HEALTH.

Color Blindness.

In a recent report published by the Marine Department of the British Board of Trade, is was stated that during the previous year nearly 5000 captains had been examined for certificates. Of this number 31 were rejected on account of their inability to distinguish colors, of whom 21 insisted that red was green, the others saying that red was drab, or some other color than either red or green ; 205 of the entire number mistook drab for green, while 106 persons insisted that pink was green ; 32 persons pronounced green to be white, 42 thought it to be pink, while 28 thought it to be red. From these facts, it apppears that color-blindness is much more common than is generally supposed. It is doubtless not infrequently the cause of railroad and steamboat accidents, persons affected with color-blindness being unable to distinguish the difference in the colored-light signals of the road.

In connection with the above facts, it is of interest to recall that the use of tobacco is unquestionably one of the most common causes of color-blindness. One of the first symptoms of tobacco amaurosis is lessened ability to distinguish colors. This symptom is present before any evidence of impaired sight makes its appearance. This doubtless explains the reason why color-blindnesss is so much more frequent in men than in women. It is very singular, indeed, that this explanantion has not before been offered. The writer called attention to tobacco as a cause of color-blindness several years ago, but no specialist upon this subject has, so far as he knows, ever advanced this view.

The explanation usually given is that women inherit acute color perception from their mothers, but, unfortunately for this theory, the study of the subject of heredity shows most conclusively that women inherit equally from their fathers and mothers, and the same with men.

Adulterations of Coffee.

The lovers of Mocha or Cordova coffee will be interested in knowing that, according to the most recent authorities, the adulteration of coffee is a very common thing. Among the most common methods employed are the admixture of coloring matters ; polishing and burnishing of cheap grades to give them a better appearance ; lthe admixture of Swedish beans, which ook exactly like the genuine article ; and, in the case of roasted and ground coffee, the addition of chicory, beans, peas, corn, rye, acorns, the shells of almonds and other nuts, burnt sugar, pea hulls, and steaming to increase weight.

Poisonous Canned Fruit.

The extensive use of canned fruit at the present time renders important every item of information respecting the character of food products presented for consumption when preserved in this way. The *British Medical Journal*, in a recent number, publishes an account of an outbreak of diarrhœa of a very severe type, in which the symptoms so closely resembled those of cholera that at first it was supposed that the patients were suffering from this deadly disorder ; but a further investigation revealed the fact that the preserved fruit which had been partaken of by the various persons affected, contained copper. How this metal found its way into the fruit is not stated. Not infrequently it is used as a coloring matter, as it imparts a beautiful green color to fruits, and has frequently been used for this purpose.

Impure Ice.

This is the season of the year when the year's supply of ice is harvested, hence it is an appropriate time for calling attention to the fact that there is no scientific soundness in the old theory that freezing will render impure water pure. Freezing does not destroy the germs, neither does it exclude them The investigations of Dr. Prudden of New York, have shown that typhoid-fever germs and other malignant microbes are frequently found in the interior of solid blocks of ice. Ice sh uld never be taken from rivers, lakes, or other bodies of water into which sewers or drains empty, or which is polluted by surface drainage, garbage or other sources of impurity. River ice is, as a rule, entirely unfit for human consumption. A large part of the ice annually harvested in the winter season, and distributed for consumption during the warm months following, is unfit for use without being thoroughly sterilized. But, unfortunately, ice cannot be subjected to a temperature of 212° for any length of time without disappearing as ice, hence there is no means by which impure ice can be made pure without destroying it, and the only practicable method is to use only such ice as has been collected from pure sources.

Nutritive Value of Potatoes.

A German chemist has recently been investigating the nutritive value of potatoes, and finds that it varies considerably according to the age of the potato. The amount of starch that the potato contains varies from month to month, as follows, beginning with the tuber when not yet fully developed: August, 10 per cent; September, 14 per cent; October and November, 15 per cent; December, 17 per cent; January, 17 per cent ; February, 16 per cent ; March 15 per cent; April, 12 per cent; May, 10 per cent. Potatoes are therefore most nutritious in the winter, when their food value is of greatest service.

The Medical Value of Yawning.

A writer in *Unsere Zeit*, a Berlin journal, advocates yawning as a valuable remedy, quoting as authority, Dr. Naegeli .—

"In yawning, not only the muscles which move the lower jaw are used, but also the breathing muscle of the chest, and he who yawns to his heart's content also raises and extends the arms. In the deepest inspiration the chest remains extended for a short time, the eyes are almost or entirely closed. the ears somewhat raised, the nostrils dilated. Inside the mouth, the tongue becomes round and arched, the palate stiffly stretched, and the uvula is raised, almost entirely closing the space between the nose and throat. At the beginning of the inspiration a cracking noise is heard in the ears, a proof that the duct leading to the hearing also succumbs to this stretching.

"If the yawning has reached the deepest point, it will require from one to one and a half seconds for it to become noticeable to the hearing. In order to observe this, let one place himself at sufficient distance from a clock, so that its ticking will not be easily heard, and yawn deeply. During this deep breathing the sound of the clock is not perceptible to the most careful listening. All this simply goes to show that yawning sets a number of muscles to work, and particularly those which are not directly subject to the will.

"Although one yawning does not present a very agreeable appearance, it is very agreeable to himself, for the stretching of the muscles causes a feeling of comfort ; it acts like massage, and is the most natural gymnastics of the lungs imaginable. Dr. Naegeli, therefore, advises people not to concern themselves with so-called decency, but every morning and evening and as often as possible, to exercise the lungs and all the muscles of respiration by yawning and stretching, as many chronic lung troubles may thus be prevented.

Dr. Naegeli orders the patient troubled with too much wax in the ear, accompanied with pain, to yawn often and deeply. The pain will soon disappear. He also, in case of nasal catarrh, inflammation of the palate, sore throat, and earache, orders the patient as often as possible during each day to yawn from six to ten times successively, and immediately afterward to swallow. The result will be surprising. If one looks upon yawning as a natural massage for certain organs, he will reach a satisfactory explanation of its curative properties."

The above notions may be somewhat extreme, but yawning is certainly an excellent means of æration of the lungs, and exercise of the respiratory muscles.

Simple Treatment For Chafing in Children.

An English physician recommends washing with soap and water, then, after carefully drying, applying a lotion of white of egg, leaving wet. This treatment he had used twenty-five years with uniform success. Putting on powder as usually practiced, often does harm, as it is frequently put on when the surface is moist, when it will form lumps and produce irritation and galling by getting in the creases of the flesh.

For Earache And Throat Affections.

A Swiss doctor claims to have found by experience a novel mode of relief in some affections of the throat and in case of earache. By making the patient yawn two or three times a day, the pains, he states, become distinctly lessened. In catarrh of the Eustachian tube, the yawning by distending the muscles is said to act as a massage, and by this treatment the affection is frequently cut short. The possibility of so simple a cure should be known to all sufferers from earache. In any case, if no relief is obtained, no harm is done, ncr would there be any delay in adopting any other treatment.

New Way of Relieving Hiccough.

Hiccough is due to the spasmodic contraction of the diaphragm. This is the result of the irritation of the ends of the phrenic and pneumogastric nerves in the stomach acting reflexly upon the diaphram. The exciting condition of the nerve can be overcome by a simple pressure of the index finger, just above the upper end of the sternum.

The French Jury System.

The assize court is composed of an assize judge and two assistant judges. The jury are seated in the court room to the right of the judge. They have no special costume, but wear their ordinary dress. Sometimes they appear in blouses. The prisoner faces the jury. They ask no direct questions, but may interrogate the prisioner or witnesses, through the judge, on any point likely to afford them information, and may also demand to see all articles offered in evidence by the public prosecutor, to prove the prisoner's guilt. They hear the argument of the public prosecutor, who pleads for the indictment which he has prepared and then those for the defence, and form a truly enlightened opinion from the depositions of the witnesses on both sides. When the trial is concluded the judge, in the presence of the court, reads to the jury the questions which are submitted to them, and reminds them of the duties which they are to perform. It is usually a question of the honor or dishonor of a family ; of life or death for a fellow man. In the centre of the room is a table with six separate partitions or boxes on each side. At the head of the table is a box for the foreman, containing a wooden urn. From the moment the jury enter this room they are alone. The foreman puts the questions to them and they discuss them. The jury is usually divided into two almost equal camps. There are the indulgent ones, who answer the most incontrovertible evidence with the everlasting "What does that prove ?" and there are those who, even when the crime is but ill-proved, declare that "society must be rid of such people." The foreman finds it hard to seize the opportune moment when the jury are almost agreed in their readiness or reluctance to vote one way or the other. Then he states the question anew. The jurymen seat themselves at the table, each in his own box, where he cannot see what his neighbors write. One by one they rise and place their folded ballots in the urn. The form of the ballot is : "Upon my honor and my conscience I declare that," etc. —[Madame Adam, in North American Review.

Large Wedding Cakes.

The cake provided for the wedding of Princess Beatrice with Prince Henry of Battenberg on the 23rd of July, 1885. stood 9 feet in height, was 5 feet in diameter, and weighed 8 cwt. Six months were required for modelling the ornaments of the cake, amongst which were 1,800 sprays of sugared leaves of ivy, clematis, roses, honeysuckle and other plants. It was conveyed to Osborne in a special van, and required twelve men to lift it. The cake provided for the wedding of Princess Louise with the Duke of Fife weighed 1 cwt. 2 stone 8 lb., and that for Count Munster's wedding, over 1 cwt. The last-named cake was made by the well-known firm of Buzzard & Co., who generally have in stock a number of wedding cakes ranging in price from one to sixty-five guineas. The guinea cakes have no floral ornament, while one frequently in demand that stands four feet high, and costs twenty-five pounds, is embossed with bunches of grapes or other fruits. The most expensive wedding cake was made in America for the wedding of Mr. Astor the millionaire and Miss Willing, which took place at New York ; it only cost £900. The largest cake ever made was that presented to her Majesty on the occasion of her jubilee—weight over a quarter of a ton—9 feet 6 inches circumference, 10 feet high.

BURNED AT THE STAKE.

Because He Murdered a Little Girl.

Dragged By a Rope to the Scene of his Crime—Pelted, Beaten, Tied to a Stake, Tortured and Cremated—The Whole Country-side Helped to Punish Him for His Horrible Deed.

A despatch from Paris, Tex. says:—Henry Smith, the negro who murdered the 4-year-old daughter of Henry Vance, has been caught near Clow, on the Louisiana and Arkansas Railroad. He was pursued by a mob of indignant citizens. Hundreds of people came to the city to await the arrival of the guard having the negro in custody, and at noon to-day, when the Texas and Pacific train from the north arrived, it is estimated that the crowd surrounding the depot numbered nearly 20,000 people. When the train arrived a rush was made for the coach in which the negro was confined. The deputy sheriffs and guard of Paris citizens who accompanied the negro from Texarkana drew their revolvers and attempted to prevent the mob from taking the prisoner. The guard was quickly overpowered and a rope was thrown around Smith's neck. He was dragged from the train and hurried to the scene of his crime. All along the route he was pelted with missiles, struck by fists and otherwise maltreated. He was tied to a stake and after being subjected to every conceivable torture he was cremated amid the howling of the mob. All citizens of the town and surrounding country, irrespective of class or color took part in the lynching.

AN AWFUL TORTURE.

Words to describe the awful torture inflicted upon Smith cannot be found. The negro for a long time after starting on the journey to Paris did not realize his plight. At last, when he was told he must die the most awful death by slow torture that human mind could conceive, he begged for protection. He was willing to be shot and begged Marshal Shanklin to do it. But he was told he would be burned to death. His agony was awful. He pleaded and writhed in bodily and mental pain in anticipation. Scarcely had the train reached Paris when his torture commenced. His clothes were torn off piecemeal and scattered in the crowd, people catching the shreds and putting them away as mementoes. The child's father, her brother and two uncles then gathered about the negro as he lay fastened to the torture platform and thrust hot irons into his quivering flesh. Every groan from the fiend, every contortion of his body was cheered by the thickly packed crowd of 10,000 people. The mass of beings was 600 yards in diameter, the scaffold being the centre.

EYES BURNED OUT.

Before burning the feet and legs the hot irons, plenty of fresh ones being at hand, were rolled up and down Smith's stomach, back and arms. Then the eyes were burned out and irons were thrust down his throat. The men of the Vance family having wreaked vengeance the crowd piled all kinds of combustible stuff around the scaffold, poured oil on it and set it on fire. The negro rolled and wriggled and tossed out of the mass only to be pushed back by the people nearest him. He tossed out again and was roped and pulled back. Hundreds of people turned away, but the vast crowd still looked calmly on. People were there from every part of this section. News of the burning was sent to every town, and anvils boomed forth the announcement.

HORSES MUST GO.

Electric Motors Will Draw Street Wagons and Carriages.

From present indications it will not be surprising if within a few short years the electric motor will have superseded the horse generally, if not universally, as a motive power. Within three years it has taken its place on nearly all the street railways. Even country towns and thickly populated country districts have electric roads. In this way hundreds of thousands of horses have been displaced within the last five years. The cable came first, but it is being superseded by the electric motor, as it is less expensive and more easily handled.

Many of our readers will be able to recall the cry against steam railways that they would do away with stage coaches and horses, thereby throwing thousands of drivers, hostlers, horse-buyers and tavern-keepers out of employment. The stage horse was doomed, however, and had to go. Is it not possible, or even quite probably, that the carriage horse and the draft horse are likewise doomed ? Within two years of the present time carriages, buggies and light wagons will be scudding along our streets propelled by electricity, and it is not improbable that the same power may be applied to heavier wheeled vehicles.

In a recent letter Thomas Shields Clarke, the artist, who has been in Paris for some time, says:

"Do you realize that the days of our equine friend are numbered. Carriages propelled by electric or naphtha motors are already a common sight on the streets of Paris, and becoming more numerous every day. Not being a lover of horseflesh I shall be glad when it is gone. What nice clean streets we will have when it ceases to hammer them to pieces with its iron shoes. More capacious carriages can be used and many men can own their own conveyances when propelled by a motor that uses only a few cents worth of electricity, in naphtha, per day, and costs noting at all for feed or attention when not in actual use. Every man may then be his own driver. It looks very much as if this new order of things will be established before the close of the present century."

There are none, or at least only a few, who will take issue with Mr. Clarke on the subject. The electric motor and storage battery have been brought to such perfection that it is quite safe to predict a general if not universal decline in horse power. During the coming harvest a number of agricultural machines, such as reapers, mowers, threshers, plows, harrows and rakes will be operated by storage batteries instead of horses. This is rendered possible by late improvements in the storage battery. A five horse-power battery, good for ten hours' steady work, occupies a box no larger than an egg case and weighs not more than 150 pounds. These can be transported any distance, and may be returned and recharged at small cost.

A battery of this size and power will propel a farming carriage continuously for fifty hours, or at least for ten days if only used five hours each day. So it will not cost nearly so much as a carriage horse, nor require either feed or attention when not in use. There is no reason why it should not become very popular.

Some Wonderful Hunting Stories.

The tales that are told by sportsmen after they have returned from the pursuit of game are often almost too wonderful to be true, and yet it is difficult when listening to the good fellows who narrate them to believe that there is any intention on the hunters' part to deceive.

One of the most marvellous stories of the hunting-field of late come from Paris, and is as follows : A hunter, a resident of a small town in the south of France, who had spent a considerable part of the day in an unsuccessful quest for game, and had discharged his shot-gun many times without result, caught sight, on his way home, of a superb pigeon well up in an oak-tree which grew on a very steep hill-side. The hunter's gun was charged with powder, but he was entirely out of shot. In this emergency, and resolving firmly that he would have the pigeon, he sat down on the ground, took out his pocket-knife, and with it pulled several nails out of the soles of his shoe. With these he loaded his gun. The pigeon sat in his place. The hunter aimed, fired, and the pigeon was nailed to a branch of the oak-tree with the shoe nails. The hunter was almost in despair, seeing the game fastened apparently beyond his reach. But he climbed the tree, ascended with difficulty to the place where the pigeon hung, and had just taken the bird off, when he lost his footing and fell through the air.

As chance would have it, the hunter landed in the midst of a hare's nest. He began to roll rapidly down the steep and slippery hill-side ; but before he did so he seized a large hare firmly by the hind legs. Then rolling forward, he slid plump into a covey of partridges, and striking about him with the hare, he succeeded in killing nine of these admirable birds.

He then picked himself up, and took him, self homeward with his pigeon, his hare, and his partridges, well satisfied with the results of his day's sport.

This is almost as wonderful, really, as that old, old story of Baron Munchausen, who when hunting for deer upon one occasion, encountered a magnificent animal, but, like the Frenchman above, found himself without shot. Speedily gathering together a handful of cherry stones, he loaded his gun with them, and fired at the deer, hitting him squarely between the eyes, not killing him, however. The deer managed to escape, but sometime later the Baron encountered him again, and was surprised to see a beautiful cherry-tree growing out of the animal's forehead, covered with blossoms and fruit. It is suspected that the Baron Munchausen story is not true, but the other is claimed to be so, although we may all have our private opinion on the subject.

Repairing Country Roads.

The proper time to begin work or repairs is in the early spring, just after the frost comes out of the ground, as soon as the roads have thoroughly settled and dried out. Where the road is old, with a good solid bed, the first thing to be done is to cover it all over with a light dressing of gravelly material, and when possible finish it off with a top coating of hard-pan ; but avoid putting it on too thickly, lest the going become heavy, as it is slow to dry out. Loam is worse than useless, because it never packs properly, and makes mud. Care must be taken to raise the road up towards the centre, and give it a slight elevation at the crown, but only just enough to shed the water on either side into the gutters. On a level. straight road the crown should only be slightly convex, for rounding up a narrow road in the middle is objectionable, insomuch as it has the immediate effect of forcing wheels of vehicles to run away in the same line and wear away the new material into deep ruts that quickly become watercourses for the wash of the next rain, and assist the rapid destruction of the road by preventing the water from reaching the gutters. As fast as the new material can be laid on, it should be very carefully raked over to remove all the large stones and as many of the smaller ones as possible ; for where this precaution is neglected until the stuff packs down hard, which happens in a few days, the stones become so firmly embedded that they are not only difficult to remove, but soon cause the road to wear in humps and bumps, and later in the season, during the dry weather, they work up continually and become a source of annoyance and danger. These stones should never be left in piles along the road-side, to be driven into, or scattered about by mischievous boys or stray cattle, but carted immediately away and dumped out of sight. The gutters should then be carefully cleaned by removing from them all deposits of mud, decayed leaves, or branches which have collected there during the winter months ; never allow this stuff to be heedlessly thrown along the edges of the gutters or on the banks above them, for the first rains will surely wash all back to its old place, and the work has to be done over again. It is even worse to spread it out on the road, according to the common but mistaken practice of many road-masters, since decayed material can never pack properly, and always tends to make mud in wet and dust in dry weather. —[Harper's Weekly

The Russian Policeman.

One of the principal duties of the Russian policeman is to awaken those unfortunates who have fallen asleep in the streets during a hard frost ; these are usually either the *isvoschik* in his sledge, waiting for a fare, and dozing off, ere that fare comes, into the sleep of lethe ; or drunken men (all too common objects, alas ! in St. Petersburg) who have tripped and fallen on the pavement and have not the energy to get up again. The orthodox method of awakening sleepers is to rub their ears violently backward and forward—a plan specially to be recommended, because it not only rouses the slumberer, but also puts him into such a rage that he is far too angry afterward to fall asleep again.

In the village of Cogoleto, about fifteen miles from Genoa, is an ancient structure with the following inscription : "Traveler's top at this place. It was here that Columbus, the greatest man in the world, first saw the light ; here in this humble house ! There was one world ; this man spoke, and there was two."

FUNNIGRAMS.

Hugging—Deeds of arms.

A well-developed bust—Failing for a million.

We may not love the barber, but we like to be "next" to him.

If you feel that the dash down a coasting hill doesn't pay you for the walk up it is a sign you are getting old.

Constance—"Do you think she has faith in him?" Clara—"I should think so. She gave him some ribbon to match."

When you see a man that's very much inflated you mustn't jump at the conclusion that it's because his wife blows him up.

Glasgow Landlord—"When ye gae outside, Jock, ye'll see twa cabs. Tak' the first yin, for other yin's no there. Guid nich."

It was a Buffalo girl of very uncertain age who is reported to have said that "Where singleness is bliss 'tis folly to be wives !"

"You were out again playing poker last night," said the father. "No, father," replied the truthful young man, "I was in just $17."

Grocer (beaming on her)—"Oh, you don't want any blueing. All you have to do is look in the washtub with those beautiful blue eyes of yours."

Kate—"Don't you think it wrong for a girl to wink at a man?" Maud—"It's almost impossible not to wink when there's a spark in your eye."

"I see," remarked Cipher, "that Chinley has shaved off his mustache." "No," replied Chirpy, "it fell out; he talks so much his mouth is bawld."

"Mamma," said Tommy, "does sugar ever cure anybody of anything?" "Why do you ask, my boy?" "I thought I'd like to catch that disease." said Tommy.

Willie—"Papa, some one has invented a magazine gun. What kind is that?" Papa (reflectively)—"It must be one that goes off once a month."

"Does your husband pet you?" asked Mrs. McCorkle of Mrs. McCrackle. "Oh, yes," was the reply ; "when he's drunk." "How nice it must be to be petted all the time !"

Justly Irate Party—"Robert, you are a naughty boy. You want a jolly good hiding." Robert (from Boston)—"Pardon me, father. I may need chastisement, but I do not want it."

Mother (putting the small boy out of the pantry)—"How many more times will I have to tell you to keep out of that preserve jar?" Small boy (sobbing)—"No more, mamma. They're all gone !"

"Yes," said Pitcher, "she is the most confiding, innocent little fool you ever heard of. Three times the old man has gone to bed in his hat, and she thinks it one of the customs of his lodge."

Tubbs (to his wife, who has been away for three months, absent-mindedly, as he leaves her in the morning)—"Well, ta-ta Birdie ! Be sure and meet me at the same place this afternoon."

"I wish I were an ostrich," said Hicks angrily, as he tried to eat one of his wife's biscuits and couldn't. "I wish you were," returned Mrs. Hicks. "I'd get a few feathers for my hat."

Elsie—"You are a flatterer, doctor." Dr. Cheatum—"Why, Miss Elsie, it is quite impossible to flatter you. If I were to say that you were like an angel I should not be flattering you but the—angels !"

Cholley—"I awsked Sharpley to-day why my dancing shoes were called pumps." Reggy—"Aw, what did he say ?" Cholley—"Said he guessed it was because they generally had suckers in them."

Symmes' New World.

Some time ago we gave an account of a proposed expedition in search of Symmes' New World, about the only enterprise of discovery left that has for its end any object comparable in interest to that which animated earlier discoverers. Beyond the frozen north, according to the believers in the Symmes theory, lies the gate to a new world, rich and strange, and this globe to them has not yet lost all the interest and mystery attaching to the unknown. Though the number of believers in this theory are doubtless not large, it must be admitted the idea is a fascinating one if one could only so far forget all the schools teach in regard to the shape and size of the earth as to believe in it. For although this globe of ours is large it is by no means immeasurable and having, as we believe, taken its dimensions, measured its area, dropped the plummet to the bottom of its ocean, reckoned the heights of its mountains, and divided up its surface into continents and islands and farms and garden patches, and made a chart of its oceans, we are already sighing for new worlds to conquer. Doubtless there are enough worlds in space to satisfy every would-be Columbus, could he only get at them. But as yet the azure oceans of air and ether that separate us from our neighboring planets are unnavigated except by telescope or in fiction, or the poet's dreams. Even the so-called "Columbus of the heavens." could but look at the bright worlds, Tantalus-like, swinging in their vast orbits far beyond his reach and almost beyond his imagination. Of these silent words in space the astronomer knows much, but will never know enough, perhaps, to appease his inextinguishable curiosity. But great telescopes are not as numerous as opera glasses, and observers who can understand and appreciate what they see through these eye-holes to other worlds are still but a very small though very respectable minority. On this small minority the rest of us are wholly dependent for our astral news and, without disparaging our astronomers, but few of them are adepts in telling us of the sights they see through their big glasses, or in giving us any comprehensible idea of the big distances of which they speak so familiarly.

It is seldom that wood which was grown more than 4000 years before the Christian era is used in the construction of a present-day residence, and yet this really happened recently in Edinburgh, where a mantelpiece was fashioned from wood said to be 6,000 years old. An oak tree was found in a sandpit at Musselburgh, thirteen feet below the surface. Prof. Geikie, of the geology chair of the University of Edinburgh, after personally examining the strata in which this oak was found, said the tree, which was five feet nine inches in diameter, must be at least 6,000 years old, and described it as a relic of neolithic man. It was in a fine state of preservation, due to the sand, and was easily workable.