

PEARLS OF THOUGHT.

Ambition is the avarice of power. To know is one thing, to do is another. Fools rush in where angels fear to tread. It is far better to borrow experience than to buy it. It is much safer to think what we say than to say what we think. Quarrels would be short lived if the wrong were only on one side. The two most precious things on this side the grave are our reputation and our life. The universal heart of a man blesses flowers. He has wreathed them around the cradle, the marriage altar and the tomb. No man can purchase his virtue too dear, for it is the only thing whose value must ever increase with the price it has cost. Good temper is like a sunny day; it sheds a brightness over everything; it is the sweetener of toil and the soother of disquietude. Those are mock gentlefolk who mask their faults to others and to themselves; the true know them perfectly and acknowledge them. More hearts pine away in secret anguish from the want of kindness from those who should be their comfort than for any other calamities in life.

The Care of Infants.

The following circular, issued by the New York board of health, will be useful reading anywhere:

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. On the hottest days a few drops of whisky may be added to either water or food, the whisky not to exceed a teaspoonful in twenty-four hours.

FEEDING OF INFANTS.—Boil a teaspoonful of powdered barley (ground in coffee-grinder) and a gill 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 mouthpiece in a bowl 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 your breast-milk is only half enough, change off between breast-milk and the prepared food. In hot weather, if blue litmus paper applied to the food turns red the food is too acid, and you must make a fresh mess, or add a small pinch of baking soda. Infants of six months may have beef tea or beef soup once a day, by itself or mixed with other food; and when ten or twelve months old, a crust of bread and a piece of rare beef to eat at your table. Give no candies, in fact nothing that is not contained in these rules, without a doctor's orders.

SUMMER COMPLAINT.—It comes from over-feeding and hot and foul air. Keep doors and windows open. Wash your well children with cool water twice a day or oftener in the hot season. Never neglect looseness of the bowels in an infant; consult the family or dispensary physician at once, and he will give you rules about what it should take and how it should be nursed. Keep your rooms as cool as possible, have them well ventilated, and do not allow any bad smell to come from sinks, privies, garbage boxes or gutters about the house where you live.

Ice Water.

Ex-Governor William Ross, of Chicago, has delivered a discourse on ice water. He said that "a general reform in drinking ice water would confer a benefit upon the public. The constant and immoderate use of ice water has become one of the most active causes of disease all over the United States. There can be no doubt that it produces our national disease, dyspepsia, in its most aggravated forms, and you can scarcely look over the death list in our papers that you will not see a notice of some one dying of diabetes, Bright's disease or some other kidney complaint. In most cases, you may rely upon it, ice water is the remote if not the active cause of all his trouble. If one should express the opinion that ice water is now the source of more diseases among our leading business and public men than whisky, a wide induction of facts would doubtless show him not so far from right. Sad experience as well as extensive observation and inquiry have convinced me of the truth of this assertion." Ice water had come nearer costing him his life than any other cause within his memory.

SCIENTIFIC SCRAPS.

Five inches of dew falls annually in England. The wings of gnats flap at the rate of 15,000 times per second. Meat, roasted or boiled, loses from one-third to one-fifth in weight. The stars contain material elements common to the sun and earth. A small bottle of attar of roses is the product of seven of eight hundred pounds of rose leaves. The latent heat contained in steam increases in proportion as the sensible heat of the water decreases from which it is produced. A single grain of gold may be beaten into an extent of several square feet and yet the leaf remain so intact as to transmit no ray of light. An attempt is to be made by the Livingstone Inland mission to cultivate some of the different species of chinchona in the mountain valleys of the Congo, Africa. Mr. Wigner, in the Analyst, states that American corned beef is twice as valuable, as an article of diet, as fresh boneless beef, and that the cooked ox tongues contain less salt and more nutritive matter than the dried tongues usually sold in European markets. Of the twelve total solar eclipses before the end of the present century, but one is visible in America—that occurring May 28, 1900. The eclipse having the greatest duration unfortunately falls upon parts of the Pacific ocean where there is no land for the establishment of stations of observation. A buoy has been placed at Sandy Hook, outside of New York bay, which by the rising and falling of the waves compresses air. This, when it reaches a certain density, moves a dynamo-electric machine, and this causes a carbon loop in a vacuum tube to glow with light, while at the same time a powerful whistle sounds. It promises to be very useful for signals during heavy fogs.

What to Drink in Hot Weather.

"What is the best drink in warm weather?" said a Tribune reporter to an official at the Chambers Street hospital the other day. "Cold water," he replied, "but not ice-cold. Ice water chills the stomach and so ultimately injures the power of digestion. One of the best drinks in the world for hot weather is buttermilk with a little ginger in it. I know people don't like it excessively, but it is valuable for all that. If some of our high livers who suffer so severely at times would live on nothing for a week but brown bread and buttermilk they would feel like fighting-cocks. Another excellent drink, and one which bricklayers use a great deal, is the old-fashioned drink which the farmers use in the hayfield—water with ginger and molasses in it. It cools the system and opens the pores sufficiently for a comfortable perspiration."

"Is it advisable to drink much in hot weather?" "One must drink more or less; it is absolutely necessary in order to produce perspiration. Without that a man would soon burn up."

"Is beer hurtful in hot weather?" "It is one of the worst things in the world, for the reason that by drinking it you get the action of the alcohol upon the brain at the same time with the heat. Cases of alcoholic prostration combined with heat are very numerous in hot weather. If one drinks beer at all he generally drinks more than one glass, and in consequence places himself in a condition where he is the most susceptible to the effects of heat. Alcoholic drinks of all kinds should be avoided yet vast numbers use them; they drink beer, wines, whiskey, gin, brandy—anything and everything to allay thirst, without regard to consequences."

"What classes of people suffer most from heat and are brought here?" "Well, we have all classes, but bricklayers, painters and roofers suffer most."

"What effect does the heat have on the brain in case of sunstroke?" "It seems to stupefy the victim. All his energies sink away; he loses power of thought, and lies in a more or less unconscious state, according to the severity of the attack. He recovers if the stroke is not too severe. Sometimes he dies; sometimes he is injured permanently."

"What is the best way of avoiding prostration by heat?" "By keeping in the shade, if possible. If this cannot be done, keep as cool and collected in mind as possible; don't worry, don't hurry, don't drink alcoholic drinks, and if you find it necessary to drink at all, use water not too cold, or some of the drinks I have spoken of."—New York Tribune.

A new grove of mammoth trees, ninety-three in number and many over one hundred feet in circumference, has been discovered in California. These monsters are some eighty miles north of the big trees usually visited by travelers in the Yosemite route.

CLIPPINGS FOR THE CURIOUS.

Coaches were first let for hire in London in 1625. The average of human life is about thirty-three years. The mean depth of the sea is from four to five miles. Papyrus was used to write upon until about the seventh century. Between the years 1783 and 1857 six great earthquakes took place in Naples, which lost thereby 1,500 inhabitants per year of that period. Philadelphia and New York are connected by more telegraph wires than any other two cities in the world, the number being 110. The four great castes of the Hindoos are the brahmins or priests, kshatriya or military, vaisyas, commercial, and sudra, the tillers of the soil. It was the Emperor Charles V. who invented the title of "Your Majesty," sovereigns having been previously addressed as "Your Grace." In 1840 a few grains of wheat taken from the tomb of a mummy 3,000 years old were planted in an open garden in England and grew finely. The original invention and subsequent improvement of the bicycle are due to the French, who first introduced it in the Netherlands in 1647. One hundred and thirty-nine millions of tickets were used on the French railways during 1880. One out of every 7,000,000 of passengers was killed by accident. While in England thirty, Germany fourteen and France thirteen letters are transmitted per annum per head of the population, in Russia the number is under one per head. It was once believed that putting a cold iron bar on top of beer barrels would prevent the contents from being soured by thunder. The custom is common in Kent and Hertfordshire. According to some antiquarians the word "humbug" comes from a worthless coinage, used in Ireland in the time of William III., which was called "loom bag"—soft copper—worthless money. The surface of our bodies is covered with scales like a fish; a single grain of sand would cover 150 of these scales, and yet a scale covers 500 pores. Through these narrow openings the perspiration forces itself like water through a sieve. At Connemara, in the west of Ireland, the old women of the vicinity are given the privilege of gathering the wool scratched off the sheep's backs on the stones, hedges and bushes; this wool they can spin and knit into stockings, selling them at twelve and a half cents a pair. As many as 200 pairs are knitted by a person in a season.

Ida Lewis Rewarded.

The secretary of the treasury has awarded the gold life-saving medal to the famous Ida Lewis, now Mrs. Ida Lewis Wilson, in recognition of her services in rescuing a number of persons from drowning since the passage of the act authorizing such awards. Most of the rescues made were under circumstances which called for extreme and heroic daring, and involved the risk of Mrs. Wilson's life. The following summary of her achievements in life-saving is taken from the records of the treasury department: The total number of lives Mrs. Ida Lewis Wilson has saved since 1854, so far as known, is thirteen. In all these cases, except two, she has relied wholly on herself. Her latest achievement was the rescue last February of two bandmen from Fort Adams, near Newport, R. I. The men were passing over the ice near Lime Rock lighthouse, where Mrs. Lewis Wilson resides, when the ice gave way and they fell in. Hearing their cries Mrs. Wilson ran out with a clothesline, which she threw to them, successively hauling them out at great risk to herself from the double peril of the ice giving way beneath her and of being pulled in. Her heroism on various occasions has won her the tribute of her State's legislature, expressed in an official resolution, the public presentation to her of a boat by the citizens of Newport, a testimonial in money from the officers and soldiers of Fort Adams for saving the bandmen, and medals from the Massachusetts Humane society and the New York Life Saving Benevolent association. To these offerings is now fitly added the gold medal of the United States Life Saving Service.

Thrashed Twice.

There is hardly any difference in the looks of the twin Bowers, of Janesville, Wis., but one is a drunken loafer while the other is an exemplary Christian. The loafer kissed a woman unbidden in the street, and her husband by mistake knocked the Christian down. Her very muscular brother, when the mistake was explained, went out with the avowed purpose of righting the matter by whipping the real offender tremendously; but he met the Christian, refused to believe that a second blunder was being made, and thrashed him so that he almost died.

TOPICS OF THE DAY.

The great zeal of the Mormons is seen in the fact that the Book of Mormon has been published in French, German, Italian, Danish, Polynesian and Welsh. Probably 75,000 foreigners have already cast in their fortunes with Utah and polygamy. The marriage insurance companies, says the New York Evening Post, seem to be doing a thriving business in the interior of Pennsylvania, notwithstanding a judge's decision that he can find no law authorizing their incorporation. A Harrisburg company claims to have put upon its books within the last six months three million dollars in marriage policies, and hopes to make it ten millions before the year ends. A Lebanon operator has hunted up all the engaged and good-looking girls in that county, and has persuaded most, if not all, of them to take policies in his company. British India supports a population of 243 persons to the square mile, against 180 in France and 299 in England. Wherever the population exceeds 200 to the square mile it ceases to be rural, and has to live to a greater or less extent by manufactures, mining or city industries. Keeping in view that ninety per cent. of the rural population of India live more or less by the tillage of the soil, it is easy to understand that, owing to the extreme density of population, the struggle for existence is extremely hard. Those who settled themselves back with a feeling of relief after the planets had passed perihelion, need not think they have quite escaped. The end of the world receives another "boom." In the fourteenth century Leonardo Aremino, an Italian author, fixed the exact date for the end of all things November 15, 1881. According to this authority the destruction of the earth and its inhabitants will occupy fifteen days. The cataclysm will begin by an uprising of the waters. The human race, before parting, will lose the power of speech. All will be dead before the final day. A correspondent of the St. Louis Republic makes the following suggestions: The necessity of a submarine cable from St. Paul to New Orleans, a distance of two thousand miles, is fast becoming apparent to our business interests on account of the rapid increase in the river trade. As the river is the great national highway the cable should be constructed and owned by the government as an important part of river service and improvement in the interests of cheap and safe navigation. In connection with the cable and at every landing should be established the electric light. Light the river with electric light. It will increase the speed of vessels and lessen the risk of insurance. An exhibition of a singular character is to be held in Berlin next year. It is to be an illustration of heraldry in all its phases, and the emperor is to be its patron. In the display of helmets, weapons, seals, letters and patents of nobility, banners, gold and silver work and gems, many curious and valuable historical and artistic relics will doubtless be included. The London Echo cynically observes: Upon the whole, however, the result must be a most monstrous and incomparably wild assemblage of absurdities, since, of all the fantastic exaggerations ever invented by the German genius, its heraldry has been about the worst, that even of England not excepted. There is, however, something hopeful in the fact of the forthcoming exhibition. When such things are collected together for men to admire, or wonder or smile at, as they please, there is pretty clear proof that they are very near being classed among the by-gones. Fatal cases of lockjaw, due to the use of toy pistols, have been reported by the dozen since the Fourth of July, seventeen occurring in the city of Baltimore alone. The toy pistol most in vogue this summer is about four inches long, and explodes a blank cartridge with a pasteboard wad. To insert the cartridge the breech of the barrel is raised, to do which the boy takes the barrel in his left hand, the muzzle resting against the palm, near the ball of the thumb, while he raises the hammer with his right hand. Then, if he is a little careless, the hammer slips, the cartridge is exploded, and the hard wad makes an ugly wound in the palm of his left hand. This wound is jagged and irregular, causing serious injury to the nerves and blood vessels concentrating there, and lockjaw is the result. Some physicians also suspect that a poisonous property in the powder incites the deadly complaint, and one thinks there is an epidemic condition in the atmosphere tending to induce lockjaw. A man and his wife, of the name of Zysset, have been sentenced in the Canton Bern, Switzerland, to penal servitude for life for having murdered all their children, numbering either five or seven. They admit having put five to

death, and there is reason to believe that they killed two others whose births they concealed. Their motive was simply to save themselves the trouble and expense of bringing their children up, though they seemed to have been far from poor, a considerable sum of money having been found in the house when they were arrested. The plan they adopted to get rid of the children was to deprive them of food, and when the process of starving did not appear quick enough, or the little ones cried too much, it was accelerated by strangling or knocking them on the head. The jury expressed regret that, under the present law of Bern, the Zyssets could not be sentenced to some severer punishment than perpetual imprisonment. By what occult laws of nature are certain portions of Northwestern States and Territories so constantly and almost regularly visited with these terrible cyclones and tornadoes which uproot forests, sweep away farmhouses and barns, lift cattle and horses and human beings in the air and carry them for miles, devastate whole villages, make wide swaths of ruin through cities, unroof or blow down churches, court-houses, academies and town halls, and leave in their paths the bodies of men, women and children killed by their fury? These extraordinary tempests are of periodical occurrence in certain belts of country in the Northwest and West. What is their cause? A thorough understanding of this matter might not lead to any practical results in the way of prevention—it probably would not. But knowledge is never wholly unproductive. It must be remembered that once it was thought impossible to stop the course of a waterspout at sea; but now it is known that a cannon fired at one of these destructive water cyclones will destroy it in a second. Sunstroke was in many Cincinnati cases, during the recent terrible heat, treated with hot water instead of cold. The following directions were published by such physicians as favored the plan: Lay the patient on his back; loosen the clothing so as to encourage a free flow of blood; expose the chest, especially over the region of the heart, and with a large cloth, towel or sponge freely bathe the head, face, neck and chest with hot salt water, as hot as can be handled, continually adding more hot water and applying it until the patient is soft. Use one teaspoonful of salt to every quart of hot water. Have the feet made bare and rubbed or slapped, and in extreme cases apply mustard poultices. Give internally, if a temperate man, a tablespoonful of whisky in hot water; if a drinker, use a little ammonia or a quart of hot water; if soon after the onset a teaspoonful of yellow mustard into a glass of warm water and have the patient drink it, following up with more until he vomits freely. As he convalesces give at first lime water and milk (one-fourth lime water and three-fourths milk), afterward a liquid diet until the stomach is strong enough for solids.

Griscom's feat of scientific starving has attracted such slight attention that it seems almost impertinent to mention the subject again. It may be worth while, however, to record the fact that his long fast left him in a condition of great physical weakness, though it did not subdue his powerful will. He has endeavored, in interviews with Chicago reporters, to convey the impression that his mind was unusually clear, and his bodily vigor unimpaired at the end of his fast. In fact he made these direct assertions, but they were flatly contradicted by the man's appearance and by the physical efforts which he was compelled to make in the attempt to conceal his actual condition. His voice was weak and trembled, and his legs shook under him when he walked. He intends to devote the summer to the preparation of a lecture, which he will deliver in the fall, upon "The Birth of the New Spirit." Unless the man has grossly libeled himself in his description of the theory upon which his lecture is to be based, a worse mess of nonsense was never concocted than that to which the attention of the public will be invited during the coming autumn and winter.

Causes of Short-sightedness.

From the inquiries conducted by Professor Hermann Cohn, of Breslau, for some sixteen years past, he ventures the assertion that shortsightedness is rarely or never born with those subject to it, and almost always is the result of strains sustained by the eye during study in early youth. Myopia, as this ailment is called, is said to be of rare occurrence among pupils of rural or village schools, its frequency increasing in proportion to the demand made upon the eye, as in higher schools and colleges. A better construction of school-desks, and improved topography of text-books, and a sufficient lighting of class rooms are among the remedies proposed for abating this malady.

THE FAMILY DOCTOR.

A poultice of fresh tea leaves moistened with water will cure a sty on the eyelid. A solution of common salt given immediately is said to be a successful remedy for strychnia poisoning. For earache, dissolve asafoetida in water; warm a few drops and drop in the ear, then cork the ear with wool. The only sure and efficient way to warm cold feet is to dip them in cold water and then rub them dry briskly with a coarse towel. The true physiological way of treating burns and scalds is to at once exclude the air, with cotton batting, flour, scraped potato, or anything that is handiest. To prevent choking, break an egg into a cup and give it to the person choking to swallow. The white of the egg seems to catch around the obstacle and remove it. If one egg does not answer the purpose try another. The white is all that is necessary. By using syrup or molasses for mustard plasters they will keep soft and flexible, and not dry up and become hard, as when mixed with water. A thin paper or fine cloth should come between the plaster and the skin. The strength of the plaster is varied by the addition of more or less flour. The cure for night sweats depends entirely on the cause. Malaria gives rise to it, and then the cure is quinine and arsenic. Debility may cause them. In that case tonics and good, nutritious food should be used. Consumption causes it, and the cure is sulphuric acid, ten to twenty drops in water, an hour. Oxide of zinc and hydrocyanic extract pills, and, above all, atropia sulphate, one two-hundredths of one grain to begin with. This must be taken with great care. Dr. Nairn, of London, says he sponges the body with tincture of belladonna, but the drug is too powerful to be used by any one but a physician.

Friction of the Limbs.

Here is a statement from the Chicago Home Glass, which, if true, should be universally read and acted upon where ever there is occasion, for sanitary reasons, for rubbing the limbs of any person in case of illness, or where an effort is made to resuscitate those who are nearly drowned. The statement seems to be a rational one, and, physiologically correct; but it is singular, if the facts are as stated, that medical men have not ere this caused it to be generally known. The following is what is said as to friction of the limbs: Never under any circumstances rub the limbs downward. The blood in circulation which can be reached by rubbing is all venous or blue blood. It is charged with waste and poisonous materials, and is struggling to get to the heart and lungs for purification. Always rub upward. But few invalids, especially with female difficulties, who will not feel a new life imparted to them when this is tried for the first time. Valves are placed in the veins purposely to resist downward movements, while the stiff arteries near the bone are without them. Clasp the wrist tightly and see what multiple currents of poison start out on the hand, while none appear on the arm back of the ligature. A life could be destroyed in a short time by simply rubbing the limbs downward, while you can almost drag the dead out of the grave by rapid, persistent and general rubbing of the limbs upward, if no lesion of vital parts has occurred. In view of this why has it not been so stated in the hundreds of "Directions" for restoration of the dead from asphyxia and syncope—as in drowning and heart disease? Rubbing to and fro simply affects the capillaries, doing little if any good. Artificial respiration is beneficial, but only when it has given impulse to the heart. The best results will be obtained by having as many as four or six persons rubbing the limbs synchronously (all alike—in rhythm), while another manipulates the chest and abdomen. At the risk of some vanity we advise our exchanges to copy this article, and invalids to put it into practice.

Uses of the Alphabet.

A teacher in a school in Louisiana wished to impress upon the young folks, who composed the spelling-class that, as many English books as there are in the world, only twenty-six letters can be found in them. She read the following verse to show how all the letters of the alphabet can be put to use, saying that the verse contained all the letters in the English language: "God gives the grazing ox his meat; He quickly hears the sheep's low cry; But man, who takes His finest wheat, Should lift His joyful praises high." Then the teacher told the scholars to try their hand at constructing a piece in which all the letters should appear. The children set to work, and one of them at last produced the following sentence: "J. GRAY.—PACK with my box five dozen quills. Wonderful as it may seem, the twenty-six letters of the alphabet may be found in the sentence."