ivered from ls, registers ir into the heated by The prothe boilers ng the feed or for rem the highway to the nen passes its the cold n passes to ot wanted, the gases amper into he heater; to heat the is supplied ater. The about fiity hot gases.

d be made ide branch but not so he accendwood laid commo ids gemain inds withor paint. to appry ring such wen first

### Cows and Consumption.

milk is one of the most widely active causes human being; a little sliver will get under plague of civilization." The fact has been and we will wonder that such a little thing known to the medical profession for many could cause such a sore; the reason is that

demic diseases. times and at all places without the slightest inquiry into its antecedents, and without the slightest inquiry into its antecedents, and without the application of any means for the destruction of mischievous microbes which the lactile fluid may contain. Dr. E. F. Brush calls the cow "the wet nurse of consumption," and makes the following interesting observation concerning the relation of cows to this dread disease: -

"Scrofulous females in the human race usually secrete an abundance of milk, because in scrofula there is an unusual tendency to glandular enlargement and activity. As the mammary is the highest

dairy animals. cow does not thrive in high, dry, mountaingrasses grow, is the place where the cow delirium. flourishes, and it is in these regions also that tuberculoris abounds in both the bovine and human subjects.

### Medical Cookery.

Physicians frequently prescribe non for taking cold." anæmic conditions without considering that blood cannot be made of iron, but must be made, if at all, from the food. Strychnia is almost universally administered as a remedy for weak nerves, the fact that nerves cannot be made of strychnia being for nearly all chronic maladies. Hence the importance that the physician should this form. be thoroughly posted on the subject of materia alimentaria. If a good cookingschool and experimental kitchen could be connected with every medical college and every student be required to take practical and theoretical cookery, and treating disease would quickly follow.

# Cold Hands and Feet-

even during the summer and early fall reserve still remained, hoping for shelter. keep themselves warm; for certainly a cure and the lower galleries were so densely cannot be effected by toasting them over a packed with the horses of cavalry and arstove or a register, or by taking a hot bottle | tillery that it was hardly possible for a man or bag to bed; all these methods make them to make his way among them. colder afterward. Primarily, the cause of! Two of the officers stood looking in at this trouble is want of exercise, so all the the dubious prospect through the single exercise possible must be taken. But some door that gave ingress and egress. A sudone says, The more exercise I take, the cold. den cry of alarm burst from the lips of one. er I get. This is due to a reflex contraction "Look there !" he cried, pointing over of the blood vessels. The large nerves in the backs of the horses. the abdomen are connected with the blood! At that moment one of the inside wooden by numbers of sympathetic nerves and officers looked at the burning shutter and tation of the abdominal nerves, there is would be impossible to get the six thousand a contraction of the blood vessels, thus con. men and horses out, and they must stand by fusing the blood. When a person is nau. and see their comrades perish miserably. seated, he is always pile. Why ?-Because | There was no water near, and if there were, the irritation of the nerves of the how get at the fire through those densely stomach causes a contraction of the blood crowded horses?

vessels. Now when a person is nauseated, he is not pale in the face only; but he is pale over the entire surface of the body . there is not a contraction in the blood vessels only, but also in the brain; there is not free blood enough to keep the heart going, so as to keep the person in his ordinary condition. There are thousands of chronic dyspeptics suffering from cold feet. This is caused by an irritation of the lumbar ganglia of the sympathetic nerves, situated close by the nerve trunks running into the legs; it is a contraction or spasm of the blood vessels in the legs : induced by chronic irritation, that keeps the feet cold; otherwise they would be kept warm by reason of the dependence of the limbs, as was intended by nature. New it is laugh. be cured; the only way in which it can be permanently cured, is by relieving the abdominal irritation, and by relieving the filated stomach, and that can be done by correcting the diet.

Should the Skins of Fruits be Eaten?

and there they find one of the finest fields fire.

for growth in the world. The skin protects the fruit from the action of these germs-But if the skin is bruised or broken or injur. ed in the slightest degree, the microbes get There can be no doubt that the use of inside, and then the mischief begins. It the flesh of cows and of unsterilized cows' is exactly the same as with the flesh of a of consumption, and one which has been the skin, under the finger nail, and soon very aptly designated "the great white we will have an abrasion, a sore, and pus, years, and yet no very radical measures germs have found their way through that abrahave been taken with reference to the sup. | sion; pus-makinggermsarealwaysto befound pression of this cause of disease, which is just under the edge of the finger-nail, and accountable annually for many times more when the sliver is thrust in there, it deaths than cholera or any other of the epi- is equivalent to an inoculation of pus, for when the germs are carried Beefsteak is consumed in greater quan- in there, suppuration begins very quickly; tities than ever, owing to its present cheap. whereas other portions of the body which ness, and cows' milk is swallowed at all are thoroughly cleansed would not be so liable to the action of germs. A rusty nail thrust into the foot will produce lock-jaw in many cases; and this is because, on the sciled nail there are often present germs of tetanus (germs which produce lockjaw) and the nail carries them through the ski. into the flesh. Now skins of fruit, being infested with germs, when eaten, car g those germs down into the stomach alory with the fruit, and these germs then cang the fruit to decompose. Many persons use not able to eat raw fruit for this reason are

Dangers of Eating Fresh Bread. M. Boussingault has made a fresh loaf of type of glandular structure, it is stimulated | bread the subject of minute investigation to increased action. A scrofulous cow is and the results are interesting. New bread, usually the largest milker, and the closest | in its smallest parts, is so soft, clammy, kind of consanguinity has been practiced by flexible, and glutinous, that by mastication cattle breeders, with the object of producing | it is with great difficulty separated and rea scrofulous animal, not because she is duced to smaller parts, and is less under scrosulous, but because the particular form | the influence of the saliva and gastric juices. she represents are the largest yielders of It consequently forms itself into hard bails milk. We find, too, that consanguineous by careless and hasty mastication and debreeding has been allege las one of the glutition, becomes coated over with saliva causes of tuberculosis in the human race, and slime, and in this state enters the where it never can be conducted with so stomach. The gastric juice being unable to close and intimate blood relatives as in the penstrate such hard masses, and being scarcely able even to act upon the surface "The absence of phthisis in high, dry, of them, they frequently remain in the mountainous regions has been accounted stomach unchanged, and, like foreign for by reason of the altitude and absence of | bodies, irritate and incommode it, inducing moisture in the atmosphere but here occurs every species of suffering, -oppression of a somewhat curious fact; namely, that the the stomach, pain in the chest, disturbed circulation of the blood, congestion and pain ous districts, but in the low, swampy, moist in the head, irritation of the brain, and inregion, where the succulent and bush flammation, apoplectic attacks, cramp, and

#### To Prevent Taking Cold.

taking cold is to make yourself proof against colds. If a person is frequently The writer quite agrees with Prof. Keen, taking cold, there is doubtless great susthe eminent Philadelphia anatomist and ceptibility to changes of temperature. Dr. surgeon, who asserts that every physician Brown-Sequard says: "If you are apt to should have as perfect knowledge of the take cold by getting your feet wet, then For, lying low upon my couch, and still, kitchen and the proper methods of food get your feet wet every day. Harden yourpreparation as of drug-stores and the self to it, -sit down and put your feet in methods of compounding medical agents. | cold water, then in hot water, then in cold Of the two, the knowledge of dietetics and water, then in hot water again, and so on, found much more valuable than the knowl- longer and longer in cold water, until you edge of drugs. Both kinds of information can keep them in cold water for half an are important, but a thorough knowledge | hour. If you get a cold by the wind blow. I turned my white face to the window-pane of food stuffs and their relation to the ing on your neck, get some one to blow on needs of the body must be of inestimably | your neck with a pair of bellows, and then greater value to the physician, than the in- desist for a minute or two, and blow again; formation gained by the most thorough longer and longer, until you can stand the study of pharmacy and materia medica. | blowing steadily for half an hour without

Styls are dingir-signils which a man's eye puts out, saying to him, "You ought to go to an oculist;" they show a strained conignored. Weak nerves can be improved by dition of the eye, -that the person should proper nourishment only. In proper nour- go to an eye-doctor and have spectacles ishment lies the only remedy obtainable adjusted to his eyes. Straining of the eyes causes a congestion which exhibits itself in

# Promptly Done.

The "Historical Records of the 43d Light Infantry," that famous regiment thorough course of instruction both in which played a most important part in English warfare during the last quarter of the dietetics, a revolution in the methods of eighteenth century and the early part of the nineteenth, contains a stirring incident of prompt action which averted a tragedy. Worn out with a hard march, the Brigade under Captain Lloyd approached the con-Many persons in poor health are troubled, | vent at Benevente, where the cavalry and months, by cold hands and feet. These They were disappointed. The convent limbs should be educated, if possible, to was occupied by several thousand infantry,

vessels running down into the legs, shutters burst into flame. Horrified, the branches, and when there is an irri- realized the hopelessness of the situation. It

The flames crept upward toward the rafters.

"Good heavens! Something must be done !" cried Captain Lloyd. And then. with a motion to those outside to be quiet. the brave captain leaped on the back of the nearest horse, and stepping from back to back of the animals, ran to the blazing shutter, tore it from its hinges, and pitched it from the window. Then he made his way back to the door in the same way as

So quickly was the act performed that It rains, but on a dripping bough even the horses were scarcely disturbed. I think he knows not why nor how, The building was saved and there was no panic, which would have been as disastrous as the flames. The captain's eyebrows and The wind up-rising stirs the tree. moustache were scorched, but that was all. "And they'll grow agair," he said with a

# A Long-Lived Flame-

The sacred fires of India have not all been extinguished. The most ancient, which still exists, was consecrated twelve centuries ago in commemoration of the voyage made by the Parsees when they emigrated from Persia to India. The fire is fed five And wind that sobbest in the wood, If the skins of fruits are to be eaten, they times every twenty-four hours with sandal should be first purged of germs. The skins wood and other fragrant materials, combin-wood and other fragrant materials, combin-wood and other fragrant materials, combin-ed with very dry fuel. This fire, in the the grape is made up of germs,—luxuriant village of Oedwada, near Bulsar, is visited growths of microbes,—and when these skins by the Parsees in large numbers during the are eaten, the microbes enter the stomach, months allotted to the presiding genius of

# POETRY.

#### Golden Influence-

The broad-faced sunflower, with unflinching Looks patron saint serenely in the face. Eschscholtzias from their fringed bed below Against the grayish background all aglow (Whose cup; canary, gold, or yellow are), Claim the same artist as calendula.

While sunburnt tiger-lilies from his place Worships the sun-god with each freekled face; And marigold and buttercup confess Their brilliant hues are borrowed like the

Oh, heart! With gladness from the Source of but of the celebration in honour of Father Live an illuminated life in others' sight. -[Clara C. Farnham.

### The Old Garden.

No change, you say? Nothing of loss that Trees, flowers, are they as lovely as of Our favorite sycamore?

The early lilacs, bloom they rank on rank, Purple and white, as they have bloomed Old Crown Imperial on the mossy bank Sheds he his hoarded tears?

The rose acacia, does it carpet now The pathway with its waxen blossom Drop the smooth berries from the laurel

Into the violet bed? Suffer the birds no loss, bereft so long doubt? Is no part wanting to the thrush's song?

No liquid note left out ? Black bars against a spectral sea

King, on a clear, cold night? ranged

realms

Enough, so we revisiting that spot May find them a l unchanged.

#### Notes of the Day. GOOD-NIGHT.

One of the very best means to prevent Good night, dearfriend! I say good night Across the moonbeams, tremulous and Bridging all faith between us, it may be Lean low, sweet friend; it is the last good-

The fever flush evanished from my face, I heard them whisper softly, "'Tis His will;

cookery, would, in the writer's opinion, be repeating the operation, leaving the feet And so from sight of tears that fell like

To say good-night to thee before I go. Good-night! good-night! I do not fear the The conflict with the billows dark and

And yet, if I could touch thy hand, my friend, I think it would be easier to die; If I could feel through all the quiet waves Of my deep hair thy tender breath a-

could go downward to the place of graves With eyes a shine and pale lips smiling

Or it may be that, if through all the strife Ana pain of parting I should hear thy And know no mystery of death at all. -[Hester A. Benedict.

# The Wanderer's Return.

I wandered very far from home In deserts drear and wild. My father's heart was grieved for me-His wayward, weary child.

A little bird with snowy wings Came fluttering to my breast, And whispered to my tired heart, "Come home : come home and rest."

"Thy father now doth wait for thee. And longs thy face to see ; Return, then, to thy home-his love; He'il gladly welcome thee."

Irudely thrust the messenger Away, and bade begone: And turned again unto my way, And stubbornly passed on.

And farther, far into the gloom, With tired, bleeding feet I trod, while howling wind and storm Against my progress beat.

Until at last, o'ercome with fear, Exhausted, in despair, I cried, "I'm lost, forever lost," And would have perished there.

Had not the wounded sorrowing bird Been listening for me, near, And come again with welcome note, My fainting heart to cheer.

"Come to thy father's love," it said, "He waits to dry thy tears, Thy wounds to heal, thy heart to bless. And to allay thy fears."

"I will," I said, and sought to rise Up from the burning sand, And, struggling forward from the ground I grasped my father's hand.

He had been near, his home was there, Though blinded by my sin, I had not seen his love was home, I gladly entered in. -[H. H. Hill.

# The Song in the Storm-

A little bird sings clear and sweet,-Except that with his slender feet He feels dear nature's pulses beat.

And fast with silver tears it weeps: The little bird more cheerily Pipes with his tender throat, and keeps His faith in sunshine tho' it sleeps!

There swings his pretty nest below: His mate sits listening to his song. 'Tis love that makes her bosom glow 'Tis love that whispers, all day long,

Ah, dreary sky, and dripping tree, She hath the sunshine in her hood : For everything to love is good! -[James Buckham.

officers have for ages been termed justices. used in addressing a monarch.

### THE GREATEST RUSSIAN.

#### Next to the Czar Stands Father John.

The recent celebrations in Russia-one the centennial anniversary of the storming and capture of the Turkish fortress of Ismail on the Danube under Souvaroff, and the other the thirty-sixth anniverary of the entry into the Orthodox ministry of Father John Sergeyeff, one of the most remarkable and ropular men in the Russian empire, attracted the world-wide attention. No comments are needed to explain the patriotic outpourings of the Russians over the historic siege and savage reduction of Ismail. John of Cronstadt there is much to relate

that is strange and interesting. Father Ivan, or John, of Cronstadt, known and revered in every nook and corner of Russia, has hitherto been almost entirely unknown to British readers; but a circumstance recently reported by the British chaplain at Cronstadt seems to indicate that the Christian influence of this Does Spring still deck with coral and green remarkable priest of the Russian Church has at last found its way even into the United Kingdom. A short time ago a letter reached the British clergyman at Cronstadt addressed in English to the parish priest of that port. It came from a correspondent in county Kerry, and earnestly begged for the prayers of Father John on behalf of the writer, who appeared to be in great distress of mind and body.

This is a curious proof of the influence and reputation of this wonderful man, who, in the midst of his Russian surroundings, seems to approach as nearly as any one per-Of us? Is not the blackbird mute for haps could approach in these days to the first apostles. His extraordinary healing powers-for he is a medical man as well as a priest-and the spiritual and bodily cures Does the moon show behind the hedgerow effected by the faithful acceptance of his earnest consolations, are attested on all sides by many sorts and conditions of men. Reigns our one star over the heavenly To those who believe in Father John-and their name is legion—the age of miracles is not yet over. Crowds press round They bloom, sing, shine, our absence hinder him whenever he leaves his humble abode, and are happy if they can only touch the They are but waiting till ourselves have hem of his modest gark. Father John's life is one of uninterrupted and self-sacrificing charity and Christian ministration - [Augusta De Grouchy, from "Under the among the poor, the sick, and needy, not, however, refusing his presence and prayers to the well-to-do and rich, who send for him | been reported that Herbert Spencer was when all other help fails, and never in vain, dangerously ill at Brighton, the represenfrom all parts of the country. He has no tative of the United Press in London causvast business organization of charity and ed enquiries to be made at that place to no corybantic Christianity like "General" ascertain the facts. It was learned that Booth, and no religious politics like Arch. Mr. Spencer was at his London residence, bishop Nicanor of Odessa. Although enor. No. 64 Avenue road, N. W. An enquiry mous sums of money have passed through revealed that the report was a canard. Mr. his hands to the Russian poor in all direc- Spencer has been in feeble health for some tions, he is still a poor man, living in the time, and his condition to-day is no worse humblest possible way. Steamboats and than usual. trains in which he journeys to and fro on his truly Christian work are besieged with Angels will give her a happier resting such crowds that the police have to protect him from their pressure.

The report of his appearance in any house in St. Petersburg—and the news spreads And sounds of sobbing smothered close like wildfire-brings throngs of poor people running madly from the surrounding streets to get within the range of his healing presence, to receive his blessing, or to implore his attendance at the sick bed of relatives or friends.

theories; his life is one entirely of good works, and his influence for good among The police charged clubbing the men right the Russian masses, who have not yet reached the state of cynical unbelief of the lower stoned and beat them, and finally drove orders in other countries, is greater, perhaps, than any other Russian under the

an island most difficult and inconvenient leading the mob and locked them up at St. of access in winter, was attended by great Helen's. Four policemen and three miners I would come singing back to sweet, sweet crowds of people, rich and poor, who made were severely wounded, and several more on their way accross the ice of the gulf to the each side received serious injuries. isolated port, from St. Petersburg and other places. Thirty priests officiated at the church service on the occasion, and deputations from various benevolent and other The Troublesome Tribesmen Said to be societies, including even the beggars, presented the reverend father with gifts of silver-bound Bibles and holy pictures. The most touching sight of all was the gift of a small bunch of flowers by a poor sickly Morocco have surrounded the hostile woman with a child in her arms. An eyewit | Frajana Mezquita and Mazuza Kabyles, ness states that the crowd and Father John | who made the recent attack on the Spanish were moved to tears. At a banquet in the evening, at which the Governor and Admir- the tribesmen are said to be surrounded is al of the port presided, paupers, mendi- between Talifel and the Atlas mountains. cants, and moujicks sat cheek by jowl with ladies, officials, and naval officers, to drink to the health and long life o' Washer John.

# . An Escape in the way.

Once in a while the meteor plunging into the atmosphere of the earth is neither consumed by the heat developed through friction nor precipitated upon the surface of the globe, but pursues its way out into open space again.

Its brief career within human ken may be compared to that of a comet travelling in a parabolic orbit, which, as if yielding to a headlong curiosity, almost plunges into inaction in the face of the hostile attitude the sun and then hastens away again never of the Moors.

In July 1892, one of these escaping meteors was seen in Austria and Italy. Careful computations based upon the obser- The Countess Blucker Eccovering-The vations which were made in various places have shown that it was visible along a track, in the upper air, about six hundred to Berlin, states that Countess Blucher, who and eighty miles in length. When at its forty-two miles above the surface.

From this point it receded from the earth, its elevation when last seen being no less than ninety-eight miles.

Although the resistance of the atmos- ed. phere was not sufficient to destroy the motion of this strange visitor, which contented itself with so brief a glimpse of our globe, yet it carried the effects of that resistance out into space with it, and can never shake Count and Countess. Ewald ran in the

No matter what its previous course may have been, the retardation that it suffered during its passage through the air sufficed to turn it into a different direction, and to send it along another path than that which | cept the murderer, but was himself shot it had been following.

Among the Kondeh people, who live on Lake Nyassa, in Africa, the favorite form "Sleep, sleep, my nestlings, and grow of suicide is to enter the water and allow one's self to be devoured by a crocodile.

The selling of antlered bucks' heads is just now one of the industries of the North Woods. The heads are sold at \$8 each and of dress. it costs \$16 more to prepare one for use as a nat rack or wall ornament.

The title justice, applied to a judge, proprietor of a farm. Rising in dignity it the aggregate stock of gold is \$3,582,605,comes from England, where many judicial was afterward applied to a nobleman, then 000; silver, \$4,042,700,000, and macovered

# FOREIGN CABLES.

# The Duke of Connaught no Coward,

Serious Riots of Miners-Spain's Trouble in Morocco-German Affairs.

#### THE TEL-EL-KEBIR STORY.

Mr. Childers and Gen. Wolseley Deny That the Duke of Connaught was Shielded.

A London special says :- Mr. Hugh Childers, who was Secretary of State for War in 1880-83, has entered the controversy regarding the Duke of Connaught and the Egyptian campaign. It was charged that a telegram was sent to Gen. Wolseley, the commander of the British forces in Egypt, ordering him to place the Duke of Connaught in a place of safety during the battle of Tel-el-Kebir. It was also charged that, in compliance with these instructions, the Duke, who was on the right of the line with the Guards Brigade, was, with his troops, ordered to the rear and out of danger. The story had its origin in The Manchester Guardian. Mr. Childers has written a letter to that paper emphatically denying that any instructions or suggestions were despatched to Egypt relative to the Duke of Connaught. He encloses a letter received by him from Gen. Wolseley declaring that the story is absolutely untrue. Gen. Wol-

"Nobody ever suggested that I, in any way, dealt with his Royal Highness differently than with the other general officers commanding brigades; nor did I do so. He took his chance like everyone else, and, as reported to you at the time. I had no better brigade under my command. I am glad of the opportunity of emphatically denying the absurd story, which is as ungenerous as it is untrue.

#### HERBERT SPENCER.

#### An Unformed Report as to the Distinguished Gentleman's Health.

A second despatch says :- It having

### A STUBBORN FIGHT.

#### Striking Miners in England Have a Fierce Battle with Police

Another London special says :- Two thousand striking miners attacked the Sutton Heath collieries at St. Helen's, county Lancashire, last night. They drove away the mine officials, broke the machinery at the pit shafts and split up the wagons. When the police arrived the miners had He advocates no impracticable Christian | armed themselves with wheel spikes, poles, stones and pieces of broken machinery. and left. The mob surrounded them and them back, carrying with them three wounded. The police charged twice more before the strikers would vield. They The festival in his honour at Cronstadt, | caught 10 of the men most conspicious in

# THE MELILLA AFFAIRS.

# Surrounded by Moorish Troops.

A Madrid despatch says :- The Herald to-day publishes a despatch from Tangier stating that the forces of the Sultan of garrison at Melilla. The place at which FORTIFYING THEIR POSITION.

A despatch to The Paris Temps from Madrid says that the Moors are at work night and day digging trenches around Melilla. They are also busily engaged in strengthening the heights dominating Fort Guariach, the attempted building of which on a site occupied by a Moorish saint's grave precipitated the attack upon the Spanish garrison at Melilla. The natives, according to the correspondent of The Temps, are throwing up breastworks on the river Oura. In an interview to-day Senor Canovas del Castillo blames the Government for its

# GERMAN AFFAIRS.

# Coming Socialist Congress.

A despatch from Weitzow, Pomerania, was shot on Tuesday by a gardener, is renearest point to the earth it was elevated covering from the effects of the shot in her neck. A representative of the Emperor William will be present at the funeral of Count Blucher, who was killed by the gardener at the same time his wife was wound-

It has transpired that an old servant of the Blucher family, a man named Ewald, 73 years of age, heard the shots in the wood fired by the gardener when he attacked the direction of the sound, fearing that someone had attacked his master and mistress, and on the way met the gardener hastening to the castle, where he subsequently shot and killed himself. Ewald attempted to interand severely wounded by the fleeing gar-

Many larvæ of beetles and other insects are used for food; the bee gives honey and wax, the coccus manna and cochineal, the Spanish fly a blistering drug, the gall insects an astringent and the silk worm an article

A table showing the monetary system of the world has been prepared by Director of Sire was originally used to designate the the Mint Preston. The statistics show that paper, \$2,635,873,000.