

**The Beautiful Island of Ischia,
off Naples.**

The island is lovely in all seasons. In spring it is one large bed of flowers; in summer its deep shade of wood and vine-yard makes it fresh and cool and green; in autumn the changing vegetation is splendid in color, and the mountains glow under the sunset rays like masses of gilded bronze; and in winter the sun makes the sheltered spots as warm as our English summer. In the vintage time it is resplendent with the sweet odor of the grapes, and music with the songs and dance music that makes the nights as gay as the days are busy. Add to which certain natural phenomena, which make it a specially interesting place for scientists to study. Ischia is classical ground. The Titan Typhoeus was once buried under Monte Epomeo, as his brother Echælus was buried under Etna. By their heavings and struggles they caused earthquakes and eruptions, the last of which took place in Ischia A. D. 1302—the black sea of lava still lying like a scar across the country, and just now bearing the first beginnings of vegetation. On the feast of Corpus Domini the mountain is lighted up with bonfires, as also are Pandi Cornicchio and the mushroom rock of Lacco, and the effect is wild and splendid in the extreme. The two great fests of the island—excepting at vintage time, which is a general holiday of a kind, or rather work-time made into so much fun and gayety—are those of Corpus Domini and that of the patron saint of the place, Santa Restituta, who with some others, was martyred in Africa, then floated by the winds and wave to the small bay over against Lacco. Here, where her body lay, burst out certain healing waters and sprang up certain fair and lovelyilles—Santa Restituta illes; which, however, collectors have rooted out so greedily that not one is left to show the faithful how miracles were wrought in the days of testimony. At her fests there used to be flying babies scattering flowers and singing hymns high up in the air; but probably these have been forbidden now, as they have been forbidden elsewhere. The peril to the infant spirits may perhaps be considered as more than the profit to the souls of the spectators warrants; and the authorities may hold that the festa is complete with the draped church and the military music, the procession, the stalls, the dancing and singing and fireworks which accompany these holiday times everywhere, without the addition of little children hung up in the air with ropes and pulleys to their certain death, should things go wrong, and their as certain nerve disorder should everything be even perfect. Dancing is a distinctive feature at Ischia, where they dance the tarantella better than even in Capri. They have just so much costume among them as is included in a colored handkerchief worn in a classical kind of a way round the heads of the women, and a splendid scallop Phrygian cap for the men. The women are more beautiful than the more famed and petted Capri girls; but, perhaps, luckily for them, they have not so great a reputation and are consequently left in a pure atmosphere and less doubtful conditions. In general their morals are blameless enough, and their habits are primitive.—London Queen.

WHERE FLOWERS CAME FROM.—Some of our flowers come from lands of perpetual summer, some from countries of all ice and snow, some from islands in the ocean. Three of our sweetest exotics come originally from Penn; the enemella was carried to England in 1739, and a few years afterward the heliotrope and mimosa. Several others came from the Cape of Good Hope; a very large calla was found in ditches there, and some of the most brilliant geraniums, or pelargoniums, which are a spiritus geranium. The verbena grows wild in Brazil; the marigold is an African flower, and a great number from China and Japan. The little Daphne was carried to England by Captain Ross; from almost the farthest land he visited towards the north pole. Some of these are quite changed in form by cultivation; others have only become larger and brighter; while others, despite of all the care of florist and the shelter of hot houses, fall far short of the beauty and fragrance of the tropics.

Among improved ones is the dahlia. When brought to Europe it was a very simple blossom, a single circle of dark petals surrounding a mass of yellow ones. Others, with scarlet and orange petals, were soon after transplanted from Mexico, but still remained simple flowers. Long years of cultivation in rich soil, with other arts of skillful florists, have changed it to what it now is—a round ball of beauty.—Riverside Magazine.

HOW TO GET TO SLEEP.—The Philadelphia Press says that if any man will draw breath quickly and deeply for the space of three minutes or less, he will thereby lose appetite to pain, so that he can endure a minor surgical operation without inconvenience. The editor of the New York World says he has tried the above and found it doesn't work. Well, here's a thing that will work, and it is related to the above experiment. If any one is troubled with sleeplessness, let him fasten his attention on his breathing, and fix his eyes, as it were, on the stream of breath as it enters and leaves his nostrils. Of course, he is lying in bed, with his eyes closed, so that this process is imaginary. If he continues to watch his breathing in this way for three minutes, he will fall into a dreamless and refreshing sleep. We have tried this and know it to be effective.—Boston Post.

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