Wheat bears the same relation to other grains that the Anglo-Saxon bears to other races. It is the most mature, perfect, and satisfactory of all foods. The ripest thought, the most consummate wisdom, the most solid productions of the brain, must have healthy nutrition as their basis. Thought is made out of something, and a portion of that something is food. How food is converted into nerve force, and that refined still further into intangible mental action, ceaselessly and beautifully, day and night, through the long years of our mortal existence, none can tell. It would take a higher order of beings to see and understand the delicate mechanism by means of which the warp and woof of mind or soul are woven.

We look with awe upon the result; but the most ignorant among us can see just as much as the most learned. Nature is a cunning chemist, and her secret laboratory is impenetrable. Issuing from it are productions of ravishing beauty or repulsive deformity. The quality depends both on the materials given her to use, and the conditions which surround her workmanship, and finally upon something subtle and myslies it all.

There is no doubt that the quality of our affections as well as our thoughts, is greatly thinks bread. And too much luxury without self-restraint fosters the growth of useless habits, just as a hot-bed fosters rank weeds that require extermination to let good growths come to maturity. It is the use we make of things that brings real riches or poverty.

Firm health is the result of many agencies, and of these, it is true, a good dietary is only one. Consumption, that scourge in many parts of our land, is developed and made fatal by the lack of it. A consumptive is often brilliant in mind and beautiful in character,-the brilliance and beauty of a being burning rapidly to extinction. Let us have more stupidity, -with health, hapnature, while yet preserving our aspirations, refinements and enjoyments. The song of a an increase of 100 per cent. in 3 years. bird, the murmur of a brook, the fragrance and hue of a flower, the floating clouds across the blue either, and-

"Dewy morn and odorous noon and even, With sunset and its georgous ministaies, And solemn midnight's tingling silentness,"

all will waken in us "thoughts that often land. lie too deep for tears."

and culture and a wide intelligence. The load food, furniture, and personal adornment, as if the ends of life were accumula-The "nouveau riche" are often detrimental only £874,000,000 more money. nation. A writer has wisely sophy, the hypocrisy of religion, that killed sumed to have a population of 15,000,000. her." And the use of history is to correctour own mistakes in the light of past experi-

The good housekeeper shows her wisdom by the well-being of the inmates of her home, physically first, then mentally and morally. She knows that home cannot be kepe worthy and happy without effort. She studies the temperament of each member of the family, and furnishes him or her with the food needed. The sanguine and full blooded require one kind; the nervous and wiry another. Good taste rules the serving of the viands, but the viands are first selected to build up muscle and nourish brain, not to pamper and enervate. Otherwise, energy, capacity, and integrity are weakened, and the power to do good work is gone.

It is related by a gentleman who had an invitation to breakfast with the late A. T. Stewart, that the butler placed before them both an elaborate bill of fare. The visitor selected a list of rare dishes, and was quite abashed when Mr. Stewart said, "Bring my usual breakfast, -oatmeal and eggs. He then explained to his friend that he found simple food a necessity to him; otherwise he could not think clearly. That unobscured brain applied to nobler ends would have wen higher results, but the principle remains the same.

## Hard Study Not Unhealthful.

The exercise of the brain, under the proper conditions, is no more unhealthful than the exercise of the arm, or of any other part of the body. It was made for use. Its functions are as essential to life and health as those of the stomach or lungs, and its full and powerful development is essential to the highest health and perfection of the bodily powers. Like all other parts of the body, the brain is subject to waste, and demands nourishment, more, in proportion to its size, than any other organ of the body. The fresh air, general exercise, and proper alternations of repose required for the health of all other parts of the physical system, are also requisite for a healthy brain; and these being withheld will kill a student as quick as it will another man, but no quicker. That many students lose health is owing not to hard study, but to close confinement with out fresh air, and to insufficient general exercise. Intellectual efforts ought to promote health, and doubtless do when the other portions of the body are not sacrificed for it. We are not so badly constructed that, in order to be fat, we must consent to be fools; nor is a dyspeptic stomach the necessary companion to a wise head.

tem of marking, is another of those bad and dangerous usages to which we expose college life. It is questionable whether the public exercises with which the school year of our public high schools is usually closed, have not the same bad effects. And worst of all, the stimulation excited by these systems of which I have spoken is as un riendly to sound scholarship and real in tellectual power as it is to good health.

Too Mean for His Own Good.

Mr. M. was a New-York merchant of much enterprise and large experience. He had one weakness, of which it was out of the question to break him. With him good quality was always secondary to low price. If he could buy anything cheap, he didn't mind if it wasn't so good. The firm of which he was the head had, among other ventures, a ... rdle factory, a risky kind of property, be .use it contained so many combustible materials. Mr. M. took out policies of insurance, but, his first consideration being to pay the least possible premium, he dealt with rather shaky companies. His junior partner, feeling uneasy about the matter, quietly insured the concern one day for \$20 000 in first-class companies, paying 5 per cent. premium, taking particular care not to let the senior know anything about it. One morning the discovery was made that the factory was completely destroyed by fire. terious which works through law, and under. Mr. M., as soon as he reached the office, called for the policies. When his eye lighted on those that had been obtained without his knowledge he exclaimed: "Who paid influenced by our dietary. The man who 5 per cent. premium on these policies?" "I eats pork, thinks pork; if he eats bread he did," said his associate. "What was the use of that? I never paid but 31 per cent, for any that I took !" And notwithstanding the house was \$19,000 ahead on the operation, the venerable gentleman refused to be comforted, because his partner had paid out \$300 more than he thought there was any need of.

## STATISTICS

There are probably now something like 12,000,000 sheep in Cape Colony, besides over 3,000,000 goats.

first year of the existence of the Parcels fast that the trees were rather killed by di- country as food, though it is largely used piness, and long life. Let us live nearer to Post was 15,000,000. Last year no fewer rect crushing of their trunks and limbs than in England. Of course it is both healthful

amounts to about £40,000,000 sterling, onecolony is almost equal to that of Canada, the shade of a huge evergreen-tree, if a per- the conclusion of the wheat harvest. and of New South Wales and of Victoria, son desired two such cooling influences at and nearly three times that of New Zea- the same time.

was £639,000,000 sterling, and in 1885 £1,creased from £771,000,000 in 1850 to £2,tion and show. Pretention is always vul- 953,000,000 in 1884, so that the world was gar, and vulgarity is generally ostentatious. able to do £2,182,000,000 more trade with

The areas of India and of China proper said: "Greece was never more adorned are nearly the same-about 1,500,000 square with arts, fuller of schools, more resonant of miles. On Indian estimates, China proper music, richer in genius, more showy in reli- should contain some 282,000,000 souls, gious sacrifices, than when she was struck | which shows no great discrepancy with the with hopeless death. It was the decay of latest official Chinese returns; while the virtue, the triumph of selfish over public great central Chinese plateau, with its 3, good, the absence of self-denial, the enerva- 000,000 square miles of mountains, wildertion of luxury, the pride of vain philo- ness, and waterless desert, is roughly as-

## A Great Man.

"Does your wife ever pay you any compliments?" asked Frederick Jimson of his friend Benderly. "Never," replied Benderly.

"Well, mine does. She flatters me." "Often?" "Oh, yes, frequently; particularly in

Vinter," replied Frederick. "Why does she taffy you so much in

Winter? "Whenever the coal fire needs replenishing she points to the fireplace and says, Frederick, the grate."

What He Worked at During Summer,

"Say, Mister, don't yer want a boy?" "Are you out of work :"

"What did you do during the summer?" "I stuck flies onto fly-paper in druggists' winders; but fly time's over now."

An Alaskan Forest.

Lieut. Schwatka thus describes the won-

ders of an Alaskan glacial forest : with astonishment at the great size of the 200,000, being an increase of 654,000 on the trees of the forest into which we had creek, previous year. In Otago the sunder of The most astonishing part was that such a shoop increased during the year from 3,800, forest should be found actually surrounded 000 to 3,957,000 by ice 10 to 20 miles across in every direction. Of course, it is regionable to suppose that trees were here before the ice, and that The leaf is said to be of erce lent quality, the forest probably once connected with the equal to any obtained from Cuba or Manforests of the great flat lands.

Here was undoubted evidence that this consumption. small forest was being obliterated rapidly by the advancing front of the Guyot Glacier, longer is heard from the lips of the wide- for the whole interior of its famous citadel, pulp and splinters as surely as a quartz crusher grinds the rock into powder. Trees five and six feet through were bent over and splintered as if they were brush, while some of the fallen trunks were split longitudinally into perfect kindling-wood.

It was the mills of the gods grinding slowly, etc. Nor were they grinding so very slowly, either, as one could see by comparing them with other glacial action near by. a mile away, was a small clump of woods the case. into which the glacier in the past had protruded, as shown by the fallen, shattered ville, Mo., last August, a vivid flash of trunks that lay near the edge of a small lightning photographed on the smooth white moraine from which the glacier had now ceiling of the Methodist Church the face of retreated a great number of rods. Out from | an old man with long flowing hair and the bristling line of shattered tree-trunks beard. It is described as a weird and shad piled over each other for nearly or fully a lowy portrait, and the superstitious say hundred yards all the spruce-trees were that it is the photograph of the storm king. dead, but still standing, their whitened still covered with foliage that formed their background. These dead evergreens had been actually killed by the proximity to the ice without its touching them, and either by its chilling influence kept up throughout the year for probably centuries, or the constant application of the ice-water about the roots, preventing their growth; for along this footice-water draining off to the nearest muddy creek or rill. This was true of the glacier the forest, for here we got our water for cooking purposes, but here also the ice of 15,000 human beings. The number of parcels carried during the the glacier had evidently come forward so

a single stride and its backward flow.

## Fashions in Medicines.

A druggist has discovered that patent medicines have their fashions like hats and walking sticks. There was a time when plasters were all the rage, but after sticking to them for some years public taste changed, and then kidney and liver medicines came into vogue. People who never knew they had kidneys began to take stuff that they heard was good for them, and men like Helmbold got rich. Bitters were in style universally at one time. A man whose sideboard wasn't provided with half a dozen different varieties of bitters was considered old-fashioned and destitute of chic. He was destitute of stomacn, too, if he kept the bitters racket going too long. Then there was the craze Regulations and Orders for the Army, 1885: their savage yells and hoarse bellowing for pads. There were lung pads, and liver "Soldiers are not to go beyond the pre- laughter. Every moment the uproar and pads, and kidney pads, and foot pads. Writing pads came in about this time, too. No man with any style about him at all failed to go to his druggist and be measured for a pad. With a full line of pads properly adjusted undershirts were superfluous. Cough remedies are having their innings now, there being something like 300 in the market already, with any number of doctors and prefessors sitting up nights concocting more.

Achieved Greatness and Kept It.

years.'

ed reply. "That's a long time to stay ter needed repairing."



LADIES' APRONS.

Nc. 1.—Lady's apron made of etamine or scrim, trimmed with velvet bands and girdle ling the color of the velvet ribbon. The bib respects injur ous, it has contributed in no Only the best and the worst students us- of a contrasting color, and cross-stitch em. is made to correspond with the skirt of the small degree to the comfert of manhood. ually show injury,—the best because of broidery done in harmonizing tints. Indi- apron, and the belt is of velvet finished overwork and under-rest, bad air, and in vidual taste can be exercised in the selection action; the worst because of idleness and of materials and trimmings, and the length apron can also be made up in cream-color or

The bottom is trimmed with embroidery our greatest men, as for example, Carlyle, "Tot, where are you?" called mamma. Nc. 1.—Lady's apron made of etamine or done on the same material, with silk matchstands connected with and crowns the sys- zontal rows of narrow velvet bow ribbon. in regard to width and length as for No. 1. Everet Millias."

HERE AND THERE.

On the 31st of May last the approximate Wandering around near camp I was struck number of sheep in New Zealand was 15,-

Tobacco cultivation has proved an mistakable success in New South Wales. illa. It is retained princilally for home Tverskoi three hundred years before. At

awake. It is, like the old "2:40 on a the Kremlin, was one whirl of savage faces plank road " phrase, out-dated. " Around and wild figures, armed with spears, swords, the world in sixty-nine days" is the true and muskets. time -via the Canadian Pacific Railway.

Some of the officers employed in taking the census of the Maori population of New Zealand reported that where marriages between persons belonging to distinct tribes take place the progeny are both numerous and healthy. Where members of the same But a little way off, probably a half-mile to tribe intermarry the reverse is almost always as he was worthless. The mutineers came

During a severe thunderstorm at Wells

trunks and long, gaunt limbs contrasted salmon employ 2,000 white men in various strangely and conspicuously with the trees capacities. It employs 2,500 Chinese. It employs fifteen tugs and steamboats, and the dull heavy face and vacant look of the makes business for half a dozen more employed regularly in the traffic of the river. It employs, besides, hundreds of boatmakers, sailmakers and net weavers.

auctioneers, Mr. John Campbell, has giv- actually cowering behind his younger broth. ice there was always a marshy stream of en to the world his confessions, which are er instead of encouraging and protecting said to be exceedingly interesting. He be- him. came a slave auctioneer in 1835, and carried foot not over fifty yards from our camp in on the business for nearly twenty-six years, would need little protection from anybody. during which period he sold no fewer than His muscular frame, extraordinarily tall

Whole wheat is not much known in this than 30,000,000 were safely delivered, being by the slower one of the influence of great and nutritious, though to be easily digestmasses of ice near by, and it was possible ed it requires long boiling. Then with The total trade of the Straits Settlements to sit down on this foot-ice of the Guyot butter and sugar it makes a dish fit for an Glacier, probably ten to twenty feet thick at | epicure. It was the dish always served in half representing exports. The trade of the that point, and at the same time be under | England among farmers in the olden time at

It is now claimed that celery is a sure cure for rheumatism; indeed, it is asserted Thus I came to the conclusion that the the disease is impossible if the vegetable be According to Mulhali, the stock of gold front of this great glacier was like the fin- cooked and freely eaten. The fact that it Plain living should include true elegance coined and uncoined in the world in 1850 gers of some huge radiating animal prolongis always put on the table raw, prevents its in his large black eyes which Russia's ening themselves outward and retracting again | therapeutic power from being known. The "shoddy" are never simple. They over- 504,000,000, an increase of £874,000,000; at long intervals that would require many celery should be cut into bits, boiled until but the amount of imports and exports in- human lives one after the other to measure soft, and the water drank by the patient. Serve warm with pieces of toasted bread, and the painful ailment will soon yield.

> in Zionsville, Lehigh County, Pa., in the the whole history of Russia, when another morning. The skin was taken to Charles Guardsman caught his comrade's arm, shout-Burkhalter's tannery at noon. By evening | ing : of the same day Mr. Burkhalter had it all | "Don't waste time on him, Stepka [Stetanned and promptly handed it to a shoe- phen]. See, those fellows have broken into maker. By next morning a pair of boots the palace already. Come along, and let's was completed and put on by the owner, so get our share of the plunder before it's all that what was on living flesh of a calf one gone." day was a pair of boots the next. It was In fact, the other doors had already been without doubt, the quickest tanning on re- forced open, and instantly the fierce Guards-

> By order of the Duke of Cambridge the tearing down the rich hangings, carrying off prohibition against soldiers smoking in the gold and silver ornaments, breaking the furstreets has just been removed, and the fol- niture and statues, thrusting their spears lowing clause has been substituted for the through the splendid paintings on the walls, last sentence of paragraph 18, Sec. 7, Queen's while the vaulted chambers echoed with cincts of their barracks unless properly confusion grew more and more terrific, till dressed, and they are not to smoke in the the few anxious watchers on the stairs bestreets until after 5 p. m. from the 1st Oc- gan to fear that the rioters would end their tober to the 31st March, or 6 p. m. from the plundering with the massacre of every living 1st April to the 30th September." The following report of Inspector Smith

on the Murray Bay prison rather enlivens the dullness of wading through a blue book: -" The inspection was made on the 15th July by Inspector Smith. There were troops quartered outside the town had taken three prisoners who remained in jail because they liked it, as they took no advantage of "Yes, sir," remarked a prominent politi- the many opportunities given them of escapcian. "I have held office for twenty-three ing either by the main gate, which was nearly always open, or while the jailer was "Twenty-three years!" was the astonish- absent. The walls were dirty and the plas-

The English Commissioners of Forests are planting extensively on the Crown property in the Isle of Man. About four millions of trees have been planted on mountain land during the last three years, and the work has improved so successfully that it has been decided to extend the number of trees annually. The planting is done almost entirely by native labor, under the superintendence of a competent forester from Carlisle, most of the trees having been ordered from the well-known nurseries of Knowefield in that city.

Among the old papers in the county and the traveller who visits Moscow to-day clerk's office in Freehold, N. J., is the death sees along the Kremlin wall a row of small sentence of a negro named Cæsar. It reads: red turrets, and is told by his Russian friends "Therefore the court doth judge that thou, that for every one of those turrets a mutinthe said Cæsar, shall turn to the place from ous Guardsman was beheaded in front of whence thou comest, and from thence to the that wall by Peter the Great. place of execution, where thy right hand shall be cut off and buried before thine eyes. Then thou shall be hanged up by the neck until thou art dead, dead; then thy body shall be cut down and burned parlor. to ashes in a fire, and so the Lord have mercy on thy soul, Casar."

The year 1886 marks the ter-centenary of the introduction of potatoes and tobacco into Europe. Considering how universally they are consumed now, it is almost a won der how the Eastern world pulled through chief. without them prior to 1586. Tobacco has had of the two the more checkered career. It has been denounced from thrones and pulpits; yet it has been the solace of some of

A gentleman was sketching with a brother upsetting the huge clothes hamper that overwork and under-rest, bad air, and inaction; the worst because of idleness and
dissipation. Stadents between the two
classes usually escape injury, except as
they approach either one or the other of the
classes named.

The marking system in our collegs, while
it has certain advantages which professors
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YOUNG FOLKS.

BOYS WHO BECAME FAMOUS.

BY DAVID KER FACING THE MUTINEERS.

One clear, bright morning, in the latter art of the seventeenth century, all Moscow -which was the capital of Russia at that time—was in an uproar such as it had never seen since its foundation by Prince Michael first sight one might have thought that it Around the world in eighty days" no had just been stormed by a hostile army,

The fact was that the Strelitz Guard of Moscow had broken out in open revolt, as they did almost every month now that there was no one in Russia strong enough to keep them in check; for the Czar himself was a mere child, and among all his minis. ters there was not one who was not as weak pouring into the Kremlin by hundreds, loudly threatening to burn the palace and kill the Czar unless they got what they wanted; and what they really wanted neith. er they nor any one else seemed to know. Upon the great staircase of the palace, looking down on the howling rabble below, stood a few scared-looking chamberlains and officers of the court, who were grouped around two richly dressed boys, the one In Oregon the canning and catching of barely twelve years old, and the other even

No one would easily have guessed from elder lad-who was so short-sighted as to be almost blind, and so weak-minded as to be little better than an idiot—that this was really the Czar himself. He certainly did The sole survivor of the American slave not behave in a very kingly way, for he was

But the younger boy looked like one who and strong for his years, had a dignity which was wholly wanting to his brother's slouching figure; and even in that deadly peril there was no sign of fear in his dark. firm face, which wore upon its boyish features the stern calmness of mature age.

"Don't be frightened, Vania" (Johnny). said to his trembling brother, as the rioters came rushing and roaring to the foot of the stair; "they daren't hurt us."

"Daren't we?" roared a fierce soldier. springing up the steps, and actually touching the brave lad's breast with his spear point. "What do you say now?" "I say," answered the boy, with a gleam

emies knew to their cost in after days, "that you daren't touch either of us." For an instant the grim spearman stood hesitating, half cowed and half enraged by

the boy's defiant coolness. One moment A calf was killed and the hide taken off more, and a single blow would have changed

men swarmed through the whole palace,

thing in the palace.

But all of a sudden the maddening din melted into a dead silence, while figures loaded with booty were seen retreating hurriedly across the court-yard. The loyal the alarm, and were hastening to the rescue; and at their approach the mob of mutineers, unofficered and almost unarmed (for many of them had flung away their weapons in order to plunder more easily), thought it best to retire with their booty as quickly as possible.

The palace was soon cleared of the rioters, and the General in command of the loyal forces made his way up to the staircase, on which the two young Princes were still standing.

"Do not be afraid," said he, cheerily; ' it's all over now." "Afraid!" echoed the younger boy, dis-

dainfully. "It is not for a Romanoff to be afraid of a rabble of mutinons ruffians; and if ever I come to be Czar I will teach these brawlers who is their master." How that boy kept his word in after-years

may now be read in any history of Russia;

Why Ned went to Bed so Early. Mamma was reading down stairs in the

Suddenly she jumped up and said, "I wonder what Ned and Tot are doing?" She went to the back door and called, but no answer. Then to the front door, but she could see nothing of them.

Then she went up stairs. It was so very quiet she was sure of mis-

She met Ned at the bedroom door, with a very dirty face and a strange look in his eyes. But where was Tot?

Mamma began to be a little frightened. "Here I are," answered a little voice

sounding far away. Mamma rushed across the room, almost

And that is why Ned went to bed so early without any supper that afternoon.

About I The people in the use of patch exceedingly fo the wife, now

HO

who to her dyi her ability to from parsimonic was a very sen for the lady wa count.

But not every patch or darn a hence we advan In patching st material of a s completely cove curately by the untidy than a cr corners. Next turn in

sides of the pate worn part and around, either li it lies close and then come away. Now the work side, by first cut leaving enough hem. Cut little low it to lie flat, corners should be of the patch. T the right side, ar of much smaller side, as one some

work so far as loc To neatly ma the garment by th in doing fine pat completed lay an thin cloth even it iron. Flannel may be as described, only being folded in, l

being felled they all round. Sheets and simi thin by long use, a must be darned. ton, not that used: fine article made for used. When darning

extra on either sid thin place itself an there is danger of ting through the fir out. By running sewing cotton rour ing the darning foundation greatly wards. Use a long, fine thicker one for coa

and miss two th straight across. L the end to allow for back again, getting with each other. Waste I Waste in the ki

without removing from the dripping-Scraps of meat Cold potatoes ar Dried fruits are come wormy. Vinegar and sat tin. Apples are left

from apparently to

In cooking meat

"sorting over." The tea-canniste Victuals are left mice. Bones of meat a are thrown away, in making good sou Sugar, tea, coffe spilled in the hand

Soap is left to d

water. Dish-towels are Napkins are use Towels are used Brooms and mop More coal is bu not arranging dam

Lights are left b Tin dishes are no dried. Good new broom kitchen floors. Silver spoons are

Cream is left to Mustard is left t Vinegar is left t sel becomes corrod Pickles become s er evaporation of t Pork spoils for w cause the brine wa Hams become tar min for want of ca Cheese molds a

vermin. Tea and coffee Stove. Woodenware is warp and crack.

CORN BREAD. -O

int of flour, one-h

caspoon of soda, o a slow oven, or CORN MEAL MU ene cup of corn me one teaspoon of salt ed butter, one tes gen irons, in quick GINGER SKAPS .me cup of sugar, ne-third cup of co d soda, one tables dent to roll. Put r water in a pan, and a comes to a boil, cool, atter which ac Roll thin and bake SPICE CARE. - O e of butter, yolks

weet milk one half c baking I ed in the usa Dredge the c them to the

STABOH C oup of but cup of swe powder, a-half cup sugar to