

THE CHILDREN'S COUNTRY WEEK.

By A. ASHMUN KELLY.

They come from hot and noisome streets,
From haunts of crime and care,
To taste awhile the country's sweets,
And drink its healthful air.
To hear the songs of birds and breeze
Down in the waving broom,
To ramble with the busy bees,
Among the clover bloom.

Their pallid cheeks grow almost red,
Their sunken eyes grow bright,
As scampering down the flowery mead
They chatter with delight.
The butterflies to them are gold,
The daisies silver-rimmed;
And greater wonders there unfold
Than ever they had dreamed!

A sweeter cup was never quaffed
By King or Queen, they think,
Than from the pail the milky draught,
The farmer's wholesome drink.
And oh! the red, ripe apples, too!
Which load each orchard tree!
It seems to them it can't be true,
Such lots and so free!

Back to the city's noisome streets,
With visage sad they hie,
To miss and mourn the rural sweets,
The birds and fields and sky.
And days to come, 'mid want and care,
In hot and dusty streets,
They'll oft recall the country's air,
In fancy taste its sweets.

God bless those noble-minded men,
And bless those women, too,
Whose hearts and hands are open when
Their kindly deeds to do!
No matter where reward begins,
No matter where it ends;
An Angel blots out half his sins,
Whose ear to pity bends!

Health Hints.

How to Preserve and Restore Health.

Reading aloud is conducive to health.

Children should sleep in separate beds, and should not wear night caps.

Sleeping rooms should have a fireplace or some mode of ventilation beside the windows.

The best remedy for eyes, weakened by night use, is a fine stream of cold water frequently applied to them.

Children and young people should be made to hold their heads up and shoulder back while standing, sitting or working.

From one to one pound and a half of solid food is sufficient for a person in the ordinary vocations of business. Persons in sedentary employments should drop one-third of their food, and they escape dyspepsia.

The king of Prussia once sent to a tribe of Bedouins a very celebrated physician, who inquired on his arrival how they lived. "We never eat till we are hungry, and then not to repletion," was the answer. "I may return then," said the doctor, "I have no business here."

The New York *Star's* infallible cholera cure is as follows: Take equal parts of tincture of cayenne, tincture of opium, tincture of rhubarb, essence of peppermint and spirits of camphor. Mix well. Dose, 15 to 30 drops in a wineglass of water, according to age and violence of attack. Repeat every fifteen or twenty minutes until relief is obtained.

For Sleeplessness.

A physician writing to the *Christian Union* on the subject of sleeplessness, remarks: If neither beef tea or milk can be easily procured, hot water with an infusion of hops or mint may be substituted, or even hot water alone will quiet restlessness and induce sleep. A darkened room, that the moonbeams cannot enter, a little fresh air from an open window or fireplace, are valuable assistants in making the sleep continuous.

The Care of Infants in Summer.

The New York board of health recommend the following rules for the summer in regard to the nursing of infants: Over-feeding does more harm than anything else; nurse an infant a month or two old every two or three hours. Nurse an infant of six months and over five times in twenty-four hours, and no more. If an infant is thirsty, give it pure water, or barley water; no sugar. In relation to the feeding of infants, the board advise: Boil a teaspoonful of powdered barley (ground in coffee grinder) and one-half pint of water, with a little salt, for fifteen minutes, strain, then mix it with half as much boiled milk, add a lump of white sugar, size of a walnut, and give it lukewarm from a nursing bottle. Keep bottle and mouth-piece in a bottle of water when not in use, to which a little soda may be added. For infants five or six months old give half barley water and half boiled milk, with salt and a lump of sugar. For older infants give more milk than barley water. For infants very costive, give oatmeal instead of barley. Cook and strain as before. When the breast-milk is only half enough, change off between breast-milk and this prepared food. Dr. Page says that if infants are fed only three times a day they will escape colic and cholera infantum.

Variety in our Food.

Happiness and bodily comfort depend largely on the food we eat, and how cooked.

There is nothing more acceptable to the appetite than a change in diet. A long continuation of the same food, prepared in the same way, is extremely

tiresome. It is easy to have a variety, if one chooses to manufacture it, out of the very same materials. For instance, one wears of having boiled potatoes continually. They are good, wholesome, but it is easy to mash the potatoes, add a little salt and milk, heat it in the oven, and set the dish on the table in a new form; or cut the potatoes up, when cold, in chips, and stew them in a butter gravy till well scalded. It is a delightful change, and an economical one, too, as it saves the whole potato, which is quite an item in many families at present prices. Slicing and frying cold potatoes in drippings is another good way to cook this vegetable.

In meats, too, different methods of cooking are very desirable, as well as saving. One gets tired of fried meat; it is better occasionally to roast, bake or stew. There are many dainty methods of preparing meats for the table that it really seems as if there is little need of urging the necessity of change in the method of cooking. Still, many families are in the habit of having the same bill of fare all the week. No wonder people who live in this style like to make visits so as to get a change of diet once in a while. Vegetables should form one item of food at every dinner-table. Perhaps farmers cannot obtain so great a variety of those as if they lived next a market, but every man who has even a garden patch can have cabbages, turnips, beets, parsnips, onions and squashes, all of which form a most excellent variety of food, as well as a healthy appetizer to one's meals. Apples and pears, if eaten after meals, are a most wholesome luxury and one which all enjoy. Fish is another pleasant change of diet, and is far better for an occasional meal than for a summer diet.

Indeed, there is no kind of food that will not tire one, and satiate the appetite if used all the time. All kinds of poultry make a very inviting meal occasionally, but one cannot relish them for many days in succession. It is the same with pastry, a change is needful in order to have it well appreciated. Bread is the only compound of which people never tire, and they enjoy that occasionally toasted, better than to have it set on the table in a stack of thin slices. I know that some claim that it is of no account what you eat, it is sweet and wholesome, and will sustain nature, but it is not true. Our happiness and bodily comfort both depend in a great measure upon the food we eat and the manner of cooking it. Admitting this fact it is an important branch of science to understand cooking in all its forms, and be able to make victuals as tempting and palatable as they can be cooked. I do not believe in too rich food, or extravagance, but light, wholesome, plain and substantial food, cooked and arranged on the table so as to look nicely and taste well besides.

Let the housewife seek for a variety of dishes, not for a variety at one meal alone, but a change for every meal. It is just as easy as the everlasting sameness that cloy the appetites of a family. Hash for breakfast is very well once a week, but to have it seven times a week is six times too much. So with every kind of cooking. Baked beans are very nice once in a while, but to have them for four or five consecutive days would incline one to the belief that he is not very fond of beans. Circumstances alter cases, but a little forethought will generally arrange matters so that the mistress of a family can vary the bill of fare, so as to have her cooking enjoyed and appreciated. No more kinds are needed, but a variety of kinds, and as variety is the spice of life, so is it the greatest appetizer for our daily food.

Water Pollution.

The effect of water pollution upon the health has been repeatedly published. Goitre is caused by drinking water impregnated with animal matter, and disappears when pure water is substituted. In Great Britain, 164 epidemics of enteric fever were traced in four years to impure air or water—usually both—and 6897 deaths occurred in a single year from these causes. In the historic outbreak at Over-Darwin 2000 cases of sickness and 100 deaths resulted from a polluted water supply. A simple test for pure water such as might be used by ordinary householders, is very desirable, but none exists, and it requires much skill to prove that water is absolutely pure. Chemical tests are uncertain. The taste is not to be depended upon, as the most palatable water is often the most impure. In India examination of some of the wells used by the pilgrims showed that the so-called holy water consisted of almost pure sewerage. The frequent outbreaks of cholera among these visitors is therefore explained. So difficult has it become to obtain pure water on the continent of Europe that the eminent English physician Sir Henry Thompson, in a letter to the *London Times*, warns travelers never to touch a drop in any place, or under any circumstances, unless it can be boiled before using.—*North American Review*.

Important Legal Decisions.

CONTRACT OF INFANT—PROOF OF NECESSITY.—W., an infant, was sued for the price of a horse, and judgment was recovered against him. He carried the case in error—Wood vs. Losey—to the Supreme Court of Michigan, where the judgment was reversed. Judge Campbell, in the opinion, said: "The plaintiff only proved, though the infancy of the defendant was admitted, the sale of the horse, and rested his case; but he had failed to show a cause of action, as he had not proved that the horse was a necessary supply to the defendant. The request by defendant's counsel, to charge that a necessity for the purchase must be shown, was proper, and the charge should have been given. It appeared that the horse was used on a farm in which the defendant was interested, and the refusal to charge gave the jury to understand that it was the necessity of the farming business, and not the necessity for the defendant's part of it, which would make him liable, and they were led to a verdict which had no testimony to sustain it."

RAILROAD TICKET—CONTRACT OR RECEIPT.—L. bought an excursion ticket to X, but got on the wrong train, and when the conductor demanded the fare L. insisted on being carried to and left at X. He had no right under his ticket to stop at Y, and the conductor ejected him from the train on his refusal to pay fare. In an action for damages—Logan vs. Hannibal and St. Joseph Railroad Company—the plaintiff recovered a judgment, and the company took the case to the Supreme Court of Missouri, where a decision was made in its favor. Judge Henry, in the opinion, said: "The position of the plaintiff that the ticket was a contract for transportation is not tenable. A ticket cannot be said to be either the contract or to contain the contract. The settled opinion is that it is a mere receipt taken or voucher adopted for convenience to show that the passenger had paid his fare from one place to another. A contract for transportation may therefore be proved independently of the terms of the ticket. It was the duty of the passenger to get on the right train on which his ticket was issued to carry him, and if he went on another train which did not stop at his station he could properly be ejected therefrom if he refused to pay the usual fare."

ATTORNEY DISCHARGING DEBT WITHOUT FULL PAYMENT.—An attorney who had been employed to recover money got a judgment for his client, and then satisfied the judgment for one-third of its value. In this case—Hamsicks vs. Combs—a motion was made to revive the judgment, and it was denied. The plaintiff carried the case to the Supreme Court of Nebraska, when the proceedings below were reversed. Judge Maxwell, in the opinion, said: "The extent to which an attorney would be justified in entering into a compromise of a doubtful claim it is unnecessary to consider; but it is very clear that he cannot, in the absence of authority to that effect, enter into an agreement to take about one-third of the face value of a valid judgment."

BREAKING INTO SHOP BY OFFICER WITH ATTACHMENT.—An officer sought to attach certain cigars and tobacco which were in a shop detached from the dwelling of the owner, and, being refused admission to the shop for the purpose of making the attachment, he broke into it. An action of trespass was brought against the officer—Clark vs. Wilson—but the plaintiff was defeated, and he carried the case to the Supreme Court of Rhode Island, where he was again beaten. The Chief Justice, Durfee, in the opinion, said: "An officer cannot break into a dwelling-house to serve a civil process, but this privilege is not extended to a detached shop, barn or outhouse. He may force his way in there, after asking for admittance of any one present who is authorized to give it."

RAILROAD TICKET NOT TRANSFERABLE—EJECTION—DAMAGES.—A bought a railroad ticket in which there was a stipulation that, in consideration of the reduced rate at which it was sold, it was not transferable. A, however, sold it to P, who offered it to a conductor, and, upon his rejection of it, P refused to pay fare and was ejected from the train. He brought an action for damages—Post vs. Chicago, Rock Island and Pacific Railroad Company—and was defeated. On the appeal the judgment was affirmed. The Court in the opinion, said: "Every railroad has a right to adopt rules and regulations for the management of its business, provided such rules are not unreasonable, are in the scope of the corporation's power and not in conflict with the laws of the State. The question whether rates are reasonable or not is a mixed question of law and fact, and is to be determined by the jury under the instruction of the Court. A regulation of a railroad, providing for cheaper rates of fare between certain points, provided the ticket is used alone by the

purchaser and within a certain number of days from the date of issue, is reasonable and proper. The purchaser gets the benefit of cheaper rates, while the railroad company, being advised of the number of tickets out, is enabled to furnish accommodations without inconvenience."

INJUNCTION—TRESPASS.—C removed a fence which he said was on a public road, and after it was replaced he removed it again. He threatened that he would continue to remove it, and he applied for an injunction to prevent the replacement of the fence, and got it. The defendant carried the case—Owens vs. Cropett—to the Supreme Court of Illinois, where the decree was reversed. Judge Walker, in the opinion, said: "For a single trespass, when the party charged can respond in damage, an injunction will not be granted upon a threat to commit another trespass. But if he is insolvent or threatens to continue the trespass he will be enjoined. In this case, however, there is a defect in the proof which will defeat the plaintiff's bill; he does not show, as he must, that the fence in question was on a legally established road, and was located at the precise place where the fence was built."

Jottings.

The public debt was reduced \$8,000,000 in July.

Eight million acres of Government land in Dakota have been disposed of to private persons within a year.

The Philadelphia Mint turned out in July, 1,200,000 silver dollars, 256,000 five cent pieces, and 1,600,000 cents.

The expenses of running summer hotels and large boarding houses are said to be greater this year than ever before.

The merits of the castor oil plant in the destruction of flies and mosquitoes is again coming before the public. The *Record* says one of the largest hotels at Atlantic City has ordered 300 castor oil plants to effect a removal of these pests.

A VERY large number of Knights Templar are enroute for the triennial convocation of the Grand Encampment to be held in San Francisco, the 20th. It will, perhaps, be one of the largest gatherings of the fraternity ever heretofore known in this country.

A YOUNG machinist of Frankford Pa., thinks he has discovered a new mechanical law. By a combination of known powers he says a new law is evolved in the application of which he is enabled to increase a hundred fold the power of any machine from a clock to a steamship. Just how it is accomplished we are not told, but the inventor says he combines the action of the screw and the inclined plane, and one other form, which he refuses now to mention, but says the multiplication of power is an accomplished fact. Nous verrons.

Very few trade dollars are now seen.

Millionaire Flood's new house in San Francisco will cost about \$5,000,000.

The Pennsylvania railroad gives employment to five hundred telegraph operators.

In England 200 years ago, the deaths were 1 in 12, now the rate of death is 1 in 42.

In Boston, from 1728 to 1752 the deaths were 1 in 21 of the living. In the same city the rate was 1 in 42 between 1846 and 1865.

Allen P. Morris was the first Confederate soldier to draw a pension under the Tennessee law allowing \$10 per month to Confederates in the army.

Peter Henderson, the great New York florist and author, drives away ants from his rose bushes by affixing to the stems a sponge dipped in paraffine.

Sojourners at summer resorts feel the need of a key to the bills of fare, on which the commonest of dishes are disguised by being set down in bad French.

Trees should never be allowed to shade human dwellings. They are very beautiful and noble objects; to my own fancy, more beautiful and noble than any other production of our planet, and I would have them multiplied, but would not have them near our houses.—*Die Tages* Monthly.

Thackeray is made by the *London World* to tell the story of the birth of "Vanity Fair." "I was ransacking my head," he says, "for a title for my novel, when it came upon me unawares in the middle of the night, as if a voice had whispered, 'Vanity Fair!' I jumped out of bed and ran three times around the room shouting out, 'Vanity Fair! Vanity Fair!'"

The natural sentiment of man toward woman is reverence. He loses a large means of grace when he is obliged to account her a being to be trained in propriety. A man's ideal is not wounded when a woman fails in worldly wisdom; but, if in tact, in sentiment, in delicacy, and in kindness she should be found wanting, he receives an inward hurt.

Floriculture.

Grasses.

Just a bank of flowering grasses,
Lightly swaying to and fro,
As the summer south-wind passes
In the noon tide glow.

In their diverse beauty fashioned,
Turning often to the sky,
Whence a glow of light impassioned
Answers to the sigh.

Gaily greeting each wayfarer,
Shyly bending to the breeze,
Surely earth's great Burden-bearer
Careth much for these.

Ah, the quaintly flowering grasses
As again we pass them by,
Lie in brown and drooping masses,
Gathered but to die!

Is their murmur a complaining
For their day so quickly passed?
Do they mourn its fleetness—claiming
It should ever last?

Suck a wealth of sweetness granted,
As had never graced their bloom,
Fill the air till we are haunted
By the rich perfume.

In their fragrant stillness lying,
Where so lately they counseled "faith,"
They in every act of dying
Whisper "love in death."

Restoring Plants 3500 Years Old.

A curious experiment has recently been tried with wreaths and votive offerings taken from the tomb of an Egyptian king, where they had been drying for 3500 years. Under judicious manipulation in hot water the dry cells swelled into their original plumpness, and the leaves, attached to card board and treated like recent specimens, were sent to Sir Joseph Hooker at Kew and exhibited at a late soiree of the Royal Society. Not only were the form of the leaves so far restored that they could be botanically identified but the intricate venation of the flower petals could be plainly traced; the coloring of lilies, larkspurs and other flowers was displayed, and even the distinctive orders of some specimens were preserved. In general, these old leaves and grasses were the same as of similar species to-day.

Rose Perfume.

The *Weekly Hawkeye* says: "Gather all the fragrant roses you can—no matter if you are a week gathering—and when you get a good many, take an iron mortar and pestle, like a druggist has, fill the mortar and pound the leaves to a pulp. It will be quite like a lump of dough. Then take your thumb and use it for a measure—fill it full of the mixture, empty out in to your hand, and between your palms roll and roll, until you make a compact little ball round as a marble. Make up all your rose dough material this way, place on plates and dry in the sunshine. They will be dark and brown looking, but "The scent of the roses will cling to them still." These are to be put in drawers and trunks and band-boxes, and among your table and bed and towel linen, and they will be just as fragrant for years as when you plucked the short-lived beauties and buried your face lovingly drawn into their glowing red hearts. I have made beads of them by making them a trifle smaller and drying them with pins stuck through the centres. Then they can be strung. Again, I have made them into little thin cakes the size of crackers. They are nice any way, for the great charm remains the same. Instead of pestle and mortar you can take your stew kettle and potato-masher in a pinch."

An Italian in America.

Landing at New York by a ferry-boat is the first impression I get of Americans. To us who have no estimate of hurry, and live longer than these people exist, the scene is very attractive—in one sense! The ferry-boat is crossing early in the morning and is full of business men—that proud term of a country which recognizes the dignity of labor and condemns our *dolce far niente*. No one waits for the chain to be lowered; this chain oftentimes protects a free people from going overboard. They all jump over it, and frequently before the boat touches the wharf. That is progressive young America. And from that early hour until the evening, when they go back on this boat, they are jumping over endless chains of commerce and coins. The great nation of jumpers! The republic of hurry! Young men in the prime of life jump into graves; middle-aged men hurry into coffins! I live on, a type of retrogressive Italy! Oh, progress, progress! On thy altar are the sacrifices of millions of lives, millions of luxuries, and millions of happinesses. I am hurried off the ferry-boat and hurried into a cab; I am hurried into a hotel, a bath, a dining-room where a dinner is hurried into me, and then told that this is progress. I am hurried in and out of bed and down Broadway, the veriest gulf stream of all hurry. Yes, it is progress! So is a locomotive on the Hudson River Railroad at eighty miles an hour. So is cabling messages for the daily dress under the Atlantic, when the messages are worth cabling! So is lobbying at Albany on appropriation bills! Progress here is to me a paroxysm, because I have not yet lost my Italian peculiarities. The American girl is champagne. She is glittering, foamy, bubbly, sweet, dry, tart—in a word, fizzy! She has not that dreamy, magical, murmury loveliness of our Italian girl. And yet there is a cosmopolitan combination in the American girl that

makes her a most attractive coquette in her frankness, in her pardonable frivolity, in her being a phenomenon of verbal intrigue! You may lose your head easily with her in a week, and in the way of recollecting what you had said to her yesterday, for she is gifted with memory, but your heart—jamaica! It takes a longer time for that! But be sure she will have both sooner or later. I don't believe she is half as mercenary as she talks, in the vein of what female heart can gold despise. Yet she gives you a strong impression that the alpha and omega of life, is a modiste and a millionaire. My impression of an American girl is one never to be forgotten. She is bright, brisk and business-like. To be concise, I would call the American girl a sort of social catechism—full of questions and answers. In many instances she omits the answers and becomes an incarnate questioner. I never experienced such a pleasurable witness-box position in all my life.—*Rome Letter*.

Are All Birds Flesh-Eaters?

Mr. Grant Allen, in an article in *Knowledge* on the English black-cap, answers this question in the affirmative. Although the old black-caps eat largely of fruits, the young black-caps will eat nothing but insects. Breeders of the canary—a seed-eating bird—are also well aware of the fact that the young must at first be fed on animal food, usually given in the shape of boiled egg. Mr. Allen says that this trait of the black-cap, common to many if not to most fruit-eaters, may be put side by side with the one noted by Mr. A. R. Wallace, that the young humming-birds, which are developed flower-haunting swiftness, will eat nothing but spiders and small flies. In both cases the facts point back curiously to the original habits of the whole race. There can be very little doubt, adds Mr. Allen, that all birds were at first carnivorous, or insectivorous, and the greater part of them probably remain so to the present day. The practice of eating grains and seeds came later; while that of living upon fruits, or the nectar of flowers, must have been the latest of all. Indeed, the development of succulent fruits or berries seems to be a very recent acquisition on the part of plants generally; and it must have proceeded side by side with the evolution of fruit-eating habits in the correlated birds. Hence we find the young still require to be fed upon animal food; and indeed the adult black-caps, like many other similar mainly frugivorous species, cannot get along for any length of time without a liberal admixture of slugs and caterpillars in their food. On the other hand, the most advanced fruit-eaters, such as the parrots, readily revert to carnivorous practices in confinement; and one New Zealand species, since the introduction of sheep into the colony, has become a perfect pest to the breeders by its partiality for animal dainties.

The Cholera.

Some time since we alluded to the ravages of this fell destroyer of the human family, and of the possibility of a recurrence of its visitation to our shores. We enlarged at that time, but now simply suggest that the possibility of its presence in western Europe, and if so, the strong probability of its advance towards America, justify the National, State and municipal authorities in exercising the utmost vigilance in enforcing a rigid quarantine. Forewarned is forearmed. Sanitary rules enforced is one of the greatest barriers to the march of the scourge. Each administrative body should see to it, that no method that tends to promote cleanliness should be neglected; otherwise, we may have a visit of the disease with its attendant calamities much sooner than many would think. We are no alarmists, but it is better to realize that an "ounce of prevention is better than a pound of cure." If the cholera should come, however, we would suggest—with the consent of course of your family physician—the following remedy we used in one case with marked success in 1849:

Our physician, an eminent one he was, Dr. Doyle, said to the writer a month before the epidemic made its appearance, "Purchase a bottle of pure brandy, a vial each of spirits of ammonia, laudanum, and peppermint; place this near your bedside at once, and don't let them be disturbed, thus forming a habit of keeping them within reach for an emergency, as there is no time to search for remedies when the disease attacks you in the night." We obtained the articles. The cholera made its appearance, and a member of the family had what is termed several "rice water" discharges. We at once gave the prescription—half a tumbler of brandy, sixty drops of laudanum, ten drops of the spirits of ammonia, and twenty drops of peppermint, covering at the same time the bowels and stomach with mustard. It was heroic treatment, but the cure was prompt. After this, send for a physician.—*Thoroughbred Stock Journal*.