

Sanitary.

HINTS FOR HEALTH.—Dr. Dudley A. Sargent, Professor of Physical Training in Harvard College, who probably knows as much about the effects of physical exercise as any man living, and who has charge of the Harvard gymnasium, which is undoubtedly the most perfect in the world, says that all professional men should know the importance of sitting at a desk properly. The position should be erect, to allow the lungs and other organs a fair chance to do their work. It is well occasionally to rise and swing back the arms and shoulders. Walking is excellent exercise when brisk and spirited, but when slow he regards it as of little worth. Riding in a carriage is of special advantage when the mind and body are weary. Riding in the saddle is valuable in aiding circulation, but it sends the blood to the brain, and so may cause headache. Swimming is one of the finest exercises in the whole range. Rowing is of great great use to cure a sluggish circulation or to relieve a morbid or torpid condition. Boxing is the best means of obtaining command of the body and temper. The bicycle brings into special activity the muscles of the thighs, and otherwise affords good exercise, but unless care is taken its use will make one round-shouldered.

THE MORTALITY REFERABLE TO ALCOHOL.—A committee appointed by the Harveian Society of London to inquire into the mortality referable to alcohol have made their report, which is published in the *British Medical Journal*, Jan. 20th, 1883, and from which we take the following: "We find, therefore, upon the whole, reason to think that, in the metropolis, the mortality among any considerable group of intemperate persons will differ from that generally prevailing among adults in the following important particulars, viz., a four-fold increase in the deaths from diseases of the liver and splenohepatic viscera; a two-fold increase in the deaths from diseases of the kidney; a decrease of half as much again in those from heart-disease; a marked increase in those from pneumonia and pleurisy; a considerable increase and an earlier occurrence of those from disease of the central nervous system; a marked decrease in those from bronchitis, asthma, emphysema, and congestion of lungs; a decrease nearly as great in those from phthisis, and a later occurrence, or at least termination, of the disease; a very large decrease in those from old age, with an increase in those referred to atrophy, debility, etc., and the addition of a considerable group referred in general terms to alcoholism or chronic alcoholism, or resulting from accidents."

THE TREATMENT OF DELIRIUM TREMENS.—Death, no doubt, in delirium tremens arises from want of sleep, but the want of sleep arises from the want of nourishment. So says Dr. F. P. Atkinson, in *The Practitioner*, January, 1883. He recommends half a tin of Brand's liquid essence of beef and half a pint of milk to be taken alternately every two hours, and all stimulants to be cut off. Twenty-five grains of chloral with thirty minims of compound tincture of cardamom in an ounce of water, every four hours, after the beef tea, will be useful. By this treatment, the patient is generally free from delusions in thirty-six hours; but good strong liquid food should be taken less frequently for some days. When there have been from ten to twelve hours more or less continuous sleep, then it is advisable to give up the chloral, and give thirty minims of the compound tincture of gentian with five minims of the tincture of nux vomica three times a day for about three days. This restores the tone of the nervous system and stomach, and creates an appetite. A little tincture of enonymin may next be substituted for the nux vomica, and some *Christad* salt may be given in the morning when required.

Tobacco Culture.

Hints Regarding Domestic Havana.

The Baldwinville (N. Y.) *Gazette* gives this advice to planters in that section, and it will be found valuable to all who wish to raise a good Cigar Leaf: The way to accomplish the result suggested is to procure genuine Havana Seed, from the island of Cuba, of known merits, from the celebrated Vuelta de Abajo district, located west of Havana. This famous belt produces, it is said, the finest Leaf in the world. From this rich region came the Haynes' Havana seed originally. Let the growers get their Havana Seed from this section named, through proper and trustworthy sources, and commence the *modus operandi* of hybridizing and cultivating the plants by sowing the approved Cuba Seed. The process of hybridizing may reasonably be commenced the first year of the growth of the plants by placing some other desirable Domestic Havana plants beside the Cuba plants.

When both are in full bloom, force the pollen from the blossoms of one set of

plants on to those of the other variety, and repeat this frequently for a short time until you are satisfied the work has been well done. Let them then go to seed. Save the seed from these plants—the genuine Havana ones—and sow it the second year, and the third or fourth year, if need be, until the plants thus produced are satisfactory.

When the tobacco is as near perfection as you can, seemingly, grow it, save a large quantity of sound seed from the best plants for use for a series of years, and in this way you will perpetuate the growth of a desirable variety of Havana Seed Tobacco, of almost inestimable value. The grower can, if he shall choose to do so, raise indistinctly genuine Havana Tobacco Leaf, without attempting hybridization, and thus keep up the identity and character of the Vuelta de Abajo variety.

It is a fact we have got to constantly bear in mind that if we succeed in growing fine Domestic Havana Tobacco in this country we have got to preserve the identity of the Cuba characteristics of the plants we grow; we have got to preserve the gloss of the leaves; we have got to grow plants infused with as much oil, or the aromatic principle, nicotine, as possible to render the tobacco of value; we have got to grow the tobacco of the right size and preserve the fine texture of the leaves and the aroma of the plants peculiar to Havana Tobacco; and in a word, grow essentially a Cuba or Havana Leaf fairly and legitimately domesticated and acclimated to our climate. It is necessary, too, for us to strive hard to prevent our Domestic Havana Leaf from running into Seed Leaf Tobacco—we must not allow the plants to become "seedy," as the expression goes. We should avoid sowing seed that will produce instead of genuine Domestic Havana plants, those to all intents and purposes similar to Seed Leaf Tobacco. Our object should be to produce an acceptable leaf—Tobacco that will suit the manufacturers, who now want glossy, dark goods, a strong leaf, fine and beautiful; for cigars are sold now-a-days more on account of the appearance of the wrappers around them than through their qualities otherwise; or, in other words, the cigar that meets the approval of the eye sells well.

Healthy Plants.

Set good healthy plants, and in two to four days cultivate deeply, once in a row without disturbing the ridge, cultivate again after the first rain. When the plants are well rooted, loosen the soil lightly around the plants to break the crust and destroy the weeds. Keep the soil loose between the rows, and when the plants are about 1½ feet high, use a horse-hoe that will place the fine soil upon the side and edge of the ridge.

A simple attachment made with two barrel staves in the shape of a V placed underneath a common cultivator will answer the purpose. Very little hand hoeing is necessary. In about one week place more soil around the plant to keep erect. This variety of tobacco is very liable to tip over before it is topped, and when it does it should be set up at once; the sooner it is done the less the damage. It should be topped so low that the top leaves will be about as large as any upon the plant when all are ripe. I am aware that a wide difference of opinion exists as to how much it pays to sucker tobacco, but it should be suckered once about half way down, and again clean, for the simple reason that the sucker suck the juices absolutely necessary to perfect the leaves, hence the name suckers. A perfect crop cannot be obtained unless the suckers are removed, besides it is less liable to pole sweat and damage from fat stems and tearing. Tobacco should not be cut until thoroughly ripe. The practice of cutting a little green to obtain a darker color is wrong; it should be fully matured, and if allowed to stand a few days after it is suckered clean, more weight and better quality is obtained. Havana seed usually requires four weeks or more to ripen after topping, and it cures better if hung with twine than upon lath; the slower and darker it can be cured the better. Tobacco should be taken down only when just in the right condition. When stripped the butts should be kept even and the leaves tied with two strings in neat bundles of from ten to fifteen pounds each.—*New England Homestead.*

Belgium.

BRUSSELS.—M. Philippart, the Belgian financier, who was recently extradited from France on a charge of forgery, has written a letter to the public prosecutor, in which he declares that if he is kept in prison beyond the present week all the companies of which he has the direction will be ruined.

Governor McDaniel, of Georgia, was installed. In his inaugural address he called upon the people of the State "to sustain him by a healthy public sentiment in maintaining the credit of the state and the enforcement of all good laws."

For the Young.

DON'T TALK LOUDLY.—Nothing marks a true lady or gentleman more surely than a low voice, and a man can have it as well as a woman. A loud voice arises either from extreme carelessness or low breeding. No one likes to walk beside a person in the street who talks in a loud voice. The rule applies to girls and boys. Play is one thing and conversation another, though the former need not be boisterous. Children may have good lungs and use them in cheering at the proper time; but when they talk, a low, distinct voice marks one who has been accustomed to good society and possessed of innate refinement.

ONLY A LITTLE WHILE AGO.—Our youthful readers can scarcely form an idea of the world as their grandfathers saw it, in the days when John Quincy Adams was president.

Boys who went to boarding school thirty miles from home had a stage ride of five or six hours to endure or enjoy—according to the weather—for boys were apt to perch on the outside seats. In muddy seasons, the five or six hours would stretch out to ten, with a possible alleviation of a dinner at the Half-way House.

If they were homesick, or wanted a box of good things for solace, they paused before writing a letter to reflect that their "Honored Parents" would have to pay twenty-five cents postage on the epistle. Now, honored parents who paid so much for a letter expected it to contain a good deal of matter, correctly spelled, on a large and clean sheet of paper.

Envelopes were not then used, because they would have made the letters "double," which doubled the postage. Each and every envelope was charged one rate. Thus, a letter in an envelope enclosing a dollar bill would have cost seventy-five cents postage.

Hence, very large sheets of letter paper were used, especially by affectionate mothers when writing to their sons at school. Often, when the tender soul had filled four immense pages with family news and good advice to "my dearest son," she would still have something more to say, and then she would cross her writing to save an extra postage. This crossing was a sore trial to impatient youth, who did not in those days, read any writing with perfect facility.

It was a high art then to fold a letter nicely. Years elapsed before a boy could tuck in the outside lap without any bulge at the ends, and make a neat, compact, well shaped packet. Some clumsy-fingered fellows never could get the knack of it. To all such the envelope was indeed a precious boon.

It was considered a frightful vulgarity sixty years ago to seal a letter with anything but sealing-wax. This was a very awkward article in a southern or East India mail bag, as at a high temperature it melted and stuck the letters together. The operation of sealing, too, was one that baffled the school boy and often burned his fingers. It had to be done, however, even after the postoffice chiefs had given public notice of the inconvenience to which it subjected them. It was only the envelope that ended the wax nuisance.

Everything was more difficult then than now. In 1824, the daily stage for the city of Washington left New York at three in the morning, and a man went round the town to call up the passengers; so that when the stage came for them, it might not be kept waiting very long. If all went well, the passengers reached Washington the next morning soon after sunrise.

Those were the times when college students were fined ten dollars for going to the theatre, and it was reckoned unbecoming in a clergyman to have a copy of Shakespeare in his house.

At that remote period, before the Erie canal was finished, what was the largest inland town of the United States? It was Lancaster, in Pennsylvania, with a population of something less than four thousand!

WHAT KITTY THOUGHT.—Little Kitty, who is only six years old, and has been allowed to form her own conclusions about most things, seemed, as she sat, solemnly dandling her doll, to think so much, that we bethought ourselves to discover what her opinion of things in general might be.

Having done so, we found some of them rather alarming; but, on the whole, they are amusing enough to be worth jotting down.

The earth, Kitty thinks, is flat, like a plate, and the sky is a blue bowl turned over it, with stars out in gold paper.

It has, she believes, one mountain called Snowdon—we live in a very pretty cottage at the foot of this splendid eminence, and Kitty has twice accompanied me (her only sister) for a walk on a summer's day along its towering sides. This mountain Kitty imagines was made for her to go up and look off. The ocean is for Kitty's boat to sail on, and the lions and tigers were sent to Africa, instead of to the United Kingdom, so they shouldn't hurt Kitty; but the ele-

fump was let to stay in the circus, because he wouldn't bite her if she gave him ginger snaps. The village chimney sweep is black, because he played with matches when he was a little boy, and got all burnt.

The cave in the woods at granpa's is where bad people go when they die, and "Bogey" lives, and looks like the bill-goat. The sun gets tired when it is seven o'clock, and goes to bed, and then he angels out the moon to light the world with, and good dead people go to the sky in fire balloons.

If you are really sick the doctor can always cure you with a powder. The one too dreadful thing is to cut your finger, because as people are hollow like bladders, and filled up with blood, "it might all run out" if there was a hole anywhere not "tied up with a rag" at once.

God made Kitty and all the people, and the clock, but not snakes and mad bulls. They grew so.

In the night when she wakes up in her crib, the clock talks to her and tells her stories. Mamma found the new baby in the duck's nest and it is so "creaky" because the old duck sat on it a week before she knew it wasn't a little duck.

Good people, like grandpa, live to be five thousand years old, and are always rich. Bad people get drowned. If anyone tells a lie, "a lightning comes over the mountain and strikes him."

If a little girl steals preserves out of a pantry an angel would peep down chimney, and say "Boo!" But when the cat steals milk the angels don't mind, because she never went to Sunday school to learn better.

Kitty saw a little heathen, and she gave him a penny. He sat on the organ-man's organ, and had a string tied to him.

Most troubles can be cured with kisses. At night when people are sleep, an old giant walks about the house and looks in at the top windows. All day he lives in the church steeple. Kitty is not afraid of him, for he only comes after bad children. She remembers that she used to fly once. She flew up to the sky. Nothing can convince her to the contrary.

Fashions.

Vests are much worn.

Sleeves remain of the close coat shape.

Lower or foundation skirts remain very narrow.

Inch-wide velvet ribbon is the favorite for trimming.

A new woolen stuff for dresses is called beigeette.

Dresses of last year can be easily altered into the new styles.

Cashmeres and silks are again trimmed with velvet ribbons.

Soutache braid will be much used in palms and in parallel materials.

Most of the important costumes show combinations of two materials.

Velvet ribbon will be used in great quantities on box-pleated skirts.

The new goods show plain grounds, blocks, checks, small broken plaids, etc.

Velvet is very popular for the small accessories of a costume, such as collar, cuffs, etc.

Some new dresses are made entirely of woolen stuff or of light twilled camel's-hair.

Handsome French dresses are trimmed with braid of palm leaves ten or twelve inches long.

Buttons are small and inconspicuous, and are no longer used for show, but simply for service.

Ottoman velvet, very thickly ribbed, is the newest fabric for combining with cloth and cashmere.

Overskirts are voluminous in breadth, but there is a tendency to shorten draperies, both in front and back.

Plain fabrics for the waist and drape with the figured goods for the lower skirt, is the rule for imported spring and summer suits.

Palm leaves have come into vogue again, and promise to supersede wheels and frogs both in passementerie and in soutache braiding.

There is a new fancy for putting braid on a material different in color from that of the dress, and then applying the braided piece to the dress.

Black tulle and lace dresses elaborately made, and without any white about the neck and arms, bring out the delicate tints of a fair complexion and light hair.

"Lay off your overcoat, or you won't feel it when you go out," said the landlord of a western inn to a guest who was sitting by the fire. "That's what I'm afraid of," returned the man. "The last time I was here I laid off my overcoat. I didn't feel it when I went out, and I haven't felt it since."

Economies of Science.

The staining of bricks red is effected by melting one ounce of glue in a gallon of water, then adding a piece of alum as large as an egg, one-half pound of Venetian red and one pound of Spanish brown; redness or darkness is increased by using more red or brown. For coloring black, heat the bricks and dip in fluid asphaltum, or in a hot mixture of linseed oil and asphalt.

Dr. Morell Mackenzie says that guaiac given early will rarely fail to cut short an acute tonsillitis. The formula is as follows: Resin guaiac, 70 gram.; gum tragacanth, 43 gram.; sacchar. alb., 17 gram.; black currant paste, q. s. M. Div. in trochisci No. 350. Sig.: One every two hours. One can also give acetonite, as recommended by Ringer. If the disease is not checked, give small pellets of ice.

Professor John Nichol, speaking in his "Historical Sketch" of American literature of the non-existence of international copyright, says that "this gross injustice to the authors on both sides of the Atlantic, for the benefit of the publishers on one, leads to the intellectual market being glutted with stolen goods. Considerations of interest in business are of course everything; those of principle or art or patriotism, nothing."

In the recent international debate on alcoholism at Geneva the number of litres of alcohol consumed yearly per head of population was stated for the principal European countries and the United States as follows: France, 3; Austria, 4; England, 6; America (United States), 7½; Switzerland, 7½; Belgium, 9; Sweden, 10; Germany, 10; Russia, 16; Denmark, 23. In Spain and Italy the proportion was much less.

The sunflower does not turn with the sun, but a recent observer finds that a majority of the flowers do have a prevailing direction when opening. In the case of one of the perennial sunflowers of sixty-eight flowers, up to one time all had their heads inclining to the southeast. Three days after this, with seventy-three flowers open, twenty-one among the older ones had advanced toward the northeast, their horizontal faces becoming nearly erect during the journey.

In the southern portion of the country drained by the River Congo, in Africa, there has been found by Lieutenant Wissman a very dense population. During his journey from Loanda to Zanzibar this traveler does not seem to have met with any serious obstacles. On the contrary, the noted Mirambo gave him every assistance. At one portion of his route he found a tribe of dwarf negroes. The full details of his journey will be read with interest when they are published.

A Washington inventor has patented a new telephonic transmitter, which it is expected will tend still further to revolutionize the methods of electrical communication. The capitalists who proposed to introduce the invention have great hopes that it will entirely supersede the present system of telegraphing. They claim that the voice can be audibly heard in a whisper at 750 miles distance. The electricians of the Western Union Telegraph Company are said to be well satisfied with the experiments which have been made.

La Nature states that on the French coast in the Channel, where the tide has a mean range of about thirty-seven feet (in some cases it amounts to fifty-six feet), tidal mills are used at various places. They are favored not only by the range of tide but also by the long estuaries of irregular border at the mouths of the unimportant water-courses, which have no proper current. The motors are generally water-wheels, which are immersed at high tide, and begin work when the tide is half-way down; none of them are arranged to work with the flow of the tide.

A story was told of a woman in Boston who discovered and located a leak in the waste-pipe of a wash-bowl, by taking advantage of the fondness of cats for the oil of valerian. Having put two cats in the parlor where an offensive odor was perceived, the woman poured the oil into the basin of an upper room and watched for the result. The cats shortly began to sniff the air and move toward a closet through which the waste-pipe ran, then jumped upon a shelf and purred as if enjoying a great luxury. The wall was cut away to expose the pipe, and a considerable leak was found at the very spot pointed out by the cats.

THE IRISH NATIONAL LEAGUE.

DUBLIN.—At a meeting of the Irish National League, it was announced that £540 had been received from America since the last report. A communication from Mr. Redmond, the Representative of the League in Australia, was read, in which he said he hoped to be able to send £1000 monthly to Ireland while he remains in Australia.

A Shrewd Dutchman.

How He Takes Advantage of the New York 'Laws to the Disadvantage of His Creditors.

I had a bill to collect of one Nathan Miller, of Auburn, N. Y. The bill was over nine months old, and we had frequently written him mild dunning letters, as we believed him to be solvent, but could get no reply. I called on him, and without preliminary remarks presented him a statement, when the following conversation ensued:

Nathan—"Hem! oh! ha! ah! ha! (laugh, laugh). Eh, hem! How you wash?"

Collector—"Please pay this account."

Nathan—"Vell, my dear friend, I wish to explain dis to you."

Collector—"Never mind the explanation; pay the bill."

Nathan—"All right, I vill. I gif you my note thirty days; it is good. I takes you down to de bank and dey will tell you dat. I allers bays my note; noddings ever goes pack."

Collector—"That won't answer; it does not change the matter a particle. I must have the cash, security or collateral."

Nathan—"How can I gif caash or security ven I haf not got 'em?"

Collector—"Well, you can give either, if you try."

Nathan—"No; I see a young man vat attends schtrictly to business, and haf no acquaintances or friends here."

Collector—"Then I shall have to put it in the hands of a lawyer."

Nathan—"Vell, I can't help dot. I shall try and bay it before it comes to shuldgment."

I went to a lawyer and found the laws of New York are made for protection for just such ducks as Miller, and it would cost \$10 or \$15 and would take some two months to ascertain whether I could get anything or not; so I went back to see him, with the following result:

Collector (Soothingly)—"I don't want to sue you on this little account. Can't you pay half of it, and the balance in thirty days?"

Nathan—"No, my friend, I haf offered you everything vot vas right and reasonable."

Collector—"You can borrow or get some one to indorse for you."

Nathan—"I would not like to hurt my credit by asking any such a ting."

Collector—"You need not tell me that; I know better. I will tell you what I will do with you. I'll give you 10 percent off the face of the account for cash to-day."

Nathan—"Vas is dash? Ten per shent? I take it; now you are talking sense. Dat vas de first shensible vird vitch I haf heard out of you. Come at 2 o'clock and you shall have the monish."

At the time appointed I got his check, which was paid without a question. This, for a clean daylight steal, "yanks the bun." He told me he carried a large life insurance on the Tontine plan, which kept him short. He did this to protect his creditors, as life was uncertain; that he was young and inexperienced, but that his prospects were never as bright as at that time, and that he hoped by honest dealing and industry to build up a good trade.

The storms of fifty winters have fanned and tanned my wrinkled cheek and it has become calloused from constant exposure and rude assaults, but I could "only look with mute admiration and offer my tile to this young Israelite, in whom there is no guile."

Curiosities of the Patent Office.

An English journal pays a flattering tribute to American intelligence when it remarks that "a good percentage of the inventions are of American origin. In that country of geniuses everybody invents." Yet there is a ridiculous side to the question. Some of the applicants for patents create a laugh at their expense if they do not get the protection of the government for their "invention." One man claims protection for the application of the Lord's Prayer, repeated in a loud voice, to cure stammering. Another asks protection in behalf of a new and useful attachment of a weight to a cow's tail to prevent her switching it during the milking operation. A lady patented a hair crimping pin, which she specified might also be used as a paper cutter, a skirt supporter, a child's pin, a bouquet holder, a shawl fastener, or a bookmark. A "horse refresher" is a hollow pit, perforated with holes, and connected with a flexible tube, with a water reservoir in the vehicle, so that the driver can give the animal a drink without stopping. The "smorer's friend" is a luxurious contrivance to be attached to church-pew backs, so that one may sleep through a dull sermon in peace and comfort without attracting attention.