

HEALTH.

RICKETS.

One of the results of improper feeding and bad hygienic surroundings in infancy is the disease known as rickets. The disease is peculiarly one of early childhood, and is manifested chiefly by the abnormal softness of all the bones of the body, followed by deformity and a backward development of the teeth.

The disease usually makes its first appearance with a diarrhoea, which is more or less persistent, and which shows that in some way the normal relation between the supply and the waste in the body has become disturbed.

If the child is very young it becomes restless and impatient on being handled, kicks off the bedclothes at night, perspires freely, principally about the head, and soon shows signs of weakness and emaciation.

In older children it may be difficult to recognize any serious disturbance until emaciation and deformity set in. The disease usually commences in the second year, and when it is most active the child may positively refuse to walk about.

The long bones of the body, like those of the arms and legs, show the first signs of weakening, a weakening which gives rise to bow-legs, knock-knees, curvature of the spine, pelvic and hip deformities. The wrists, knees and ankles enlarge, and the ribs bulge out like the breast of a chicken. Spaces between the bones of the head remain open.

Often the face ceases to grow, while the head continues to do so, causing projecting brows. The liver and spleen are early affected, and their excessive enlargement may cause the abdomen to protrude, sometimes enormously.

As has been stated, the cause of rickets is to be found in the perversion of nutrition; either from an improper or insufficient supply of food, or because, for other reasons, the activity of the system has been lowered.

The percentage of recovery from rickets is large, although the disease is sometimes fatal to young or weakly infants, and is nearly always the cause of permanent deformity.

For limiting or arresting the disease, a correct diet is needful, with plenty of milk, cod-liver oil and preparations of iron and lime. There should be plenty of fresh air, also cold sponging, dry rubbing, and a keeping of the child off its feet as much as possible.

If there is much deformity, the early application of splint jackets and other mechanical contrivances is advisable. The subjects of rickets in childhood will not in later life attain normal height.

SCHOOL HEADACHES.

Headaches among school children are frequently due to their eating improper or insufficient food. Realizing this fact, Mrs. Ellen H. Richards, of the Massachusetts Institute of Technology, has tried the experiment, for a year, of furnishing the pupils in the Boston high schools with nutritious and inexpensive luncheons of soup, sandwiches, crackers and milk, apples, cookies and buns. In warm weather ice cream, made in a simple and wholesome manner, was substituted in place of these other articles. The New England Kitchen prepared and sent out the food, and while not a success financially the experiment has attracted wide attention among intelligent and cultivated people. From the beginning the masters of these schools have warmly approved of Mrs. Richards' efforts and admit that headaches and other ailments have disappeared to a noticeable extent among the pupils. The city of Fitchburg has decided to try a plan in its new high school and facilities for the work will be supplied in the building, thus lessening the cost of serving luncheons. The universities, also, are studying the food problem in a scientific manner. The regents of the University of New York, for example, have recently issued a syllabus for a course in home science, placing it on a par, educationally, with botany and other scientific subjects. This marks an epoch in the education of women and opens new avenues for self-support as teachers, housekeepers, and managers of hotels or boarding houses, sometimes commanding salaries equal to those of college professors.

CONSUMPTION.

Dr. Chas. E. Page, of Boston, publishes in the Medical Record a very interesting paper on "Roughing It vs. the Codling Treatment of Consumption." He recommends an air bath every morning, winter or summer, with plenty of rubbing and a dash of cold water. Exercise, and plenty of it, in the outdoor air, with perpetual disuse of flannels. Perhaps this is not exactly in accord with the treatment suggested by the present interpretations of the pathological conditions of the disease, but it certainly does recommend itself to those who by experience have found the benefits he describes.

A prominent professor in one of the medical schools is to-day a living example to the benefit of such a course of treatment. When a graduate in medicine he was informed that he had an incipient phthisis. He enlisted in the army and took his chance with the weather, long marches and scarcity of food. His present healthy condition is sufficient evidence that he did not suffer thereby. That element in the make-up of animal life which we call vital resistance is encouraged by exercise, developed with good nutrition and perfected by hygiene. The best possible hygienic element is the open air; the best nutrition is secured with a good appetite, and a good appetite is best attained from active exercise.

British Territory.

An Englishman can go round the world and touch on British territory all the way, viz., from England to Halifax, N. S., across Canada to Vancouver, across the Pacific to Hongkong, thence to Singapore, Penang, Mauritius, Cape Town, St. Helena and England, or from Penang to Ceylon, Bombay, Aden, Ferim, Malta, Gibraltar, and home. This is a "sea connection" that no other nation in the world possesses.

FABULOUSLY RICH

JOHN B. ROBINSON THE RICHEST MAN IN THE WORLD.

A South African Gold and Diamond King Whose Possessions are Estimated at \$350,000,000—A Gem for Which He Has Been Offered a Fortune—Was a Few Years Ago Penniless.

The wealth of a Monte Cristo is no longer a dream of fiction, but an absolute reality. The dream of an "Aladdin's Wonderful Lamp" has become a possibility, and that in far-off South Africa, a country that but a few years ago was the home of savage tribes and cannibals.

There is one man in Africa whose wealth exceeds that of any other known individual. John B. Robinson is this man. He has the comfortable sum of \$350,000,000. He could buy the whole output of gold from all the mines in the world for this year, and still have the neat little sum of \$150,000,000 left to keep the wolf from the door. An idea of this man's vast wealth may be realized by this fact. If the millions were transferred into twenty-dollar gold pieces they would make a continuous golden chain 271 miles long.

His accumulation of wealth has been phenomenal. In 1878 he did not possess enough money to pay for a meal for himself and wife. He was absolutely penniless, without either friends or prospects.

Mr. Robinson had kept a grocery store for several years in the Orange Free State, but business was so bad that he was running daily into debt. His creditors were clamoring for their money, but he had none to give. His store was closed and Robinson found himself penniless and friendless on an African prairie. He and his wife, who had remained faithful to him through all his adversity, saw starvation and death staring them in the face.

FOUNDATION OF HIS FORTUNE.

Mr. Robinson decided to tramp to Kimberley, a distance of over 300 miles, hoping to secure work at the new diamond diggings. This resolution was the means of making him the richest man on earth.

Trudging along one day with his wife he picked up a diamond in the rough weighing 60 carats. Here was to him a fortune beyond his expectation. But yesterday he had to ask the Boer farmers to give him something to eat, to-day wealth had come to him like a thunderbolt from the sky. This diamond he sold at Kimberley for \$1,200 if he had been unfortunate in the past fortune had now lavished upon him his greatest gift—riches. Whatever he touched turned to gold.

At the Kimberley fields Mr. Robinson became an out and out diamond dealer. He would buy diamonds from any one and every one without asking any questions. These were the days when negroes stole over \$3,000,000 worth diamonds from the fields annually. Happy days for the African negro, who was delighted to get \$10 for a stone worth \$2,000. It was these times that made such men as Barney Barnato and the great Croesus Robinson.

Robinson's wealth increased in volume. From a penniless roamer in 1878 he found himself in 1881 with \$500,000 to his credit at the bank.

The great gold boom of Barberton broke out in 1885, and Robinson with several others left the Kimberley fields for the new gold district. Here his same phenomenal luck followed him. Stock and claim buying was his principal business, always selling at a handsome profit. The old Barberton boom died out in 1886. The new cry was Johannesburg. Again the golden call and left the Barberton mines for the new gold fields of the Rand. The same speculative spirit was with him here.

He bought a large claim from an old Boer farmer for \$95,000. All his friends called him a fool for throwing his money away on such a piece of property. Even Robinson himself began to think he had made a bad bargain of it. For months, yes for two or three years, this claim remained on his hands. Nobody would buy it from him, even at half the price he had paid for it. This mine, now known as the Robinson mine, is the richest of the Johannesburg field.

WONDERFUL DIAMOND FIELD.

The next venture of Mr. Robinson was the buying of some fields at Jagersfontein, near the capital of the Orange Free State. This ground he bought for next to nothing from an old Boer farmer. To-day his Jagersfontein property bears every indication of being richer in diamonds than the renowned mines of Kimberley. A London syndicate offered him \$10,000,000 for the property, but it was promptly refused.

In the early part of 1894 a diamond weighing 971 carats, the largest stone ever known, was found on Robinson's Jagersfontein property. The stone is a gem, and is considered by experts to be one of the purest ever seen. This largest diamond of the world measures four and a half inches in length, three inches in depth, and is from two to three inches wide.

A Rajah of India offered \$3,750,000 rupees (\$1,250,000) for the gem, but as yet the offer has not been accepted.

Mr. Robinson is an elderly man. His father was of Jewish extraction and his mother English. He now lives in princely style, but will not give or denote one penny towards charity. His views of life and people are very cynical.

This man's income for 1894 was \$25,000,000, and is increasing annually. He manages to get along on \$450,000 a week without touching his principal. It is the dream of his life to become the first billionaire of the world, that history may point him out as one of the greatest men in finance that ever lived.

John B. Robinson's feeling toward Cecil Rhodes and Barnato had been very bitter for a long time, and the present position of Rhodes must please the old man.

Fairy tales and romance have been outdone by prosaic facts. The mines of Solomon of old sink into insignificance when compared to the wealth of this multi-millionaire.

It seems as if it were but yesterday

that the exploits of Livingstone, Stanley and Emin Bay in Africa were read by the whole of Europe and America. Today the scene has changed—the magician's wand has made it possible for South Africa to produce the richest man in the annals of history.

OU OF THE ORDINARY.

Edwin Streeter, an expert, says there is one red diamond in existence—and only one. It is valued at \$4,000.

Temple Bar, quoting from an old English almanac, tells of three different instances of human life extending beyond 300 years.

According to the beliefs of the Arizona Indians, the Cliff Dwellers built along the bluffs because they feared another deluge.

Two Mount Vernon (N. Y.) policemen had a running fight with revolvers, each mistaking the other for a burglar. Neither was hurt.

Columbus, Ga., has broken the record. A man was convicted and fined the other day before the recorder for not returning an umbrella.

An aerolite which recently fell in Australia had a spot in one side nearly twelve inches in diameter which was composed of pure copper.

Thirty-seven years ago a Brookville, Me., woman received a present of a lamp, two chimneys and a globe, and though in constant use are all yet unbroken.

In Tartary, onions, leeks, and garlic are regarded as perfumes. A Tartar lady will make herself agreeable by rubbing a piece of freshly cut onion on her hands and over her countenance.

French "paste," from which artificial diamonds are made, is composed of a mixture of glass and oxide of lead. Rubies, pearls and sapphires are also successfully imitated by the Parisians.

Charlemagne possessed a table cloth woven from asbestos. He used to astonish his guests after dinner by gathering it up and throwing it into the fire, from whence he drew it cleansed from gray and other grease.

The gambling institution at Monte Carlo pays 300,000 francs annually for the support of the clergy of all Monaco, and spends not less than 1,500,000 francs every year in muzzling French journalists and other inconvenient writers.

Sagadahoc county, Me., is expecting to make about \$5,000 out of prohibition shortly. Forty-eighty indictments for violations of the liquor law have been found in the county, and it is figured the fines will amount to the sum named.

In 1843, after the introduction of metal pins as an article of feminine use, they became popular as New Year presents. They were very expensive, and for a gentleman to make his lady friends a present of four or five pins was considered a very happy thought.

Many people in New York city spend the night riding in the elevated railroad cars, as they find it cheaper than going to a hotel. Four round trips from the battery to the Harlem, going up on the east side, and coming down on the west, consumes about eight hours and costs only twenty cents.

A young man named Johnson, an employee of one of the Danbury (Conn.) baggagemen, is a curiosity in his way. He is seventeen years old, and measures six feet seven inches in his stocking feet. With his shoes on three-quarters of an inch is added to his height. During the past year he has grown nearly a foot.

The Chinese speak of the Yellow river as the "Sorrow of China," and no wonder. It is estimated that its floods in the present century have cost that country 11,000,000 of lives. During the past 100 years the river has changed its course twenty-two times, and now flows into the sea through a mouth 300 miles distant from that of a century ago.

In Saxony no one is permitted to shoe horses unless he has passed a public examination, and is properly qualified. A great school at Dresden has students from all parts of the world studying "farriery." This includes not only shoeing horses, but their care and treatment—a provision that saves a great deal of money for farmers and others owning horses.

LARGEST DIAMOND KNOWN.

Its Price Placed at Nearly \$400,000—Weighs 3100 Carats.

The "Engineering and Mining Journal" has an illustration of the largest diamond yet discovered. It weighs 3,100 carats. The great Jagersfontein, which was found in South Africa about two years ago and which was said to be the largest known to be in existence up to that time, weighed about 970 carats.

The stone was found in the carbon district, the old diamond fields of Brazil. It is of the class known as "black diamonds," or commercially as carbon, which are usual in diamond drills and for similar purposes, their color not adapting them to ornament.

The original finder is not known. At the present time the stone is in the hands of the jewelry firm of Kahn & Co., of Paris, and the Brazilian Government is negotiating for its purchase for the National Museum. The stone was offered to Messrs. Victor, Bishop & Co., of New York, but they declined to purchase it, as it is difficult to say how such an exceptionally large stone will turn out when cut into commercial sizes, and the price demanded was too great. The value is placed by experts at between \$30,000 and \$40,000. The price paid for it by the present owners is somewhat uncertain, one account putting it at \$26,000, while another says that they paid 52s. 3d (English) per carat, which would make the price nearly \$40,000, or not far from its probable maximum value. There is little doubt that it will eventually be placed in the Brazilian Museum, as no private firm could afford to pay the amount asked for it by the present holders, or which would be likely to be asked by any commercial house into whose hands it might pass.

Bull-Fighting Pays.

Guerrita, who is to-day the foremost bull-fighter in Spain, will, at the end of the season, have appeared in 77 fights. He receives \$1,200 for each appearance, and, deducting \$400 for expenses, his income nets over \$800,000 a year, not including numerous presents.

About the House.

LAUNDRY WORK.

When the weekly washing has been gathered, sort the clothes carefully, placing the table linen, doilies and center pieces where they will be washed first. If they are stained with tea or coffee, pour boiling water through the cloth, and it will remove the stain. Any place that needs darning or mending should be attended to before the article is washed, for it will be easier to do and will look better. Prepare a good suds with ivory soap and warm soft water, and wash them in it. The embroidered pieces should never be rubbed on the board. Pass through the wringer, and rinse through clear water, then, through one to which a little bluing has been added. If any starch is thought necessary, use very thin boiled starch for the purpose.

If the table linen is shaken free from creases before hanging on the line, brought in and folded down while quite damp, and ironed with a hot iron, it will look like new. Carving cloths and doilies that are fringed should have the fringe combed out, and a celluloid comb may be kept for that purpose. If the embroidery is ironed on the wrong side it will show the pattern nicely. After the table linen is washed the bed linen should receive attention next, and other clothes in their order.

ABOUT THE BABY.

The baby's bath, next to the baby's nap, is the most important event in the young autocrat's existence. In order that it may be the means of hygienic grace it is designed to be, it must be taken in water of a certain mild temperature, which should be set by the physician. And in order that the water may never be hotter or colder than that temperature, a thermometer should be kept on hand to test it.

The baby's clothes should be designed for the most warmth with the least possible weight. As far as possible bands should be avoided, and when they cannot be they should be yoke shape and of woven goods.

Babies' hoods of swandown are pretty enough to reconcile their youthful wearers to the state of babyhood. They are of white silk outside, of white fur inside, and they are finished with frills of white chiffon about the face.

Jackets made entirely of lambs' wool are among the bewitching things designed for infantile wear. They have big sleeves and are lined with quilted white silk.

HARDWOOD FLOORS.

If a hardwood floor is well laid it is a "thing of beauty" indeed. Before any wax is applied the floor should be thoroughly cleaned to have best results. Beeswax should never be used as it softens easily in hot weather, darkens the floor and becomes sticky. But there is a wax that comes prepared for that purpose which is not expensive. One pound of it is sufficient for three hundred square feet.

This wax is usually applied with a woolen cloth, the first coat being put on a few days before the second one. The floor is then polished with a heavy brush, first across the grain, and then with it. To make it shine a piece of carpet can be placed under the brush and the floor gone over with it once week. Never use turpentine to clean a waxed floor because it will invariably remove the wax.

DISHES FOR INVALIDS.

Milk Soup.—Scald a quart of milk an hour in a pitcher set in hot water, add a little salt, and stir in quickly the well-beaten yolks of two eggs.

Codfish Gruel.—Freshen a tablespoonful of finely shredded codfish. Thicken a tea-spoonful of boiling water with a tea-spoonful of sifted flour. Cook the codfish in this 3 to 5 minutes. Season with a little sweet cream and serve with a toasted soda cracker.

Cracker Panada.—Pour over crackers enough water to barely cover. Boil 2 minutes, pour off the surplus water, add hot thin cream or rich milk, and sweeten with powdered sugar.

Sippets.—Toast thin slices of brown bread and pour over them hot meat gravy slightly thickened with corn starch.

Beef Sandwiches.—Chop fresh lean beef very fine, season with salt and pepper, and spread a thin layer between delicate slices of brown or white buttered bread.

Mulled Buttermilk.—Boil fresh buttermilk and thicken with the beaten yolk of an egg. Sweeten to taste.

Egg Gruel.—Beat the yolk of an egg with a tea-spoonful of powdered sugar, add a tea-spoonful of boiling water, then stir in quickly the beaten white, season with a dash of nutmeg.

Beef Soup.—To a pint of hot beef essence add a tea-spoonful of thin cream; when boiling add the beaten yolk of an egg.

Poached Eggs.—Break 2 eggs into scalding water to which have been added a little butter and half a tea-spoonful of vinegar. Let cook till the yolk is set, then dip out with a skimmer. On a heated platter place small squares of toasted bread moistened well with cream, and place an egg on each, dust with salt and serve.

Beef Patty.—Remove the tender fiber from lean beefsteak by scraping it with a dull knife. Press the fiber closely into a thin flat cake and broil it on a toasting fork. Serve with the inside of a baked potato roasted in the ashes.

Toasted Mutton.—With a sharp knife cut very thin slices from loin of mutton, lay each slice on a toasting fork and cook over a clear hot fire. Serve with a slice of brown bread cut very thin and nicely browned.

Porridge.—Cut 24 raisins into quarters, seed them and boil them 20 minutes in water to cover, let the water evaporate, add 2 tea-spoonfuls of milk. Thicken with a tea-spoonful of corn

starch wet with water, to a paste. When it boils up add the white of an egg well beaten with a table-spoonful of cold milk.

Oatmeal Relish.—Cook 2 table-spoonfuls of seedless raisins and 1-2 pint oatmeal flakes in enough water to make a very thick gruel. Serve cold with sugar and cream or fruit juice.

WINTER WRINKLES.

Miss Elderly—"She said she heard I was engaged." Lena—"How nice of her!"

"Which do you prefer—fact or fiction?" "Oh, the former by all means. Fiction nowadays is much too matter-of-fact."

Clara—"Mr. Softerly paid me a great compliment yesterday. He said I grew more beautiful every day." Maude—"Well, practice makes perfect, you know."

"Why did they let that man go who stole the bicycle?" "They had to; they couldn't get a jury to try him—every man in the country rides a wheel."

"I'm afraid your young man is not economical." "Yes, he is, papa; he asked me to go sleigh riding to-night, and he wants to borrow your cutter."

Winks—"I understand you have lost your heart since you have seen the beautiful Miss B Jones." Binks—"No, sir. On the contrary I have found it."

He—"You say that women excel men in intelligence. Pray, tell me, how you make that out?" She—"Did you ever hear of them taking women to sit in a jury?"

Mrs. Newed—"Is your husband a domestic man?" Mrs. Henpeck—"He's the only domestic we keep. I have taught him to cook and wash dishes very nicely."

Cholly—"Yaas, I twied to play golf last summer, but I gave it up when I was hit on the head and knocked silly." Maud—"Indeed, that's too bad, and can the doctors do nothing for you?"

Small brother—"Marie, does your admirer stutter?" Marie—"No, of course not! What made you think of such a thing?" Small brother—"Then why does he write 'My dear, dear Marie?'"

Mrs. Chatterbox—"Do you ever make any errors in speech?" Mrs. Wordsworth—"Yes; I made one a few years ago." Mrs. Chatterbox—"What was it?" Mrs. Wordsworth—"I said 'Yes.'"

He—"I'm afraid I couldn't make you happy, darling, on only \$2,000 a year." She—"Oh, it's plenty! With economy I can dress on \$1,500, and just think, dear, we can have all the rest for household expenses!"

Lawyer—"You say the prisoner stole your watch. What distinguishing feature was there about the watch?" "Witness—"It had my sweetheart's picture in it." Lawyer—"Ah! I see. A woman in the case."

Old lady—"Can you saw wood?" "Rollingstone Nomoss—"Pardon me, madam, but you are slightly at fault in your senses. If you mean can I see wood, I may say that my eyesight is slightly defective."

"Ferguson—"I don't like to see a full-grown man like you carrying a pair of skates along the streets down town." Hankinson—"You'd rather see me carrying them than having them on, wouldn't you?"

Cashier—"Have you heard, sir, that John Jones is a bankrupt?" Banker—"Well, that's good news. We'll now get a little of what he owes us, whereas, if he had remained in business we'd never have had a cent."

First young lawyer—"I don't see how you happened to lose your case. The law was plainly on your side." Second young lawyer—"Yes, I knew it was, and that was what I depended on. But I forgot all about the jury."

"That was a very fine speech you made the other night," said one to another. "I didn't make it the other night," replied the latter. "I delivered it the other night, but it took me a month to make it."

"Why did you break off your engagement with Miss Bertha?" "Because her parrot was always saying 'Stop that, George.' But what difference did that make? Your engagement was not a secret." "But my name is not George."

Lady (a widow)—"Do you know my daughter is quite smitten with you, Herr Muller?" Gentleman (feeling flattered)—"Really, now?" Lady—"A fact, she was only saying to-day: 'I should like that gentleman for my papa.'"

"How splendidly things are arranged in this life," said Harold Fucash. "Do you think so?" "Certainly. First comes Christmas, when a man spends every cent he has, and then comes New Years, when he swears off from all his extravagance."

"Excuse me, Mr. Barnothing," said the London lady to her very wealthy acquaintance, "but isn't mining very interesting?" "Very, ma'am." "I am very ignorant on that score. Tell me, do diamonds come in quartz?" "Oh, I suppose some people that work on a small scale get 'em that way; but I had 'em comin' in gallons, ma'am."

Bold as a Lion.

Apropos of the death of Major Sandbach from wounds inflicted by a lioness while hunting in Somaliland, reference may be made to an interesting article in the current Scribner by Captain C. J. Melliss. Among other things Captain Melliss gives a striking instance of a lion's great audacity. An English officer was shooting recently in Somaliland. One night, when he was in bed inside his tent, a lion sprang over the rough thorn fence which it is usual to throw up around one's encampment at night. Instead of picking up one of the men or animals that must have been lying about asleep inside the fence, he would have none but the sportsman himself, and made a dash into his tent and seized him—fortunately only by the hand. Then, by some wonderful piece of luck, as the lion changed his grip for the shoulder, he grabbed the pillow instead and so vanished with his prize. The pillow was found next morning several hundred yards distant in the jungle.

A Sure Cure.

Family Doctor—Your wife needs outdoor exercise more than anything else. Husband—But she won't go out. What am I to do?

Give her plenty of money to shop with.