

A TALK ON HEALTH

FRUIT.

We approach the nearest to a perfect physical development when we rely most upon those goods which nature provides for us. Certainly, in regard to fruits, there need be nothing added to make them either more palatable or nutritious. From the ripe, juicy strawberry in the spring, to the rosy peach and purple grape of the fall, we have a constant succession of various kinds of fruits, which are among the most healthful of food substances.

One of the most essential characteristics which make fruit so valuable during the hot summer months is its lightness. If fruit is ripe, and eaten while fresh, there is nothing about it as far as composition is concerned, that will disagree or disturb the most delicate stomach. Of course this statement would not hold true if one had eaten too much, or at the same time eaten heartily of substances which are known to be of a very different class of chemical constituents. It is therefore important that fruit should always be eaten alone, or at least as a dessert to one of the lightest meals. Too much stress cannot be laid upon the importance of procuring fruit in its proper and best condition. With domestic fruits this is more easily accomplished than with foreign, or those coming long distances from the South.

Fruit culture should be encouraged, and thus made more of a food than has been the custom in former years. It is in the interest of the house-wife to use fruit largely during hot weather. Strawberries, blueberries, blackberries and raspberries each in their turn, should be found upon our tables. These, with a few slices of bread and a glass of fresh milk, will make a most substantial and easily prepared meal.

The chemistry of berries deserves a passing notice. One of the most important constituents of this variety of fruit is certain kinds of acids, nearly all of which are necessary to carry on the natural process of digestion, and which are not always supplied by the stomach and other digestive organs. The presence of these acids in the stomach has a stimulating effect which is of special importance at this season of the year. A deficiency of a proper amount of stimulant action of the liver will cause the condition commonly known as "biliousness." The acid contained in fruits is a much better correction of this affection than medicine.

Another advantage to be derived from the use of fruits during the summer months is in their percentage of water. By their liberal use the bowels and pores of the skin are kept open, and thus they are better able to perform their natural functions than when dry and heat-producing substances are used. We need the medicinal action of the pure fruit acids in our system, and also the cooling corrective influence of the watery portion which they contain.

Preference should always be given to the soft, juicy, stoneless kinds of fruits; also the skin of certain fruits, if tough, should not be eaten. Fruit should largely be substituted for pastry, certainly during that portion of the year when it can be obtained fresh and ripe. As a matter of expense also it is on the side of economy. But it is very foolish to buy decayed or partially unripe fruit because it can be obtained cheap. Fruit should also be eaten leisurely; never in a hurry, and it should be thoroughly masticated before it is swallowed. As regards to cooking fruit before eating it, a word is in place. With many of our common fruits, cooking destroys the acids which they contain. This has a tendency to make them insipid, and consequently sugar must be added in order to make them palatable. Now if the fruit is ripe and in perfect condition there is enough acid and sugar in proper proportion so that cooking is unnecessary. If additional sugar is desired it is solely as a condiment, and not because it requires it. It is related of a distinguished physician that he once made the remark that "if his patients would make it a rule to eat a couple of good oranges before breakfast from February to June, his practice would be gone." While such a statement can hardly be taken literally, yet there can be no doubt that the more general use of good ripe fruit in the early part of the day would be found beneficial, and often prevent many cases of illness.

Reading Well.

There is no accomplishment which is so fascinating as the power of reading well; it is a pleasing, although much neglected accomplishment. No music hath such a charm as good reading; and where one person will be charmed by music, twenty will be fascinated by good reading; and where one person can be a good musician, twenty can be good readers. It seems to bring back the old authors, and to cause us to imagine ourselves sitting down and talking familiarly with them. What is more charming or interesting than the plays of Shakespeare, when delivered in a full, clear, distinct and well modulated voice? There is no accomplishment which causes more pleasure in the family or social circle, the invalid's chamber, the hospital, the nursery, than good reading.

Fugitive Wealth.

There has never been, as far as we know, a more remarkable instance of a tangible and yet a fugitive wealth than of the fortune that evaded the grasp of the relative of a friend of the writer. He was, many years ago, at school at Harrow, and returning along the road by the bathing place—to Harrow's "ducker"—politely went to the assistance of a stout farmer on horseback in difficulties with a gate lock. He opened the gate and held it back for the rider to pass. "Thank you, my boy," said the farmer, one of the wealthy Middlesex graziers who own large tracts of the Harrow and Pinner rich meadow lands. "What may your name be?" "My name's Green," returned the boy, with an ill-timed burst of the imagination. "And what is your father?" "Oh, my father's a cheese-monger," said the smart scholar, chuckling internally at his ready wit, "and he lives in London in Theobald's road, rather a small shop, two steps down out of the street." "I'm very much obliged to you," replied the farmer, by no means—as it afterwards appeared—a man of straw. "You're a capital young chap. I shan't forget you." "Don't!" was the scholar's final thrust. "Remember Green, and a Cheese-monger in Theobald's road." And up the hill he went, almost as much pleased with himself as if he had been asked to play against Eton at Lord's. What his feelings may have been when, 10 years later, a young gentleman of the name of Green was advertised for, whose father kept a cheese-monger's shop in Theobald's road, and who, in return for politely opening a gate at Harrow in the year 183—, was left a large legacy by the wealthy farmer, recently deceased—what his feelings were then none of his relatives cared to inquire too closely, but it was observed by all that from that hour the unhappy young man never lost an opportunity of insisting on the incalculable blessings of the most rigid adherence to truth; of the disasters invariably incident to even a momentary deviation from which virtue he himself was a most marked and melancholy example. For neither was his name Green nor anything approaching it, nor had his father, a quiet country gentleman, ever, even in the remotest fashion, been interested in cheese; indeed, as his son has been heard pathetically to remark, in the smallest amount it invariably disagreed with him.

A Morbid Imagination Cured.

In reference to the influence of the imagination on the body a doctor tells the following story: "A big hulking fellow about ten miles from the town I was practicing in got the idea that he was going to die at just 11 o'clock in the forenoon of a certain day. About 9 o'clock a messenger came to me. I hurried out. When I got there the crank had fifteen minutes to live, according to his calculations. He did look like a man on the verge of eternity. His eyes were dim and sunken, his face had that peculiar pallor which heralds the near approach of death, and his breathing was very labored. The family were gathered around and weeping as they took a final leave. Something had to be done quick. There was a smart-looking woman there, and I called her aside. Pointing to the clock on the mantelpiece, which the patient was watching, I said: 'When I have his attention, turn that ahead. Then I crowded into the family group, hustled them into the next room, sat down on the edge of the bed and began telling that fellow one of the most horrible murder stories you ever heard. I located it right in town where he knew everybody, named the woman killed, went into blood-curdling details, and so completely interested the man that he forgot his eleven o'clock appointment. When I gave him a chance to look again it was twenty minutes to twelve, and he was actually mad for a time, claiming he had been tricked. He finally got to laughing, and we all took dinner together. The next day he whipped two men at a barn-raising for twitting him about the programme of death that miscarried."

A REPENTANT ATHEIST.

Acknowledges His Error and is Praised by the Pope.

The Garibaldi branch of the anti-clerical league met in Paris for the purpose of expelling Joyaud, alias Taxil, the penitent free-thinker and atheist, who has recently recanted and published his return to the church. To the amazement of the meeting Taxil presented himself before the assembly and made a defiant speech. He declared that his publication called "Amours of Pope Plus the Ninth," and other similar pamphlets, were mere fictions. He denounced the league in vehement language, and said that he accepted his expulsion from that body with pleasure. A great uproar ensued upon the conclusion of Taxil's remarks, and the chairman ordered Taxil to leave the hall. He left amid the furious denunciations of his former colleagues. The Pope has written to Taxil, approving his action and encouraging him in his new allegiance to the Holy See. Taxil was one of the chief promoters of the recent anti-clerical congress at Rome, and has always taken a prominent part in the demonstrations against the Roman Catholic Church. His wife declares that he is insane.

ROUND THE WORLD.

Interesting Items from all Parts of the World.

The great Jew residential quarter of London now is a part of St. John's Wood, where many have spacious mansions and gardens.

Miss Blanche Williams, colored, who has matriculated at Toronto University, is said to have passed an excellent examination in French and German as well as in English.

A prominent physician suggests to occupants of summer houses that a wood fire in the evening, when the moisture in the atmosphere is excessive, prevents many cases of sickness.

A woman carried enough blueberries to a store in Salisbury, N. H., one day last week to buy a barrel of flour and other supplies. They are bought by weight, fifty pounds to the bushel.

Lord Lyons, who tendered his resignation as Minister at Paris on the retirement of the Gladstone Ministry, has consented to remain at his post until June of next year, when he will retire.

An extraordinary instance of the depreciation in the value of land in England is noted by the London World. In 1875 Pewitt Island, near Harwich, containing 270 acres of freehold land, was bought at a cost of £7,900; and on July 16 it was sold by auction for £420.

The burglar season has commenced in London with the approach of the annual out-of-towning, and all the suburban police have been ordered to arm themselves with revolvers. During the last few months they have been taking lessons in the art of bringing down burglars.

A bottle sealed and corked and containing a check on a Newburyport bank for \$11.16 was found in the surf at Coffin's Beach, Mass., one day last week. With the check, which was signed and dated Aug. 17, 1884, was a note, stating that the finder of the bottle might have its contents.

The flag of the Chicago Socialists is red and black, signifying destruction, and some of the devices carried in a recent procession were "Every Government is a Conspiracy Against the People," "The greatest Crime To-day is Poverty," "Down with the Throne, the Altar, and the Moneybag."

In view of the fact that Dartmoor Prison, in England, offers profitable employment for convicts for years to come, many more are to be sent for. Meanwhile "that unfortunate nobleman," the claimant, so long the principal and certainly the most ponderous figure there, has lapsed into complete obscurity.

Vanity Fair, alluding to the prevalent distress in England, says that at Newmarket lately thirteen of Mr. Chaplin's yearlings only averaged 1,630 guineas each, and some of the more fashionably bred animals only 3,000 guineas apiece, one handsome filly being disposed of at the rate of but a guinea an ounce. Appalling, indeed!

The present population of the city of Buenos Ayres is estimated at 400,000. One of the local newspapers predicts that in a few years it will be the New York in a southern hemisphere. Emigrants are arriving in a steady stream, and if the proportion of the first six months of the year is kept up, their number will be 150,000 before the 1st of January next. Italians form the great majority of the incomers.

Alaska, according to a newspaper correspondent, is a sort of fairy land in summer. The almost continuous light of day shines upon bright green slopes, varied here and there by dark timber belts, rising up from the deep blue waters. An endless variety of brightly colored flowers, the hum of insects and melodious song of birds make the land seem almost a second Eden, but the intensity of the sun's heat dispels any hasty impressions of this sort.

Mr. G. A. Sala is known by his white waistcoat. "I have worn a white waistcoat," he says, "every day, winter and summer, for five and twenty years. Once, in Paris, at a shop where I used to buy my gloves, a serving woman said to me: 'You always wear a white waistcoat.' 'Yes; I always wear one the year round.' 'All the year round?' she exclaimed. 'A clean one every day?' 'Yes,' I said. 'Oh,' she exclaimed, 'if I had only been your washerwoman!'"

The London Echo draws attention to the difference between the peerage and the aristocracy, a difference suggested by the recent creation of peers. It points to several untitled magnates who are essentially members of the aristocracy, and remarks, on the other hand, that such a man as Lord Cairns, although a member of the peerage, is not a member of the aristocracy, a distinction often lost sight of. One or two of the new peers are even quite unknown to persons moving in what is called "high life."

In the gardens of a well-known nobleman's country seat in the south of Ireland painted boards were set up in different parts of the pleasure grounds, with this request, "Please do not pull any flowers without leave." Recently the district practical joker passed that way, and at daybreak added an "s" to the last word on all the boards, which had the effect of making things pleasant—until the case was discovered—for tourists and strange visitors who cherished a latent passion for floral games.

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