

HEALTH.

How to Keep Cool.

During the "heated term" the problem of "how to keep cool" interests a great many besides invalids.

But all cannot flee to the mountains, the breezy sea-shore, or the cool lake-side; and thousands of those who remain at home, as well as those who make their escape from the scorching and dusty cities, are unaware of the fact that there is more real danger in the vicious habits of eating, drinking, clothing, and various neglects of personal hygiene, than in the superabundance of radiant energy from "Old Sol."

The human body is, in some respects, like a furnace. A large part of the food which we eat is burned, much as fuel is burned in a stove.

Oh, yes," said I; "but the trouble is the majority of people treat themselves in a way to keep up such a feverish heat that there is little chance for the doctors to do much for them."

"Well, really, I never thought of that before; but I presume it would be well for him to make some change in his diet to suit the change of climate."

"I have never given the subject of dietetics much attention. I think I must study it up a little."

"Perhaps, also, it never occurred to you that flesh meat is of all foods most unsuitable for a hot-weather diet.

Hint. An emetic that often proves valuable in threatened cases of crop, is composed as follows:

GENERAL NEWS.

RIDING DOWN A LOG SHOOT.

A Miner and his Pony Made Down a Mountain for Two Miles at a Terrific Speed.

"I have made a mile a minute on horseback in the saddle."

As a grizzled stranger with a quartzite pin made this remark a silence fell upon the little group of farmers who sat in the corridor of the Windsor Hotel, at Denver, the other evening.

Twisted in the stirrup strap and got fast.

"Right here let me stop to explain a circumstance that will enable you to understand the situation."

It takes a moment for the coolest head to clear itself in times of unlooked for peril, and long before that moment had elapsed the bronco and I were on our way to the valley, going faster at every breath, nothing to stop us, death ahead, and the devil's own railroad underneath.

Even had they not, jumping off would have been out of the question.

Like bands of iron.

The trees and rocks were indistinguishable when all of a sudden a black mass flew up into my face.

When the moon was well up I came to myself. I was lying in a snowdrift, rubbing at my head and moaning.

The bronco had the worst of it even there, for he kept on going until he struck solid earth.

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STATISTICS.

The commerce of the Australasian Colonies now approaches as much as £120,000,000 a year.

Tobacco-growing seems to give a good return in Belgium.

In the United States the charges for railway freight traffic are very much under those of the United Kingdom.

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AMERICAN IRACY.

Canada will be compelled to build and arm cruisers for the protection of her interests in the Pacific as well as those in the Atlantic.

The American Government sometimes finds its acts of piracy against Canadian vessels in the Behring Sea.

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AIDING OUR GRU...

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DUG FROM THE EARTH.

Curios and Valuables from the Misty Ages.

In Cornwall at Towedrack an ancient granite cross has been found built into a chimney.

A tomb has been recently discovered at Volo in Greece, which is believed date back to the Homeric period.

About fifty miles west of Algiers, among the ruins at Cherchell, the French have unearthed colossal statues of Jupiter, Venus and Hercules.

Stone circles with dolmens in their centers have been found in India near Madras.

A number of urns lately unearthed in Rome bear the shapes of human viscera, of thoraxes, feet-hands and other parts of the human body.

A solid silver hatchet found recently in Sonora will soon adorn the museum of Princeton college.

At Forli, Italy, a very ancient tomb has been found under a street containing the remains of the skeleton of a warrior.

A slab bearing 130 Phoenician letters has been found at Cyprus in a church near Dali.

In Poole's cavern near Burton, England, a bronze bracelet and presumably Roman to have been found, together with charcoal black pottery.

The Englishmen who celebrated the Queen's jubilee in Faneuil hall have organized a political body to counteract the influence of the Irish and have enrolled the names of 5,000 Englishmen and Scotchmen scattered over Massachusetts.

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