

**SOOTHING SILENCE.**

**It Is Here Shown That Absolute Quiet Brings Healing Rest.**

A doctor writing on the subject of the suppression of useless noises in cities, which he claims will hasten toward convalescence many a patient whose nerves are now too racked by perpetual racket to give the system a chance of recuperating, says he remembers one delightful ward in his training school, wherein the "sister" used to insist on a "silent hour," from 2:30 to 3:30 daily. It was the only ward in the hospital which enforced this golden rule, alike beneficial to the nurses fortunate enough to be drafted there and the patients therein, who flourished and blossomed forth into amazing convalescence under the silence system and the good nursing which accompanied it. For the "sister" was a born nurse, and she had the real sympathy and womanliness which caused her to appreciate the balm and healing of that one quiet hour in the day, says the Pittsburgh Dispatch.

It was a male surgical ward, and the patients, on first admission, used to chafe somewhat at "sister's" dictum—against which there was no appeal—of "no conversation or newspaper reading during the hour." But gradually each patient came to appreciate the soothing lull in the busy hum of the ward, and "sister" and her staff used to

watch with satisfaction how patient after patient fell gradually under the soporific quiet of the time, and went off into comfortable sleep, which frequently lasted long after the prescribed limit. The good humor of the ward was most exceptional.

The senior surgeon of the hospital was never tired of saying: "The patients here, sister, get on as if by magic. What spells of witchcraft do you weave to heal them so quickly?"

**HOME MOUNTAINS.**

**We Don't Have to Go Abroad to Find High Climbing.**

There are 110 mountains in Colorado whose peaks are over 12,000 feet above the ocean level. Forty of these are higher than 14,000 feet, and more than half of that number are so remote and rugged that no one has yet dared to attempt to climb them. They are as unique as those of Switzerland, and as fearful as the Alps in the warning they offer to the men or women who are so hardy as to defy them by starting upon their ascent. Some of them are massed with snow, others have glaciers over their approaches, and others are merely masses of jagged rocks.

Not even Coloradoans have sought as yet to surmount them, and the profession of "guide" is still open to whoever may care to enter it. Railroads

reach within close enough range to provide hotel facilities, but otherwise the mountain climbing of Colorado is yet awaiting its pioneers. Did the Coloradoans or the people of other states fully realize the intoxicants as well as the health-giving powers of mountain climbing, Rocky mountain climbing would be one of the most popular recreations of America.

Only one mountain-climbing club is known to exist in Colorado. There is room for a dozen more. There should be one in every city. By the evidences such clubs might offer of their thrilling experiences and of their unexampled pastimes, the fame of the Rockies as a place of pleasure and adventure might be widely advertised, and Colorado thus be pushed forward to the place it must eventually occupy as the American substitute for Switzerland.—Denver Times.

*In France it is a punishable offense for anyone to give infants under one year any form of solid foods unless such be ordered by written prescription signed by a legally qualified medical man.*

When the bicycle was first introduced in India it was not at all an uncommon thing for natives to fall down and worship it. Calcutta can probably claim more women cyclists than any other city in India.

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Eli Perkins