has since grown enormously rich, and enjoys a trade larger than any other house on the Missouri river.

Then the Atchison, Topeka and Santa Fe came into possession of the road and tried to make use of it, but that scheme failed. Next it fell into the hands of the Kansas City, Fort Scott and Memphis, and the Olathe and Pleasant Hill end of it was made a part of that system's Clinton line, and as such is profitable. The other end of it was abandoned. —[St. Louis Republic.

### The Colorado Snow Flea.

The observing Colorado miner cannot furnish you scientific names, yet he will tell you at once that red snow is caused by the snow flea. The snow flea is very small. It would require about fifty of them to equal their larger brother of the East in size.

A person walking upright might think the snow covered by a very fine dust, but if your eyes are good, and you place your face within eighteen or twenty inches of the snow, you can easily discern the snow flea. Although so small as to be almost imperceptible to the naked eye, yet they are most active, jumping from twelve to fifteen inches.

To the naked eye they appear to be dark brown in color, but under a good microscope they would be found to be a reddish brown. During cold weather they stay under the bark of trees, but when it is a nice, warm day, and the sun shines brightly, you can find them on the southern and eastern slopes of the mountains, where they can get the direct rays of the sun.

During the day they will ascend the mountains, sometimes far above the timber line. When the sun disappears and it gets cold, the snow flea freezes to death. During the winter great numbers will be thus frozen, and their dead bodies color the snow.

Foot rails upon the south and east sides of the mountains will, if it be a hard winter, be colored, for when the snow flea strikes a deep trail through the snow, millions upon millions of them never get out, but perish from the cold during the night. Besides, a man with a good-sized foot might kill from one thousand to ten thousand of them every step.

The snow flea favors the south and east sides of the mountains, and it is there you will find the red snow. The non-observing will say there is no such thing as snow fleas, because they have never seen them, but you can easily prove to them, if you will look upon the right kind of a day, that they do exist in countless numbers.

### The Arab's Rich Dress.

A rich man among the Arabs dresses richly. His shirt is fine linen. His inside vest is buttoned, the outside one worn loose. A long paletot often takes the place of the latter. It is cut part way down from the neck and the loose armholes allow the arms to be held in or outside. The wide trousers are bound about the waist by a rich scarf. Over all is frequently worn the loose tunic, cut V-shape at the neck with short sleeves low down.

The swell wears European socks, and his slippers, usually trodden down at the heel by the common or careless, are handsomely embroidered or of fine morocco, red or yellow.

The calf is naked. Parts of his dress are dropped at intervals, according to the weather or habit. There are few persons more really magnificent than a well-dressed Arab shiek or a man of wealth.