

OVER-WORK AT SCHOOL.

BY FAITH ROCHESTER.

Words of warning still seem to be needed lest children be done to death in the process commonly called education. The brightest ones are in the most danger, though parents and teachers seldom seem to be aware of this. "It is no task for him to get his lessons," they say. "She learns so easily; she can take another study as well as not." But brain work still is work, though done with pleasure. Some play uses up vitality, and the best beloved occupation may exhaust the nervous force, if too long continued. There is no more sad but truthful application of the old saying, "Haste makes waste," than in the crowding forward of children at school, especially the bright ones.

Within the last year I have seen some sad cases of breaking down among school children, and there are other bright young minds and bodies within my range of observation for whom trouble surely waits, unless preventive measures be taken very soon. The little boy delights his parents and teachers by his readiness in learning his lessons, and he is rapidly promoted from one grade to another, becoming more and more ambitious as he sees the pride of his parents and the pleasure of his teachers. Nature makes frequent protests, but these pass unheeded. The boy grows nervous, has impaired digestion and circulation, for Nature is saying as plainly as possible, "I cannot give this boy the good, healthy body that he needs, if you persist in letting the brain use up all his nervous force or vital energy. He cannot eat his cake and keep it too. There are limits to his constitutional vigor. If you persist in drawing upon this capital invested to him, he must break down."

Very few teachers and parents understand Nature's language. They do not know that cold feet, constipated bowels, or catarrhal symptoms, may result from over-study, as much as do headache or brain disease of any kind. But children would not so soon break down if their bodies were not neglected and abused at the same time that their brains are overworked. The exercise of the brain calls the blood to that part, and this alone has a tendency to disturb the circulation of the blood. The equilibrium is farther impaired by insufficient dressing of the feet and legs, especially among little girls. But some little girls are better protected from the cold in winter by thoughtful mothers than little boys, who wear the fashionable short trousers and no leggings. Well-dressed little girls now wear for winter clothing, long woolen under-drawers, coming well into the boot-top, under the thick stockings, with thick leggings for out-door wear. They also wear long-sleeved under-garments and outer-garments that afford real protection; double mittens in the coldest weather, and hoods or "nubias" that protect the forehead and sides of the head as well as the top. One of the oldest and most important rules of health is this: "Keep the feet warm, and the head cool,"—not cold. If the blood is driven from the surface of the body by cold, especially at the extremities, internal organs are more or less congested by excess of blood, and in this way many different diseases are brought on. Poor food and bad air make the blood impure, and this poor, devitalized blood cannot properly nourish the various organs. Something must fail, either physical health or mental vigor.

Sometimes the brain fails. Actual insanity may result from over-work of the brain. Sometimes the bright, precocious child becomes almost idiotic from combined over-work of the brain, excitement of feeling, and neglect of the body. More frequently the mind becomes simply weakened, and can no longer confine itself to hard study. The brain must have a long rest, and probably never fully recovers its lost power. The brain itself, though the organ of the mind, is but a part of the body, and its failure is a failure of physical health. But sometimes the mind seems even clearer and stronger than ever, as muscular power fails. A time of especial peril to girls is the age between twelve and fifteen. Nature then seeks especially to round out and develop the women from the child, and over-work of any kind tends to thwart her plans. Many a poor girl who started well in life, physically speaking, goes into a decline at this age, because of the foolish haste of the parents about her schooling. In this "slaughter of the innocents," piano practice accounts heavily.

Preventives of Malaria.

Scarcely a section of our beautiful country is free from malarial disease in some of its forms. During the protracted drought of this year many localities formerly free from malaria have been visited by this insidious foe of humanity. Two reasons are given for this result. First, the ponds and swamps have been dried up, and the lower forms of organic matter have been exposed to the air, and second, wells and springs have become so low that the water is very impure, and no doubt its use produces an unhealthy state of the body.

If the use of impure water alone were the cause of malarial difficulties the remedy would be simply, namely, to substitute pure water instead, if it could be had, or by filtration and other means, purify what was at hand.

The malarial influence arising from swamps or marshes can only be counteracted by aerating the soil and thus getting rid of the lower organisms resident there. By means of drainage the sour soil water is carried off, the air enters and decay is completed—the poison is destroyed and a more healthful condition ensues.

But there are vast stretches of country where these means cannot be employed, and other methods must be provided. It is now pretty well proven by actual plantings in California of the blue gum tree, or Eucalyptus of Australia, that by its use over a sufficient area the malarial tendencies can be counteracted. Unfortunately, by actual test, we find that the *Eucalyptus Globosa* will not flourish in certain sections of the country.

What then can we employ? Professor Maury, has proved at the Washington Observatory that extensive plantations of the common sunflower will, during its growing seasons, counteract malaria.

The common willow being a coarse feeder and rapid grower, revelling in wet and swampy land, has also been commended as

one of the very best agents for the destruction of malarial germs. Its roots spread widely through the soil, while its leafage is simply enormous in proportion to the woody development. The tree sorts of willow grow with great rapidity, but more immediate effects may be produced by planting sprouts of the osier or basket willow thickly all over the whole of a wet or swampy surface soil. This would be a remunerative product aside from its destruction of malaria. The plan is worthy of trial.—*Exchange.*

PERSONAL PARAGRAPHS.

Eminent Folk Here and There.

Herbert Spencer once had journalistic aspirations, but could not get a place, even as a Bohemian itemizer, in the whole city of London.

Canon Farrar recently alluded publicly in London to Mr. James Russell Lowell as "one who is at once the American Minister and the first of the living American poets."

The King of Holland sometimes walks all night in the populous parts of Hague. When he reaches home he personally supervises the frying of his potatoes, which he takes with several glasses of beer.

Mr. Blaine is credited with an epigrammatic description of Oscar Wilde, the accuracy of which will be recognized by all who have met the apostle of aestheticism. He referred to O. W. as "that underdone young man."

It is said in San Francisco that Lord Beaumont has been refused by an heiress of that city. He made the mistake of asking her father in advance just how much she was to have, business being business.

Sir John Rose, a financial and railway magnate, who owns one-fifth of the Canada Pacific Railway, was recently in St. Paul after inspecting his road. He is tall and angular in appearance, yet very genial in manner, though very modest and unassuming.

At Cape May Oscar Wilde wore his aesthetic suit with "the sweetness of a maiden," but, being posed by his liking in a big arm chair, a waiter was asked to be good enough to bring a bottle of wine and a box of cigars. The wine was old and the cigars were as black as ink; but he smoked, drank, and chatted until midnight.

Arabi Pasha is described as a tall, heavy-faced man, sullen, swarthy, with only a clear eye to soften the general harshness of expression, and a black mustache to hide a badly carved mouth. His legs look too frail for the rest of his body. He is a bulky, broad, thick-chested fellow, built on the lobster pattern. As a spectacle, not pretty.

One of Prince Bismarck's pet schemes is to substitute biennial budgets in place of the existing annual ones. All his bills in this direction have hitherto been rejected by the Reichstag. The undaunted Chancellor now proposes achieving his desire by submitting simultaneously the budgets for two consecutive years, that for 1883-84 ostensibly only by way of experiment.

Dom Pedro, Emperor of Brazil, cares nothing for splendor. He rides in an ordinary black coach, usually drawn by six mules, and followed by twelve cavalymen, mostly negroes, whose discipline is not too strict to permit him to smoke cigarettes while escorting his Majesty. The coachman and footmen are shabby in worn suits and silver lace. The Emperor wears the plainest of black clothes, and is very courteous to all who approach him.

Cetywayo, the Zulu king, is greatly delighted with England and his treatment by the government and people. "If," he said, "I could only live in a country like this, I should want for nothing more on this earth." The cattle attracted his attention, and he expressed surprise that after feeding on such soil the herds did not become so fat as to be unable to rise. "Why," said he, "did a nation so grand, a people so numerous, make war upon a man so little as the Zulu? Why did you not ask me to run away, to get out of Zululand? That would have been noble of you, and kind to me."

Corona.

It is to be noted that with every revolution or change of dynasty in China, the leaders of the defeated party usually took refuge with their followers in Corea. The Mongol stock was thus continually fortified, while the stream of Caucasian migration had ceased to flow from prehistoric times. Hence it is not surprising to find that the prevailing type is now distinctly Mongoloid. Of the 9,000,000 or 10,000,000 inhabitants of the peninsula, probably five-sixths may be described as distinguished by broad and rather flat features, high cheek-bones, slightly oblique black eyes, small nose, thin lips, black and lank hair, sparse beard, yellowish or copperish complexion. The rest, representing the original Caucasian element, are characterized by rounded or oval features, large nose, light complexion, delicate skin, chestnut or brown hair, blue eyes, full beard. Between the two extremes there naturally occur several intermediate shades, all of which serve to explain the contradictory accounts of the missionaries and travellers speaking from actual observation, but generally ignorant of the original constituent elements and ethnical relations of the natives. All, however, agree in describing them as taller and more robust than the Chinese and Japanese, while fully equal to them in intelligence and moral qualities. They are a simple, honest, good-natured people, very frank, laborious, and hospitable, although hitherto compelled by their exclusive laws to treat strangers with suspicion and an outward show of unfriendliness. That this unfriendliness is merely assumed through fear of the authorities is abundantly evident from Capt. Basil Hall's account of his intercourse with the natives of the islands on the west coast. Pygmyism, although permitted is little practiced, in this respect resembling their peculiar Buddhism. But while some consideration is shown for the women, to whom the streets are given up in the evening, the gods are treated with the greatest contempt and indifference. In many towns there are no temples nor even any domestic shrines. The images of gods and saints are mere wooden blocks set up like landmarks by the wayside, and inferior as works of art to the idols of the Polynesians. When one of these divinities gets blown down or rots away it becomes the sport of the children, who amuse themselves by kicking it about amid jeers and laughter of their elders. The religious sentiment, which may be said to emanate from the Tibetan plateau, seems to fade away west and east as it descends

toward the Atlantic and Pacific sea-boards. Formerly masters of the Japanese in many arts, the Coreans at present cultivate few industries beyond the weaving and dyeing of linens and cottons and the preparation of paper from the pulp of the *Brussonetia papyrifera*. Silks and tea are imported from China and Japan, and the exports to those countries have hitherto been mainly restricted to rice, raw silk, peltries, paper, tobacco and ginseng.—*Nature.*

Morsels for Sunday Contemplation.

The first virtue is to restrain the tongue; he approaches nearest the gods who knows how to be silent, even though he is in the right.

Run not into debt, either for wares sold or money borrowed; be content to want things that are not of absolute necessity, rather than to run up the score.

The world will never be in any manner of order or tranquility until men are firmly convinced that conscience, honor and credit are all in one interest, and that with the conscience of the former, the latter are but impositions upon ourselves and others.

Employment, which Galen calls "nature's physician," is so essential to human happiness that indolence is justly considered as the mother of misery.

In private conversation between intimate friends, the wisest men very often talk like the weakest; for indeed the talking with a friend is nothing else but thinking aloud.

The ordinary employment of artifice is the mark of a potty mind, and it almost always happens that he who uses it to cover himself in one place uncovers himself in another.

Nature has left every man a capacity of being agreeable, though not of shining in company; and there are a hundred men sufficiently qualified for both, who, by a very few faults that they might correct in half an hour, are not so much as tolerable.

It is with antiquity as with ancestry, nations are proud of the one, and individuals of the other; but if they are nothing in themselves, that which is their pride ought to be their humiliation.

A good word is an easy obligation; but not to speak ill requires only our silence, which costs us nothing.

Better to be despised for too anxious apprehensions than ruined by too confident a security.

Conceit is to nature what paint is to beauty; it is not only needless, but impairs what it would improve.

Lamentation is the only musician that always, like a screech-owl, alights and sits on the roof of angry man.

"Help"

The over was anguish in the faces of those who bent over the little white bed, for they knew that baby May was drifting away from them, going out alone into the dark voyage where so many have been wrested from loving hands, and as they tried in vain to keep her, or even to smooth with their kind solicitude her last brief sorrows, they, too, experienced in the bitter hour of parting the pangs of death. They only hoped that she did not suffer now. The rings of golden hair lay damp and unstirred upon her white forehead; the roses were turned to lilies on her cheeks; the lovely violet eyes saw them not, but were upturned and fixed; the breath on the pale lips came and went, fluttered and seemed loath to leave its sweet prison. Oh, the awful, cruel length of death, and the weakness, the helplessness of love! They who loved her better than life could not lift a hand to avert the destroyer; they could only watch and wait until the end should come. Her merry, ringing laugh would never again gladden their hearts; her little feet would make no more music as they ran pattering to meet them. Baby May was dying, and all the house was darkened and hushed!

Then it was as the shadows fell in denser waves about us, that she stirred ever so faintly, and our hearts gave a great bound as we thought "She is better! She will live." Yes, she knew us; her eyes moved from one face to the other, with a dim, unceremonious gaze! Oh! how good God was to give her back! How we would praise and bless Him all our lives! She lifted one dainty hand—cold—almost pulseless, but better, better—we would have it so—and laid it on the rough, browned hand of the rugged man who sat nearest to her. His eyelids were red with weeping, but now a smile lighted all his bronzed face like a rainbow as he felt the gentle pressure of his little daughter's hand—the mute, imploring touch, that meant a question.

"What is it, darling?" he asked in broken tones of joy and thanksgiving.

She could not speak, and so we raised her on her pretty lace pillow, and her wee white face shone in the twilight like a fair star, or a sweet woodland flower.

She lifted her heavy eyes to his—eyes that even then had the glory and the promise of immortality in them, and reaching out her little wasted arms, said in her weary, flute-like voice:

"Help me across, papa!"
Then she was gone! We held to our breaking hearts the frail, beautiful shell, but she was far away, whither we might not follow. She had crossed the dark river, and not alone.

"Over the river the boatman pale
Carried another, the household pet.

"She crossed on her bosom her beautiful hands
And fearlessly entered the phantom bark:
We felt it glide from the silver sands,
And all our sunshine grew strangely dark."

Oh, infinite Father! When we weary and disappointed ones reach out pleading hands to Thee, wilt Thou take us even as the little child, and help us across over the mountains of defile and the valleys of humiliation into the eternal rest of Thy presence, into the green pastures and beside the still waters, into the City of the New Jerusalem, whose builder and maker is God?—*Devotion Free Press.*

In a Cambridge horse-car: "Now, I don't believe in speaking against a man behind his back. It does not do any good, and frequently injures an innocent party." "It is an excellent plan to follow," returned the other. "I've always done so," continued the first, "and found it worked well, but there is Col. So-and-so, he's a sample of the other kind. He will backbite and malign his neighbors, will get a man into his confidence, and then give him away, and do all sorts of such mean, contemptible tricks that I would be ashamed of."

FLIPPANCIES.

What can't be cured must be indured, was the physician remarked when he ordered his patient into close confinement.

A Frenchman, feeling ill, complained to an English friend that he had a pain in his portmanteau, by which he meant his chest.

A book-agent was attacked by robbers the other day, but he succeeded in talking them to death before the villains could escape.

A hackman recently went into the surf at Long Branch and encountered a huge shark. Their eyes met for an instant, when the shark blushed and swam out.

"A good many things that appear in the newspapers are not true." This is because the newspapers have frequently to get their information from human beings.

A New York physician gives half a dozen reasons why Americans grow bald. It is a great consolation to a man who has become bald to know that there's a reason for it.

"You dog of a printer," cried an enraged poet, "you have not punctuated my poem at all." "Yes, but you see, sir, I am not a printer, I'm a setter," replied the printer.

During a military parade last week, a young man in the ranks tried to bow to three girls at once, and broke his neck. A soldier should be content with Hardee's tactics on the march.

The gentleman who went off on a vacation for rest and recreation, and to recuperate from the toils of the year, has returned, and expects in about a week to be sufficiently recovered to work with some vigor.

An Allegheny saloon-keeper has been fined \$5 for trying to hang himself. As this is a good deal less than his funeral expenses would have amounted to, it is considered that he ought to congratulate himself.

A classic and a naturalist are talking over the last storm. "So our friend was actually killed by a stroke of lightning?" says the classic. "Exactly so." "He perished as Ajax did, defying Jupiter?" "No, he was eating some peas stewed in oil."

A Nashville boy put a thistle under a mule's tail to see what the animal would do, and the man who owned the animal and waggon, and the folks who had windows in that vicinity, would pay handsomely to get at the person who set the mule to exerting himself.

A Clever Trick.

The *Japan Mail* describes a clever trick which was being exhibited by a native juggler. The performance takes place in a small room about twenty feet wide, half being allotted to the spectators, who are admitted on the payment of the moderate fee of two cents. The "properties" consist of a deal table and a sword, etc. After the usual soul-stirring flourish on a drum and samisen, a man and woman appear from behind a screen, the man binds the woman's head in a cloth, and then she kneels down close to the table, and sideways to the spectators. The man then draws his sword makes a violent blow at the woman's head; she falls forward with arms extended and limbs twitching. He then, having first wiped the sword on a gory-looking rag takes up, apparently, the woman's head, wrapped in a cloth, and places it on the table. To all appearance it is a human head; the eyelids and features have a convulsive motion; presently the eyes open in a dreamy sort of way, and to the accompaniment of the everlasting samisen the head sings a mournful song. A curtain is interposed between the audience and the performers, and when again drawn back the woman is disclosed quietly seated alongside the man. When it is recollected that all this takes place within three feet from the spectators, and that the "properties" are of the simplest description, some idea may be formed of the wonderful excellence of the performance.

Causes of Typhoid Fever.

A severe outbreak of typhoid fever which occurred last year at Nahant, a rocky peninsula near Boston, inhabited during the summer by a small number of very rich cottage owners, was followed by an investigation, of which the results are made public in an article by Mr. E. W. Bowditch, in the *Boston Medical and Surgical Journal*. In such cases contamination of drinking-water is usually the principal cause of the spread of the disease, and the wells and cisterns which supply the houses were first examined. Water was taken from one hundred and ninety of these and analyzed. Eight of the samples were pronounced "excellent," and seventy-one others "permissible," or "good." One hundred and eleven were classed as "suspicious," "very suspicious," or "bad." About eighty cases of fever occurred, nearly all of which could be accounted for by the actual condition of the drinking water used in the houses inhabited by the patients. In a few others the filthy surroundings furnished a probable source of infection, although the water appeared pure, as, in one instance, when analysis is led to detect any serious pollution in water taken from a well situated within ten feet of one leaching cesspool and fifteen feet of another, both overflowing, and of course ready to furnish an occasional supply to the well during dry seasons or under other circumstances. One or two more were probably explained by the fact that the ice used in the household was brought from a foul pond in the vicinity; and only one seemed quite inexplicable, unless perhaps the infection might have been brought by milk contained in cans which had been used in foul water. Mr. Bowditch's suspicion, that the infection was communicated in certain cases by contaminated ice, is strengthened by the fact that a very severe and fatal epidemic of typhoid fever was unquestionably caused in this way not long ago at a seashore hotel in New England; and it is worth asking whether the public authority might not be employed with advantage in exercising some sort of surveillance over the collection and sale of an article which may become, and perhaps already is, far more dangerous than the trichinosis pork or immature veal against which so many precautions are taken. In one place that we know of, says the *American Architect*, thousands of tons of ice are annually gathered at the very edge of an extensive and well-filled cemetery, which slopes somewhat rapidly toward the water and we have seen the winter product of a little pool formed by the overflow of what was practically the drain of a cluster of squalid houses regularly sold to customers.

The Sun.

In any reference to the physical history of the sun, the stupendous magnitude of its sphere must be kept vividly present to the mind. With a diameter 109 times longer than the earth's, the solar orb looks out into space from a surface that is twelve thousand times larger than the one which the earth enjoys. The bulk of the sun is one million three hundred thousand times that of the earth. If the surface of the sun were a thin external rind, or shell, and the earth were placed in the middle of this hollow sphere, not only would the moon have space to circle in its usual orbit without ever getting outside of the solar shell, but there would be room also for a second satellite, nearly as far again as the moon, to accomplish a similar course. The weight of the sun is three hundred thousand times the weight of the earth, or, in round numbers, two thousand millions of millions of millions of millions of tons. The mean distance of the sun from the earth is now so well ascertained, through investigations which have been made in several distinct ways, that there can scarcely be in the estimate an error of 500,000 miles. The distance, at the present time given, is 92,885,000 miles. This measure is in itself so vast, that, if any traveller were to move at the rate of four miles an hour for 10 hours a day, it would take him 6,900 years to reach the sun. Sound would traverse the interval, if there were anything in space capable of transmitting sonorous vibrations, in 14 years, and a cannon-ball sustaining its initial velocity throughout would do the same thing in nine years. A curious illustration, attributed to Prof. Mendenhall, is to the effect that an infant, with an arm long enough when stretched out from the earth to reach the sun, would die of old age before it could become conscious, through the transmission of the nervous impression from the hand to the brain, that it had burned its fingers. In order that the earth thus moving round the sun with a chasm of 93,000,000 miles of intervening space between them, may not be drawn to the sun by the preponderant attraction of its 330,000 times larger mass, it has to shoot forward in its path with a momentary velocity 50 times more rapid than that of the swiftest rifle-ball. But, in the moving through 20 miles of this onward path, the earth is drawn out of a straight line by something less than the eighth part of an inch. The deviation is properly the source from which the amount of the solar attraction has been ascertained. If the earth were suddenly arrested in its onward flight, and its momentum were in that way destroyed, it would be drawn to the sun, by the irresistible force of its attraction, in four months, or in the twenty-seventh part of the time which a cannon-ball would take to complete the same journey.—*The Edinburgh Review.*

The Critical Period.

From the age of forty to that of sixty a man who properly regulates himself may be considered in the prime of life. His mature strength of constitution renders him almost impervious to the highest attacks of disease, and all the functions are in order. Having gone a year or two past sixty, however, he arrives at the critical period of existence; the river of death flows before him, and he remains at a standstill. But athwart this river is a viaduct, called the "Turn of Life," which, if crossed in safety, leads to the valley of "Old Age," around which the river winds, and then flows without a doubt of causeway to affect its passage. The bridge is, however, constructed of fragile materials, and it depends upon how it is trodden whether it bend or break. Gout, apoplexy, and other bad maladies are also in the vicinity to waylay the traveller and thrust him from the pass; but let him gird up his loins and provide himself with perfect composure. To quote a metaphor, the "turn of life" has a turn either to a prolonged walk or into the grave. The system and power having reached their utmost expansion now begin either to close, like flowers at sunset, or break down at once. One injudicious stimulant, a single fatal excitement, may force it beyond its strength, whilst a careful supply of props and the withdrawal of all that tends to force a plant will sustain it in its beauty and vigor until night has nearly set in.

Sole Proprietor of the Garden of Eden.

We were waiting on the platform at Kingston, Ga., for the overdue train, when a wordy war began a few feet away between two coloured men, one of them a resident of the town and the other a stranger from Rome in search of a job.

"You see, gen'l'm'n, it am jist this way," explained Moses, the Kingston man, when we asked what the trouble was. "Dis yere nigger has cum down from Rome, an' de minit he strikes de town he begins to shoot off 'bout de Garden of Eden an' putend to know all 'bout it."

"Well, can't he talk about the Garden of Eden?"

"No sah, he can't! Dat's a subjot dat I worked up myself ober five yars ago, an' I claim to be de only cull'd man in Kingston dat knows anyfing 'bout it. Arter Ize dun argued an' fit an' jawed an' put my heel on de necks of de niggers in dis town who talk 'ligun Ize not gwine to hab a chap like dis one walk in heah an' tell me jist how many acres of land dar was in dat garden! Cl'ar out, you black rascal—move dem hoofs 'long down de track or I'll make you sick all ober!"

Bursting of a Ship by Swelling of a Cargo.

The *Gazette Maritime et Commerciale*, in its news regarding ocean disasters, relates the following curious example of the formidable power of molecular forces. The Italian ship *Francesca*, loaded with rice, put into port on May 11, at East London, leaking considerably. A large force of men was at once put on board to pump out the water contained in the ship and to unload her; but in spite of all the activity exerted, the bags of rice soaked in water gradually, and swelled up. Two days afterwards, on May 13, the ship was violently burst asunder by this swelling of her cargo.

Religions of the World.

The census of the world, according to its religions, has been figured out by some Scotch statisticians. Its results are: Protestants, 120,000,000; Oriental Christians, 80,000,000; Roman Catholics, 200,000,000; Jews, 10,000,000; Mohammedans, 175,000,000; Pagans, 80,000,000.