TRUTHFUL KANSAS EDITOR

Large deposits of ice, imbedded in earth and covered with moss, have been discovered in Idaho. The ice will be mined and shipped to Western cities. It is not known whether the deposits are relies of the glacial age or the congealed breath of a frontier ilar.

The above item has been going the country of the newspapers for some

rounds of the newspapers for some time, and indeed it reads very like "the congealed breath of the frontier liar;" but, remarks the editor of the Atchison (Kan.) Patriot, we beg to

say that forty years since we were traveling in Idaho during the month of August. The weather was hot, and there had been no rain for some

time, so that the grass was very dry.
One afternoon we passed around a
spar of mountain, bringing to our view

a basin-shaped plane of apparently some thousands of acres in extent

than we had met with for more than a

month. Our mules seemed pleased

on what seemed to be a great lake, the depth or extent of which we had no

opportunity of investigating. We mined some of the ice, however, and filled our water tank with it. This we

ssure our readers, is a true story, al-

though we admit it reads more like "the congealed breath of a frontier liar" than the writings of a truthful

HOW TO DUST A ROOM

HE A METHOD IN THIS AS IN OTHER

WOMAN WHO THINKS THERE SHOULD

A feather duster is an abomination,

writes Christina Terhune Herrick in a

he hands of a careless housemaid it is

firted among the furniture, up about

the picture frames, down amid the

cattering the dust everywhere, brush-

ing the impalpable power from one spot and driving it into another, until, when

the maid retires from her labors, all the dust in the room has changed its

place, while but little of it bas been

There should be a method in dusting and it should be closely followed. First of all, the carpet should be brushed.

A thorough sweeping may not be necessary, but in most living rooms there is daily need of a carpet sweeper or dust pan and brush, often of all

three. The carpet sweeper is admir-able for taking up the dirt in the mid-dle of the room, but it is practically

useless in corners. Every housekeeper should have one of the dust pans that can be held in place by the foot. The gain in comfort is immeasurable to the

woman who has been acustomed to

to brush up the fluff that she had gathered together with her broom. The high places of the room should

next receive attention, the cornices,

brush is invaluable here and is easily

bend herself double when she

permanently removed.

recent number of The Housewife.

editor.

with the prospect of a square me to speak, and leaving the "trai

began to think there was no

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Prof. Da Dosta on the Grip-

An exhaustive article on the grip appears in the issue of the Philadelphia Medical News, of January 18. It is from the pen of Professor J. M. Da Costa, of Jefferson Medical Colledge, who is recognized by the entire medical profession as the most eminent writer of discrepancy in the country. The Proon diagnosis in the county. The Pro-fessor treats the subject not historical-ly, but climically, introducing his sub-ject with a few cases which illustrate different types of the malady. He

"This widespread malady, which has ommitted such havoe an the continent of Europe, and which has proven itself here, in the last month, so destructive to comfort and so perilous in its sec Finest line of ondary consequence, is of uncertain origan. It comes; it goes. It comes without warning: it disappears, leaving behind it sporadic cases, but speedily loses all trace of its epidemic form." The Professor then gives the result of his observations as follows: "In the majority of instances the fever is moderate and lasts about three or four days The fever is at its highest in from twenty-four to thirty six hours; then it slowly subsides, and the temperature may go below normal. In one case it passed to 96 and there was profuse weating, something like a crisis tak-ing place. During the period of highest temperature, lasting thirty six or possibly forty-eight hours, there is only he ordinary variation of about one legree between the morning and eve ning temperatures. There is really a slight continued fever, and not a fever with remissions and exacerbations as in malarial fever. As a rule the temperature does not exceed 103°; but, by way of variety, I have in this epidemic encountered a few cases in which the impture at the onset unexpectedly shot up to 105° and the next day went down to about 100° and then the case ran the ordinary course, terminating in recovery. In two of these cases loody sputum or pure blood was at first expectorated.

NERVOUS SYMPTOMS. "One of the most singular features of the recent epidemio is the prevalence of the nervous symptoms. other ep demics of catarrhal fever, but this one seems to be stamped by the prominence of the nervous symptoms. These are shown by the violent head aches, the severe pain all over the body, the pain in the spine traveling downwards and also by what I have seen in quite a number of cases, hy-peresthesia or general sensitiveness of the surface. This is something more than what might be attributed to the efforts of coughing. Then, too, in some of the cases, there is delirium; not simply the delirium of inanition, as occurred in one of the cases befor you, but a delirium with violent headsche, this delirium sometimes taking strange forms. In one case, that of most refined lady, who when well would hardly recognize an oath, when officenza swore at the doctor ever time he entered the room. I have een told of instances in which patients have lost their minds from th violence of the headsche and the de-

A PATAL CASE. "About a week ago I was called to see a young man who, while in per-fect health, was seized with violent headache, severe pain in the back pain in the limbs, slight catarrhal symptoms, considerable congestion of the lungs, but no pneumonia. Almost from the onset he had spasms in the Home of N. Y.; Merchants', of Newark, N. J.; Clinton, N. Y.; Peoples' N. Y.; Reading, Pa.; German American Ins. Co., New York.; Greenwich Insurance Co., New York; Jersey City Fire Ins. Co., Jersey City, N. J.

arms. The spasms were most marked in the left arm, although the right was also affected. He was very restless, and s'ightly delirious, but not marked so. His temperature, almost from ne beginning, was 97°. I found him with pupils somewhat dilated and head slightly rigid, and the presence of cerebro-spinal fever at once suggested self; but further investigation show ed that this was not the case. There was no eruption: the spasms were limit ted to the arms, there was congestion no fever, the temperature remaining about 97°. The only thing that gave any relief from the spasms was chloral. Notwithstanding the fact that atropine and opium were used hypodermi ally this patient gradually sank unde the violence of the disease. I know o one case in which paralysis of the ower extremities has followed influen-

"WHAT IS CALLED PNEUMONIA "The prostrated influence of the nalady on the nervous system is also shown by the fact that patients stagger on getting out of bed. This debility remains for a long time and often associated with considerable weating. The pains often remain, and do not necessarily pass away on its are very ingenious and interes the subsidence of the rather short though the amount of truth they fever. In some cases profuse and persistent sweating is also very common during convalescence, and the patient

pary catarrhal fever is, as you know, pneumonis, or what is called pneunonia. Looking over the records oards of health of different cities, it will be found that the deaths from pneumonia have nearly doubled. What called pneumonia must, therefore, be set down as one of the chief com dications. You notice that I say what is called pneumonia." A great nany of these cases are simply heavily congested lungs, with great debility, he lungs seeming to collapse. There does not seem to be a true process of oneumonia exudation. A great many persons when seized, and often during he height of the attack, complain of ot found any friction sounds, save in one instance, and this may have been accidental. There is want of expansion in the lower part of the lung, us-ualty on the left side, associated with this violent and persistent pain, which makes the patient think he has proumonia or some other grave condition

of the lung. GOOD USE FOR THE SURPLUS.

teriologically and chemically. We accept the microbic nature of its ori

gin, but it has not been proven.

"The prognosis is favorable, but the general mortality is increased by the epidemic. This is because persons previously diseased are carried off. For instance, in these two cases with feeble heart, if any unusual exertions were made the patients would probably die. If an elderly person with fatty heart contracts this disease, for it is no respector of age, he would be in immi-nent danger. We call this heart fail-ure, but these hearts are diseased and

enfeebled still more by the malady.

"I have mentioned relapse. I have seen few distinct examples of this. One was that of a lady who had he first attack in the country and came to town to break it up. She was well for two weeks when she was attacked the second time. Another case was that of a gentleman who was suddenly seized with a relapse while in church two weeks after the first attack. In a third case pneumonia occurred in the relapse. The longest interval I have known was two weeks; the shortest five days. To prevent relapse, great care is necessary in not going back to work too soon, and not exposing one's self to wet and cold, and with this there should be judicious use of tonics, and even stimulants.

TREATMENT.

"Now a few words in conclusion with refrence to the treatment. The treatment must, of course, be the ordinary treatment of catarral affections For the relaxed and irritated throat I have found nothing so servicable as a gargle of salicylate of sodium, glycerin and water. For the nasal catarrh, which at times is very unpleasant, I have found that a two per cent. solution of cocaine does the most good. bronchial catarrh should treated as any other bronchial catarrh, according to the exact seat and number of rales. A good deal of the paroxysmal cough is laryngeal, and you will find that small doses of opium at night, or bromide and opium, or what I have employed in a number of cases, broken doses of Dover's powder, will give good results. One fourth of grain of codeine, repeated according to the circumstances of the case, is often useful; it allays the cough, insweating. Let me say here, that

duces sleep, and does not cause much while perhaps the routine practice of using diaphoretics in these cases is useful, yet such drugs must be used with judgment. In some cases there is a great tendency to sweating, and you do not want to increase it, as it rather adds to the debility. The dia-phoretic must be adapted to the individual case, not employed too actively, and not at all where sweating is a

rominent symptom.
The debility must be borne mind, and it is good practice to give sulphate of cinchonidine or quinine, ten or twelve grains daily Nourish some instances, diarrhoea is asso

"For the beadache and the pain in the bones I have found two remedies of especial advantage. One is anti pyrin in five grain doses, with a grain or two of quinine to prevent depression, repeated every two or three hours until the headache is relieved; the other is phenacetin in five grain doses. In one instance where these two drugs failed to relieve the headache I found gelsemium to answer.

must receive nutritious food, atcohol small doses of strychnine, and, later,

"I shall not speak of the treatmen of the complication pneumonia, but let me point out, in concluding these remarks, that you should kee, your patients for a long time on tonics may prevent relapse, and, indeed, it may be a question whether it would not be advisable when the disease makes its appearance in a household to place the whole family on the use of of the lungs; and, above all, there was tonics, such as cinchonidine or quinine, as a preventive. My experience is that, while his will not ward off the disease, it renders the attack less

The Diamond's Origin-

The origin of the diamond has been a fruitful topic for speculation among scientists; hence many contradictory theories have been advanced and ar gued with some show of reason; but, all that has been said and written upon the subject, we are still left pretty much in the dark. Some of the theories are very ingenious and interesting, body remains to be proyed. It has been suggested that the vapors of carbon during the coal period may have been condeused and crystalized into the diamond; and again, the itagolumite, generally regarded as the matrix was saturated with petroleum, which collecting in nodules, formed the gem

by gradual crystalization. Newton believed it to have been table origin, and was sustained in the

IS EIGHT HOURS ENOUGH? VIEWS AS TO THE DESIRABILITY OF SHORTER WORK DAY.

Should the working people our country be required to work me than eight hours per day? 2. What would in your opinion the effect of the general reduction of the hours of labor to eight per day upon manhood, independence and sitizenship of our people, the body

olitic of our country? Samuel Gompers, President of the American Federation of Labor, a menth ago addressed a circular containing these questions to President Harrison, members of Congress, merchants, professors, clergymen minent men. During past week replies have been received mong them being one from President Harrison's private secretary, Mr. Hal-ford, in which he tells Mr. Gompers that he will find in the President's public speeches full and accurate expression of his views on the questions. But in the President's present relation of his making any further statement is evident, inasmuch as it is possible that some of the subjects connected with the labor question may come before him for his official action.

Senator Edmunds thinks that the matter depends largely upon circum-stances varying with different conditions of locality, climate, nature of occupation, &c., and that no general rule can be laid down upon the sub-

Senator Hoar says that eight hour is enough for ordinary labor, and that it would be a public benefit if that ould be the limit of a day's work in ordinary manufacturing and mechani cal work. He thinks that the product of the country would be increased, the character of the workmen would be improved, and the government of the country would be purified

and exalted. Senator Blair says that eight hours abor is too long in some occupations. omote the public good. Senator Mitchell, of Oregon, thinks

there is nothing to be gained and much to be lost to both employer and employee by exacting over eight hours Senator Ingails believes that a re

duction of work to eight hours would have a beneficial effect upon the manhood, independence and citizenship of the working classes if enough could be Congressmen C. R. Breckenridge, of Arkansas, thinks that working people will never be able to get more than the

actual market value of their labor bas

ed on demand and supply and the state of trade. He does not believe that workmen should be required to work more or less hours than eight, as that is a matter for their own agreement.

Congressman E. S. Osborn, of Wilkesbarre, Pa., says that the workmen of this country should not be re-

educe the working hours would consequently improve labor. Congressman McKinley, of Ohio, elieves in the eight hour system. Ira Davenport says he thinks i worth while trying the eight hour system, which he thinks would be

eneficial to all. President C. K. Adams, of Cornell thinks that workmen should be free to work just as much or as little as their interests dictate. A reduction of nours to eight, he thinks would be a disadvantage to the workingmen. It yould either reduce the price of his lay's work or reduce the amount of work to be done and in either case it would reduce his income. Of course such a change would bring and if the workman needs

more than money the change would be beneficial Prof. E. W. Bemis, of Vanderbilt University, hopes to see eight hours secured in time. But he is not sure whether employers can be induced to give their employees a much large share of their joint production than they do now. Gradual reductions in the working-day, he thinks, will be accompanied by an increase of mental and moral power among workingmen such as to justify peaceful efforts for a

shorter day. Prof Schmidt, of Hamilton Theo logical Seminary, says he is in sympathy with the eight-hour movement and he believes that economically the ultimate effects of such a reduction of working hours must be for the good of As for the immediate three large classes would suffer from the change-manufacturers with limit-

of capital, workmen with profligate tendencies and the less desirous workmen and women, who might be driven out of the field. Seth Low, President of Columbia College, is in sympathy with the movebut for reasons sociological ment. rather than directly economical. He ees the desire of humanity for some thing more than mere subsistence, the hunger for a lite that shall have some eisure in it for family and for the

opportunities that leisure brings. Felix Adler does not believe that in reased leisure of workmen will in the long run be misspent. But it must be shown that there is a definite prospect of united action on the part of the working classes, and that such a measare will not seriously cripple industrial progress by checking production in certain lines of industry or by giving other countries an advantage in the markets of the world as against our own

F. B. Thurber says ten hours is not much. He formerly worked tourteen to sixteen hours at his store, and he Rev. Dr. Lyman Abbott, of Brook

gests the possibility that it may still lyn, thinks eight hours is enough to be in process of formation, with capa- devote to any form of muscular labor, city of growth. Specimens of the so as to leave time for the cultivation diamond have been found to inclose of the mind. He believes that the general effect of such a system would be beneficial for the unemployed and would increase the home market. E. H. Ammidown, President of the

> American Protective Tariff League, has grave doubts as to the advantages of such a sudden and radical change as is involved in an arbitrary reductio of a day's work to eight hours. The actual cost of production would be augmented nearly 25 per cent, so far as labor is an element of cost. increased cost of production or sabmit

VOL. 25, NO. 4

to the destruction of its industries and the impoverishment of its wage-earners.— World.

How to Live Long.

It is likely that a tendency to longevity is frequently inherited—that it runs in We know that a lac's of vitality, weakness of constitution, and the tendency to certain diseases are trans missible. Premising that nature never indicates any physiological per-ference for individuals, we can account for this principle of preservation by the fact that in all large families the weakest and diseased die out, leaving only the healthy and most hearty to only the healthy and most hearty to the mules feet, and so soft was it we think there was no bottom. long life through successive generations is the result. If the truth be told, death is usually but a species of place, and dismounting we made an suicide. People seem set upon the examination. A sod of earth and very mode of life that will kill them grass roots, varying in thickness from quickest. Too much eating and too little sleeping, stimulants, excitement and reckless dissipation, brains overlittle sleeping, stimulants, excitement and reckless dissipation, brains over-burdened with business, hearts harrowed with the cares and responsibilities of life-such are some of that are taking people off. Worry and nervous excitement kill folks fast-er than hard work. Steady, honest, hard-handed labor never hurt anybody. The placid, patient, plodding person other conditions being the same, lives the longest. Much depends upon the conversation of the physical force in youth. The ancient physiologist pointed out the fact that in early life there is a great deal of this force in reserve, as a sort of stock to meet the demands of advancing years. With the increasing cares and strain of sterner duties in later life, this stock is orrespondingly diminished. It be correspondingly diminished. It becomes prematurely exhausted and existence ends in bankruptcy. So that the proper way to prolong life is to make the body a sort of savings bank for this original stock of strength in conth and early marked. Nothing youth and early manhood. Nothing so soon destroys the vigor of life as excessive emotions. Worry will waste the most robust body, care will corrode and even an excess of joy prove deadly. The wise will avoid every thing that ove | a'as the feelings. The man who can continually maintain his equanimity has the best chance, all things considered, of living a long and happy life. So, from a merely happy life. So, from a merely phy-siological point of view, we should exercise composure under all circumstances; love nothing, too passionately hate nothing too violently, fear roll ing too strongly, lament nothing too sorrowfully, and tranquilly and trastfully accept the order of things as we find them. To a person who has pre-served himself the period between 45 and 60 will be the prime of life. Ex-perience has ripened his judgment, and matured strength of constitution will enable him to withstand an attack disease. He has triumphed over the storms and struggles that threatened his early manhood, mastered his business, secured a competence and curtain poles, etc. A Turk's head rest from wearing work, and safely of life," which is usually an entrance upon a prolonged pigrimage or a short tura to the tomb. He is now at his best, and all his faculties, having attained their fullest expansion, eith begin to gradually close like dahlias at the setting of the sun, or drop as

improvised by tying a cloth or towel around a feather duster and attaching this to the end of a pole long enough to enable one to touch the ceiling the brush. For the other parts of the room a cloth must be used. Old silk handkerchiefs make excellent dusters, but even they are not superior to those of cheese though touched by a destructive frost. cloth . These should not be too large. A duster a yard long by half a yard If he be spared, he can gird up

wide is big enough for all ordinary purposes. Cheese cloth is so cheap hat there is no reason why every famly should not be provided with a generous supply of dusters.

They must be he med, of course, and may be prettily finished by a feather stitching of bright marking cotton. Such dusters will go in to all the nooks and corners, gathering up be shaken after using and washed frequently. It is a tedious business to

lust the modern parlor. Filled with

bric-a-brac, adorned with hangings over

doors, windows and mantles, ornamen

ted with bits of drapery flung over easels and picture frames, it presents a discourging aspect to the busy house-One must pay for having pretty and artistic surroundings, but, as long as the dust gathering agencies are kept out of sleeping rooms, little harm is done. Everything shold be moved in dusting. There should be no dusty rims left There should be no dusty rims around ornaments to show how cloth skimmed around them without touching them. Such carelessness must be watched for in the housemaid, whose study often is to slight skillfully

ghly.
For dusting tufted furniture, nothing is better than an ordinary house painting brush. The bristles go into every crevice and fold of the covering and fray the material less than do the straws of a whisk broom.

instead of to perform her task thorou-

A pleasing article on "Shelley's Welsh Haunts," by C. H. Herford, appears in the February number of Lar PINCOTT'S MAGAZINE. This same num ber contains a striking story by M. H. Catherwood, the author of "The Romance of Dollard," entitled "The Blueand Gol i Man Child." This is a study of a peculiar character, an effeminate but somewhat cultivated young man who is much fondled by an indulgent but ungramatical mother. He is surrounded by rough and uneducated people, marry a year or two earlier than the and their contempt for both the manage mentioned From 14 to 18 her child's culture and effeminacy is very

> Last year the vessels launched in the United Kingdom of Great Britain approach very closely to 1.272,000 tons. The Clyde heads the list with a total tonnage of 335,201 tons. Next comes the Tyne, with 281,710 tons. The Wear is third on the list, with 217,386 tons. Then the Tees, with 110,486 tons. The shipbuilding yards in Belfast have launched tonnage to the amount of 80,000. In the previous year there were at the same time vestels on hand having a total of 283,301 SODS.

Mr. Stoxandbonds-"I understand, Quicklyrich, that you have sent your

you'll just tell me what ward he lives in, or even his election district, I think that will be all I want.

Mr. Sounds (oracularly).—No, my

Mr. Sounds (oracularly).—No, my

According to the control of son a more liberal education than that, Johnny -Theo, Po, how is Fourth- I am prepared to make it a thousand. -Burlington Free Press.

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oks anemic and merable. "The main complication of ordi-

"We know nothing of the cause of

would hardly recognize an oath, when she became delirious from an attack of tient should not be overpurged, for, in ciated with the malady. irium. Besides the delirium, there are in some cases convulsions.

"The general strength and the circu-lation must be looked after, and espec ially during convalescence the patient

SUBJECT WHICH HAS NEVER BEEN SET-

coagulated unctuous substance of veg theory by many eminent philosophers, including Sir D. Brewster, who beheved the diamond was once a mass of gum, derived from a certain species of wood, and that it subsequently assumed a crystalline form. Dana and others advance the opinion that it may have been produced by the slow decomposition of vegetable material, and even from suimal matter. says it is younger than gold, and sugparticles of gold, an evidence, he thinks, that its formation was more recent than that of the precious metal. The theory that the diamond was

formed immediately from carbon by the action of heat is opposed by other, maintaining that it could not have been predicted in this way. this disease. It is epidemic, and I think myself that it is feebly contagions. It would be an admirable thing if some of our over-filled treasury could flow into the channels of science, and that a commission be appointed to investigate this disease bac-without combustion.

United States would be compelled to the diamond will sustain great that raise the protective tariff to cover the increased cost of production or submit Woman of the Bahamas.

pleasant, is the only pleasant

loins, get a stouter staff, and trudge on

over the bridge that leads to old age

There is no natural death but old age

which, if death may ever be called

There is a wish for rest, and the tired

traveler sinks to slumber in a silent

valley at the close of a well spent day.

Hopetown women-I write it with

lue reverence-are peculiar: They

are beautiful, and yet they are not beautiful. The climate in this quarter of the globe is made for love, and what Catullus summoned up in the word "voluptas." There is a golden glow in the atmosphere, a dreamy tropic mellowness which rounds the ngular unrest of life to a luxurious hilosophy. Climate conditions tend to the production of a rare quality of female beauty But female beauty is to the complex affair. In the higher menta ctivities-those which illuminate the ace and give it vivacity and piquancy -the Hopetown girl is wanting. The same lack of cultivation is marked in her face which is observed in orie: tal beauties. Her face can set the heart of a healthy man to working like a respiration pump. But their liquid dep-ths are lighted by no spiritual file. Theirs is a physical loveliness; and the same is true of her large tremulous mouth and her ripe, carnation lips. Her]form is that of a Juno rather than of a Venus, and her hands and feet are of liberal dimensions. The Hopetowo woman up to the age of 11 or 12 is a ittle girl, and either plays with her umerous brothers in Parliamentary lane, the one street of the village, of wades among the natural oyster in the hurbor in search of pearls. A short twelvementh of the tropic sunshine then does wonders, and the little maid is changed into a maturing wo man. The fashionable age for riage is 13 and 14 for a woman and 17 and 18 for the man, though it is not in the least uncommon for a woman to beauty is an inspiration. At 20 she is becoming passe, At 25 she is middle-becoming passe, At 25 she is middle-of pathos in the story which gives an aged and at 30 an old woman. At 35 she is a hatchet-faced, toothless has moking a villainous clay pipe and in dulging in surreptitious nips of a fi-ry liquor distilled in Cuba from sugar cane and sold at low rates in the Baha-

Mr. Ruseredge,-Say, Toopher, of whom do you get these cigars? Mr. Toopher Kevorter (greatly de lighted).-Oh, of a Spaniard uptown I'll give you his name and address, if

mag, known to the Spanish as aguad-

iente and to the Bamahese as "hoggod-

ens."-N. Y. Tribune.

Mr. Raseredge (thoughtfully)-Oh. no, I don't think you need do that. If

son, to-morrow never comes. erjuly goin' to get here?- Puck.