HOUSEHOLD.

Extravagant Economies.

Many women who are extremely frugal in other things seem to have no idea of the value of time. Of their failure in this direction a writer gives a few examples:

"Do you not know many homes where the supply of cooking utensils is so unnecessarily limited that a good deal of time is daily wasted and much extra labor expended in preparing the meals, by having to wash one saucepan in which to cook a second dish that could as well have been cooked with the same fire, and watched at the same time as the first? Or a towel must do duty as strainer or colander, no account being made of the time required to wash the towel nor of its becoming worn or stained? Or a silver spoon is used to stir or lift food for the lack of iron or wooden ones? Why not afford such kettles and pans as are really needed for advantageous cooking, and 'save' in some other department?

"Have you ever seen some busy housewife hanging out clothes on a cold, windy day, taking off a clothes-pin each time a garment is added to the line, trying to make the pin hold two and sometimes three articles? Since good clothes-pins can be had for five cents per dozen, it seems rather far-fetched saving to stand on the icy ground double the time really required to shake out and hang the clothes, and run the risk of taking cold while so doing.

"Could any arithmetician compute the number of half-hours spent in rearing a family of half a dozen children, in untying 'hard knots' in shoe-strings that are too short or are so worn as to require tying in more than one place, and must again be untied before the little shoes can be taken off? Shoe-strings cost, it may be, ten cents per dozen pairs. Could the hours which some mothers spend, during one year alone, in managing worn out shoe-lacing in order to save a few cents, not better be utilized in doing some sewing or other work, by which enough could be earned to stock the family with shoe-strings for life?"

Minor Details in the House.

Trifles make the sum of life, it is said; certainly they do of life in the kitchen and dining-room. And the wife who by her skill and knowledge of detail knows how to save any fraction of the sum allowed her for house-keeping is really one who brings more happiness into the dwelling than the wife whose income doubles her husband's. This skill and knowledge are the portion of every wife whose mother has taught her to observe the seemingly trivial things of good house-keeping, the minor details of daily living. And whoever has these little things at command will find them a more integral part of family happiness than familiarity with the differential calculus is. And although Greek and Anglo-Saxon and high philosophy and natural science may be requisite and delightful acquisitions, yet it is evident that they are incomplete without the previous requisites of bodily comfort and mental quiet.

And That Reminds Me—

When the burners of kerosene lamps become clogged, put them in a basin of hot water, containing washing soda, and let them boil for a few minutes. This will make them perfectly clean, and almost as bright as new.

Coarse brown paper soaked in vinegar and placed on the forehead is good for a sick headache. If the eyelids are gently bathed in cool water the pain in the head is generally allayed.

When there is a rat hole through plastering, or between the stones of a cellar wall, the most effectual way to stop it is to fill it with plaster of Paris mixed with broken glass. Holes in wood are best stopped by nailing tin over them.

The cleanest and most perfectly polished floors have no water used on them. They are simply rubbed off every morning with a large flannel cloth, which is soaked in kerosene oil once in two or three weeks. Take the cloth, and with a rubbing brush or stubby broom go rapidly up and down the planks (not across them). After a few rubbings the floor will assume a polished appearance that is not easily defaced.

If you want a pleasing and interesting object on your mantle shelf, try growing an oak tree in a bulb glass. Suspend an acorn by a thread within half an inch of some rain water contained in a hyacinth glass, and permit it to remain undisturbed a few months, when it will burst and throw down a root into the water and shoot upward its straight and tapering stem with beautiful green leaves. These miniature trees live but a few months, but during that time afford considerable interest.

A little ammonia or borax in the water you wash your hands with, and that water just luke-warm, will keep the skin clean and soft. A little oatmeal mixed with the water will whiten the hands. Many people use glycerine on their hands when they go to bed, wearing gloves to keep the bedding clean; but glycerine makes some skin harsh and red. These people should rub their hands with dry oatmeal and wear gloves in bed. The best preparation for the hands is the white of an egg, with a grain of alum dissolved in it. "Roman toilet paste" is merely the white of an egg, barley flour and honey. They say it was used by the Romans in the olden time; any way it is a firstrate thing, but it is a mean, sticky stuff to use, and does not do the work any better than oatmeal. The roughest and hardest hands can be made soft and white in a month's time by doctoring them a little at bedtime; all the tools you need are a nail brush, a bottle of ammonia, a box of powdered borax and a little fine white sand to rub the stain off, or a cut of lemon, which will do even better, for the acid of the lemon will clean anything. Manicures use acids in the shop, but the lemon is quite as good and isn't poisonous, while the acids are.

Cooking Recipes.

BLACK PUDDING.—One-half cup each of sugar, butter and milk, one cup of stoned raisins, one teaspoon of ground cloves, two and-half cups of flour, one teaspoon of baking powder; steam one hour. Sauce: Mix a little flour, corn starch and water together; let it boil two minutes; add a small piece of butter, sugar and nutmeg.

CHOCOLATE JELLY.—Take seven spoonfuls of grated chocolate, the same of white sugar, one cup of sweet cream; mix together and set over the fire and let come to a boil. Pour it over cornstarch pudding, or put between layers of cake.

JOHNNYCAKE.—One cup of cornmeal, two cups of flour, one cup of milk, one-half cup each of butter and sugar, three eggs, three teaspoonfuls of baking powder.

VEAL FRITTERS.—Chop fine two pounds of veal; add half pound of rolled crackers, three beaten eggs, with salt and pepper sufficient to season; fry slowly in hot lard.

VEAL MARBLE.—Take a cold boiled tongue or a like number of pounds of cold veal, chop each separately very fine; season with pepper, a teaspoonful of mustard, a pinch of nutmeg and ground cloves; pack in alternate spoonfuls in buttered jars; press firmly and cover the top with melted butter; when cool close the tops of the jars and keep in a cool place. When ready to serve cut in slices.

PIE CRUST.—One quart of flour, one teacup of lard two tea-spoons of baking powder, a pinch of salt, cold water enough to make a dough not too stiff.

RICE.—Boil one cup of rice in water until well done, stir in two beaten eggs, half cup of sugar, one and a half cups of milk. Pour into a dish and grate nutmeg over the top.

HOT SLAW.—Cut half head of cabbage up fine, pour salt, pepper and vinegar over it, take one cup of milk, two eggs, small piece of butter, one cup of hot vinegar and pour over the whole.

CORNED BEEF.—Boil until soft enough to remove the bones; place in an earthen dish and pour over it the water it was boiled in. Place a plate on it and a heavy weight: have sufficient water, so that when the weight is on it will come to the top of the meat; let it stand until cold then cut in slices.

CUP CUSTARDS.—Beat five eggs with three-quarters of a cup of white sugar, add flavoring and one quart of sweet milk; pour into cups and place in a baking pan of water. Bake in a slow oven.

POTATO CUSTARD.—Grate six large potatoes and add to them one quart of boiling milk; stir in three beaten eggs and one-quarter of a pound of sugar; boil seven minutes, taking care not to let it burn, then add one-half cup of butter. This will make three good-sized custards.

LEMON CREAM.—Beat together one quart of cream and the yolks of five eggs; gradually beat in one-half pound of white sugar and the grated rind of four lemons; pour into a porclain kettle and let it come to a boil; remove from the fire, and stir until nearly cold, squeeze the juice of the lemons into a dish and pour the cream upon it, stirring until cold.

GREEN TOMATO CHUTNEE.—Peel and slice two gallons of green tomatoes and three tablespoonfuls of ground mustard, three gills of mustard seed, two tablespoonfuls of ground pepper, two tablespoonfuls of ground cinnamon, one tablespoonful of cloves, one pound of brown sugar, three quarts of best vinegar. Boil all together until quite done. If you choose you may put one spoonful of ground and a portion of cinnamon bark. Celery tops improve the flavor and some odd cloves of garlic, mind Spanish garlic. If more convenient peaches just turning ripe, sliced, can be used instead of green tomatoes.

RIPE TOMATO CHUTNEE.—Take seven pounds of ripe tomatoes, with the outside skins taken off, put them in a stone jar with three pounds of brown sugar, one pound of stoned raisins and some cloves of good garlic. Place the jar in a vessel of boiling water and let the tomatoes boil until the sugar penetrates them, then add one pint of good vinegar, one ounce of cloves, one ounce of ground cinnamon. Boil thirty minutes. Then put up. They will keep any length of time.

Stealing Knowledge.

Mr. Morse, the inventor of the telegraph, was annoyed by infringements upon his patent, the defence of which entailed costly lawsuits. He advised inventors to keep their processes and machines secret, if they could, and work them themselves, or sell them to a powerful company, rich enough to indulge in suits at law for the protection of their rights.

Huntsman, the inventor of steel ingots, anticipated Mr Morse's advice as to secrecy by a hundred years. He was an English watchmaker, and his temper had been so tried by defective watch-springs, that he determined to make his own steel and his own springs.

He discovered, after several experiments, that a piece of steel if melted and cast into an ingot, would be uniform throughout. He offered steel ingots for sale, and such was the demand for them that he built a factory to produce them. The process was kept a secret, and his workmen were paid high wages and sworn not to reveal the method.

One snowy night a stranger rang the bell of the factory gate, and appealed piteously to be admitted, to shelter himself from the storm. He was dressed as a farm laborer, and the foreman, not suspecting any deceit, allowed him to stretch himself upon the floor near the furnace.

The man apparently sank off to sleep. The workman cut the bars of steel into small pieces, and threw bits into crucibles, which were thrust into the furnace until their contents were melted. Then they drew forth the glowing crucibles, poured the liquid contents into moulds, and set them apart to cool.

Then the stranger awoke, got up, bade the workmen good-night, and went away, taking the secret of making cast steel. He was an iron manufacturer in disguise, but was, nevertheless, a thief.

The Power of Imagination.

At a ball in Berlin a lady with very delicate nerves told her friend that she dreaded roses more than anything. "The odor of these flowers," she remarked, "always makes me dizzy." Soon afterwards a lady appeared, wearing, unfortunately, a red rose in her hair. The nervous sufferer at once turned pale, her arms dropped at her side, and she sank into a chair. They ran to her assistance. "What remarkable nervous irritability!" "What a delicate and sensitive constitution?" exclaimed the bystanders. "Pray, madam, would you kindly step aside, as you are the innocent cause of this lady fainting through the smell of the rosebud which you have stuck in your hair." "Really, if that is the case, I will readily deliver up to you the guilty flower; but first examine it before passing judgment." The flower was handed round among the group; then anxiety was at an end, glances of surprise were exchanged—the fatal rosebud was not the child of nature, but an excellent artificial imitation.

INDIA'S INHABITANTS.

An Interesting Description of the People.

Rev. K. C. Chatterjee, a Brahmin, a high caste Hindu and a cultured, able man, is at present in this country. In a recent lecture on "Mission work in India," he said: I will first of all describe the religious and social life in India and then indicate how the work of the missionary is done, its success and its future. The name India is not of native origin. It was given to the land by the Greeks, who corrupted the native term Hind. The country is 1,900 miles long, and 1,800 miles wide, containing a million and a half of square miles. It contains more territory than all Europe outside of Russia and nearly half as much as the United States. It has a population of 252,000,000, more than four times greater than the population of the United States. India has an average of 215 persons to the square mile and the most populous part of the country, as in Bengal and Bombay, as many as 800 persons to the square mile.

RACES AND RELIGIONS.

India contains three races of men: one in Central India supposed to be the race of the aborigines, which worship the evil spirits; another in southern India, and the descendants of the immigrant Aryan race, the same stock from which you have descended. Two hundred millions of the people are under British rule and 50,000,000 under feudal native rule. The religions are divided as follows: 170,000,000 Hindus, 70,000,000 Mohammedans and 32 000,000 who accept the lesser religions, including Christians. Hinduism is a mixture of pantheism and polytheism. The principles of the religion are announced by the naitve philosophers thus: There is one existence and no second, all that exists is God; I am God or a part of God. Hindu conversation consists in recognizing the fact that one's self is a part of God. The Hindus do not believe that the universe came from nothing, but that it is an emanation from the supreme spirits. Salvation consists in absorption into the divine soul. This doctrine has been wrought out into two philosophies, each having its priesthood and rites. There is another way of salvation among the common people, known as the way of work.

THEIR SELF-INFLICTED PUNISHMENTS.

In the following out the belief we may see all through India persons inflicting upon their bodies the severest penance in the attempt to make the soul independent of the body. During the hot months persons will stand within circles of fire with the sun above doing penance. In cold weather they may be seen standing in a river day and night for 15 or 20 days. A man who lives near me has erected a stone pillar, and every morning mounts it and looks directly into the face of the sun until it sets. He has done this for seven years, and now his face is withered, burned up and his sight almost wholly destroyed. Other men lay themselves upon beds of spikes, or sit with their arms continually raised to heaven until their arms literally wither to the bone.

OTHER BELIEFS.

Another way of salvation is the way of faith. The believer in this instance puts his trust in some object. Everything is pregnant with divine life and is worthy of worship. This doctrine opens the way for polytheism, and there is no object in heaven above or in earth beneath, which is not worshipped by the Hindu. Sun, moon and stars, human beings and brute beasts, are all made objects of worship. The cow and the monkey especially are sacred animals and images of cows and monkeys may be found in every temple. A special day is set apart for the worship of serpents. The Himalaya mountains and the River Ganges are also sacred. A drop of Ganges water in a man's bath cleanses him from all sins, no matter how heinous. The ashes or bones of any man cast on the river float directly to heaven. All persons dying upon its banks are also sure to go to heaven sooner or later. The 250,000,000 of people have 333,000,000 of gods. The Benares are 2,000 temples, containing 500,000 images, ministered to by 20,000 priests or Brahmins.

The Mohammedan religion in India is so much influenced by the polytheistic Hindu beliefs that one-tenth of the prophet's followers are strictly faithful to him. Missionary work in India dates from 1813. Efforts were made before, but were fruitless. There are now 28 missionary societies working in India, employing 600 ordained missionaries. The work is accomplished mainly through the dialect preaching of the word of God in the bazars, the chapels and at the great festivals; education of the younger classes and the printing press. There are 10,000 pupils in the mission schools at present, and two printing presses are used to print scriptures, tracts, etc., in the various languages existing in India. Two newspapers are published. Much influence is gained by the practice of medicine. Lady physicians do a great work among the Hindu women. There are now 600,000 baptized converts in India.

Tobacco.

Tobacco was first introduced into Western Europe in 1560 by Francesco Hernandez, who imported some tobacco-plants from North America into Spain. The tube, or pipe, in which the Spaniards smoked the imported weed was called tabaco and hence came the name which is now so familiar to civilization all over the world. In Spain it is still called, tabaco; in Germany, Holland, and Russia, tabak; in France, tabac; and in England and the United States, "tobacco." Sir Walter Raleigh, fresh from one of his voyages to Virginia, was the first to make smoking fashionable in this country, and even went so far as to induce Queen Elizabeth "to try a few whiffs of the bewitching vegetable." "The Queen," says Colonel Bired, the founder of Richmond, in Virginia, "graciously accepted of it; but, finding her stomach sicken, it was presently whispered by the Earl of Leicester's faction that Sir Walter had certainly poisoned her Majesty. Soon recovering from her disorder, the Queen obliged the Countess of Nottingham and all her maids of honour to smoke out a whole pipe amongst them.

Convinced That he Was a Nobleman.

She—"What do you think of Signor Handorgani?"

He—"I am convinced he is a genuine Italian nobleman."

"I am glad you think he is no imposter. But what gives you such confidence?"

"When he was asked to play last night he felt all around the piano for the crank."

STANLEY AS AN AFRICAN TRAVELLER.

What the Emin Expedition Shows as to His Abilities.

The qualities that have made Henry M. Stanley so successful as an African traveller have been very conspicuous in his latest undertaking, with is perhaps the most difficult enterprise he has conducted. He has accomplished the feat of leading 750 men, most of them heavily laden with ammunition and other stores intended for Emin Pasha, through 350 miles of famine-stricken country. He required five steamers to carry his expedition to the Aruwimi, but he found only three steamboats available and with these inadequate resources he managed, by taking a lot of barges in tow, to transport nearly four-fifths of his party 800 miles up the river, arriving at the Aruwimi a day or two before he expected to reach that point. The sufferings of his expedition may be inferred from the fact that the collapse of a number of his men, who were unable to proceed, was due solely to weakness resulting from their scanty rations. When hunger drove his hundreds of carriers to the verge of revolt, between Stanley Pole and Bolobo, Stanley put the rebellious ringleaders in irons, and his prompt severity restored discipline and saved his expedition from the ruin that threatened it.

Stanley has not been very popular with most of the men he has introduced on the Congo. With rare exceptions he has not taken them into his confidence or mingled with them on terms of personal intimacy. One of them, who served for three years under him in important positions wrote that he rarely consulted his subordinates, never confided his plans to them, and that he had lived for years with Stanley and still felt that he did not know the man. "If Mr. Stanley told me," said Lieut. Braconnier, "to pack my baggage and be ready to start in an hour, I would not dream of asking him where we were going. He would simply tell me my own duties required all my attention." These very men, who have not admired Stanley in his personal relations with his subordinates have had great confidence in his good judgment and ability as a leader and some of them have expressed their admiration of his handling of the expedition now in his charge.

During the sea voyage to the Congo the Zanzibar porters got into troub le with the sixty Soudanese, whom they outnumbered ten to one. There was a terrible row and the overpowering Zanzibari mob, with clubs and firewood, were driving the Soudanese down into a stifling place between decks, when Stanley appeared on the scene with his stick, belabored all the frantic porters within reach, drove them back, and quieted the tumult. One secret of his success is the mastery Stanley has always possessed over the hundreds of ignorant natives who have helped him in his enterprises. More than one African expedition, like Lieut. Giraud's has been ruined because its commander lacked the quality of leadership and insubordinate attaches got the upper hand. On this occasion Stanley assigned the poor Soudanese to one part of the vessel, within which he forbade the Zanzibaris to intrude, and thereafter there was perfect peace among the different elements of the party.

Before the big expedition debarked on the lower Congo to begin its land march the party had been divided into companies of about seventy men, each of which was put in charge of one of Stanley's European assistants. Each Captain had his distinctive flag and received every morning the orders for the day. The chiefs of several of the Congo stations have expressed their admiration of the perfect order and system with which every movement of the party was conducted. Officers at Leopoldville have said that when a steamer is about to leave that port one would think a huge Atlantic liner was taking her departure. Stanley's command, however, marched in detachments to the waiting fleet, took the positions assigned them in the most perfect order, and were on their way up the river before half of Leopoldville knew they had broken camp. "The departure of the steamers," writes a member of the Sanford expedition, "was quite a sight. Everything went with the smooth exactitude of a machine, and not a hitch of any kind occurred."

The surprise to which Stanley treated Leopoldville upon his arrival at that place was quite characteristic of the man. The sleepy settlement had hardly woke up one day when it was astonished to see that some distance below the town a score of tents had been reared, and hundreds of men were hard at work clearing a space, for their camp. Stanley had arrived and had his camp half pitched before anybody in Leopoldville knew that he was within miles of the place. The characteristic promptness, also, with which he cuts Gordian knots that he cannot untie was well illustrated by the alacrity with which he despatched a force of soldiers and seized the steamer Henry Reed after the missionaries had formally declined to let him have the services of that vessel. A few hours after he reached Stanley Pool he had four parties of hunters on the waters of that broad expanse shooting hippopotami, and the meat these hunters supplied was all that saved his expedition from dire distress.

None but a remarkable man could do the work that Henry M. Stanley has achieved in the Dark Continent; and from all the reports that have come back from the Congo, his qualities as a leader of expeditions in Africa have never shone more brilliantly than in the enterprise which he is now leading through an unknown region to the relief of Emin Pasha.

Sad Effect of Ear Boxing.

Science publishes some valuable records collected by Dr Samuel Sexton on the observed effects of boxing the ears. Dr Sexton has fifty-one cases upon his records in which the ear has been injured by blows of the open hand or fist. The nature of the injuries varied considerably. One had inflammation of the ear, with suspicion of intracranial trouble, and a running of the ear for twelve years following a blow upon that organ. This patient subsequently died of brain disease. In another case the ear became inflamed and the hearing very much impaired. In another case the patient was slapped by his father upon the left ear, and immediate pain and deafness ensued with a bloody discharge, from which he was three months in recovering.

The dangers to which Dr. Sexton calls attention are so grave that parents and all others should choose some other method of punishing their children than boxing their ears. It is not improbable that if Dr Sexton pursues his enquiries further, he will find other cases in which brain disease followed this barbarous practice.

THE KOOTENAY DISTRICT.

The Great Mineral Resources of the District—A Lovely Country.

Z. Jacoby has been on a trip to the Kootenay country, British Columbia. He proceeded to Golden City, and as the Columbia Duchess was submerged, an attempt was made to run up the river in boats, but the current was too strong. Recourse was then had to horses and Mr Jacoby went south as far as Cranbrook, Col. Baker's 6,000 acre ranche. He describes the country traversed south of Canal Flat, when the Kootenay Lake district is entered, as resembling an English park. For twenty miles more there are gentle undulations covered with a rich carpet of bunch grass, the timber being distributed so that a horse can gallop through at any point. On Mud or Horse creek 85 Chinamen are at work, a Chinese company purchased the ground and mining ditch for five or six thousand dollars from white men, and are now taking out $10 per day to the man. At Baker creek, twenty miles from Fraubrook, a company of enterprising men are endeavoring to master the obstacles to successful mining on that creek.

THE QUICKSANDS AND SLUM

have heretofore prevented bed rock being reached, but it is thought that the improved means adopted will overcome this. Whenever it was possible to mine on the creek rich returns have been secured, and the present attempt will be pushed to a successful issue if it is at all possible to do so. Mr Jacoby saw much to convince him of the richness of Kootenay district from Big Bend to the boundary line. The creeks emptying from the Selkirks on the west, as those flowing from the Rockies on the east all carry large quantities of gold, and it is safe to assume that in placer mining the ground is comparatively untouched, while in quartz the district yet remains in a virgin state. That all this is on the eve of change is without doubt, and Kootenay will soon be teeming with active, energetic men, who will extract from mother earth its golden riches. While at Revelstoke Mr. Jacoby was shown some samples of quartz which was thickly interlaced with fine gold. The men who are working the claim have got down eight feet, and the character of ore still continues the same. The Big Bend country is one of great promise, and reports are to the effect that miners on the various creeks are securing good pay. The main portion of the mounted police are now at the upper crossing of the Columbia, while some have gone into the affected district. The Indians have quieted down since the advent of the police and there will likely be no more trouble.

Skeletons of the Great Auk.

A St. John's, Nfld., despatch says: News has just been received here that the cruise of the United States Fish Commission schooner Grampus on the Newfoundland coast has been highly satisfactory in its results. One of the main objects of the expedition was to obtain skeletons of the great auk, a seabird larger than a goose which was once found in myriads on the low rocky islands off the Eastern coast, and even out as far as the banks. For more than half a century no specimen has been seen of this remarkable bird, and it is "wanted" badly for scientific purposes, as in all the museums of the world only nine skeletons are found. Prof. Baird despatched the Grampus to search Funk Island, where three skeletons were found many years ago. Funk Island lies 30 miles from the mainland, exposed to the swell of the Atlantic. There is no harbor or cove, and it is only possible to land on it from a boat in very calm weather by leaping on one of the narrow ledges of rocks. It is about half a mile in length, bare, rocky, and without water, but in certain places are guano deposits formed in bygone ages, and the hope was that bones in these heaps were skeletons of the great auk, still well preserved. A safe landing was effected by the scientific party, who spent two days on the island. Capt. Collins forwards the intelligence that they came away entirely satisfied with the selection made. They believe they secured specimens of everything on the island, animal, mineral and vegetable. It is thought evident the Smithsonian Institution will be enriched by rare prizes. The researches of the Grampus will continue northward as far as Labrador. In addition to dredging and collecting natural history specimens Capt. Collins is charged with the duty of verifying reports of the appearance of mackerel on the north-eastern shores.

He Agreed With Her.

Old Colonel Bloke and Mrs. Bloke, who have been man and wife for forty years, is probably figure in the next District Court list of divorce cases. It came about by the following conversation:

"Yes, Lemuel Bloke, you are a hog, a regular brute, not fit for decent people to live with. You couldn't get any other woman in the world to live with you but me."

"Well, if I am what you say, my dear, and I dare say you are right, I quite agree with you. I don't think I could either."

After a moments' reflection she saw the point.

Buffalo Bill intends to give a fall season in Paris and a winter season in the Colosseum in Rome. His European engagements extend over three years.

Emperor William has presented to the Pope a mitre of exquisite workmanship adorned with brilliants, rubies, sapphires and emeralds in honour of the Papal jubilee. The Kaiser also wrote a letter.

Electricity has entered English sport. For the angler who wishes to let his line float gently with the stream, without the trouble of watching it, a little electrical arrangement has been devised whereby a pull upon the line closes the circuit and rings a bell.

Russia's wealth of horses is enormous, far surpassing what the rest of Europe united can muster. It is said to amount to 19,500,000. Austria possesses but 1,460,000, Hungary 2,870,000, and Germany 3,250,000. This explains how the Russian cavalry regiments can be mounted on animals of a uniform color.

HEALTH.

Good Nursing.

...al companions, attendant ... if any are admitted—are as ... appropriate, as pure air, sunshine, ... surroundings. The influence ... over the body is far greater than ... usually supposed, animating or ... and can not well be overrated. ... faced gentry, with repulsive ..., breathing an atmosphere of ..., constantly expecting some ..., some unlooked for calamity ... sick, some awful change in the ... have no mission in the sick ... they have in any degree ... who constantly look on the ... dicting unfavorable changes, ... in reciting the history of sickness ... which terminated fatally, at ... pains and sufferings, can ... a pernicious influence, serious ... the symptoms, rendering ... and more doubtful the longer ... is felt. The boisterous and ... one hand, and the cunning ... evil surmising, on the other, ... fully excluded from the sick ... particularly when the patient is ... sensitive. Indeed, no intelligent person will be either class ... when the case is reported ... doubtful. If there is whispering ... patient will wish to know the ... it, while careful listening will ... an undesirable fatigue. Such ... attempts to conceal important ... may naturally appear to the ... naturally excite curiosity if not ... suspecting worse results ... by the attendants. ... kind should ever be allowed ... Pleasant, cheerful tones ... demanding much consideration ..., with smiling faces, cordial ... expressive of hope ... as much so as the circumstances ... admit—will legitimately ... the rigors of the symptoms ... the sufferings. Shall visitors ...? To exclude all will cause ... that the case is serious, ... If admitted, it should ... restrictions. If I were ..., I should wish the company ... loved friends, taking my ..., with one on my brow, when ... permitted to listen to cheering ..., not being expected ... questions, nor to have the ... so continued as to produce ... the simple presence of such ... conversation for only a few ... be sufficient. To exclude ... me that my friends desire ... making me feel keenly that ... in my time of need, by ... sympathize with and ... presence of judicious friends ..., will effect more good than ...

Cigarettes.

Whether or not young Mr. K... smoking cigarettes, it is perhaps ... to physicians that a man ... carrying that practice to ... that excessive cigarette smoking ... great deal of harm. In the ... who smoke cigarettes do not ... than those who use cigars and ... is going to leave his office ... the street for a minute, or ... the corner to take a horse car, ... a cigar; he knows it must ... immediately, and a sense ... rains him. But if he is in the ... cigarettes, he may take ... time, and is pretty sure to ... it. The result is that when ... has the benefit of some ... lungs whenever he is out of ... smoker takes in air charged ... nicotine.

Smokers of cigars and pipes do ..., inhale smoke, but cigarette ... Why this should be, it is ..., but it is an acknowledged ... It is thus easy to see why ... smoking should be ... air in reaching the lungs and ... through the windpipe and ... tubes. Between the windpipe ... the bronchial tubes keep ... This incessant subdivision ... ultimately to great fineness ... they are scarcely wider ... the end of each bronchial tube ... is called a pneumonic globule ... this globule that the air and ... here that the blood becomes ... oxygenized. In the case of ... the smoke of cigarettes, the ... of receiving fresh air, ... with nicotine. In order ... extent to which the lungs ... air it is only necessary ... that the area of these pneumonic ... is some 1,200 square feet. ... is a popular notion that ... of cigarettes do the ... paper perhaps does burn ... wrappers of some Turkish ... impregnated with opium, ... harm; but that is not ... cigarette. The trouble with ... people will smoke cigarettes ... they will not smoke cigarettes ... smokers thus use more ... other people, and that cigarette ... tobacco and take in ... charged with nicotine.

Sun-Stroke.

When a person falls with sun... ...uld at once be taken to the ... ...ilable. His clothing should ... cold applications made to ... the whole body. Pieces of ... ...cked around the head, or cold ... poured upon the body from ... The ice-pack to the spine ... will also be found of ... a preventive measure there ... out of the sun; but ... as in the case of ... consisting of ... fastened ... of the head fro...

Hints.

...ppers object ... ...parts such a ... on a winter ... coal dirt. ... one of the ... room, and, ... of air, keep