

SOME HEALTH HINTS

Suggestions That May Enable Many Tribune Readers to Feel Better.

WISDOM FOR THE HOUSEHOLD

These Hints Don't Cost Much, Are Not Copyrighted and if They Don't Do You Any Good You Can Have the Satisfaction of Knowing That They Will Not Do You Any Harm.

For the Saturday Tribune.

The newest health-giving discovery is called by its inventor the thermogen. It consists of a quilt containing a coil of wire net in the fashion of a gridiron, inclosed in insulating and non-conducting material, and imbedded in cotton, wool or other soft substance with a silk or wool covering. The resistance offered by the coil to the flow of an electric current through the wire produces heat in the same way that heat and eventually light are produced in the filament of the glow-lamp. A uniform temperature of about 130 degrees Fahrenheit is thus maintained, but in the event of the temperature rising beyond that point from increase of pressure in the electric mains, a fuse instantly melts and automatically shuts off the current. The quilt may be attached to ordinary incandescent lamp terminals. In describing this device London Lances says that this most important medical use of such an invention would be on the operating table, where, in lengthened operations or in those attended with hemorrhage, where artificial means to sustain the patient's temperature are required, blankets and hot water are a decided nuisance. In such cases these quilts would be invaluable as a soft, dry, warm and convenient covering. Again, in cases of chronic rheumatism, lumbago or senile slowness of circulation, such an appliance would be useful. The thermogen is now receiving trial at several large English hospitals.

Dr. Stotzer-Buetzer, in one of the foreign medical reviews, writes as follows on the medicinal and hygienic properties of the apple: Apples eaten immediately before bed time promote the health generally. It is dietician as well as alimentary substance. Of the highest order. It contains more phosphoric acid in an easily digestible combination than any other vegetable product. It is (1) good brain food, (2) excites the functions of the liver, (3) promotes a sound and quiet sleep, (4) disinfects the mouth, (5) agglutinates the surplus acids of the stomach, (6) paralyzes hemorrhoidal disturbances, (7) helps the secretions of the kidneys and prevents calculus concretions, (8) obviates indigestion and (9) is a good preventive against diseases of the throat.

Many Pittstonians and several Scrantonians remember H. R. Rowley, the artist, who boarded for many years at the Eagle Hotel in Pittston. Mr. Rowley is now in Utica, N. Y., in robust health. Years ago he was a victim of acute dyspepsia and suffered untold misery from indigestion. One day his torture became so intolerable that in sheer desperation he seized a huge breakfast which was unprepared—plastered it over with mustard an inch thick—he had never before looked at mustard—and swallowed the whole conglomeration in a trice. Mr. Rowley no doubt expected this would bring on a crisis, if not an undertaker. Nor was he disappointed. The whole was followed by the long and short of it was that by the use of mustard he knocked his dyspepsia out in less than a fortnight and could now introduce iron wedges into his stomach without feeling much the worse for it. This narrative may run counter to the traditional teachings of hygiene, but it is the sober truth, as Mr. Rowley will himself attest. And the point to it is that there is any point, as the dyspeptic often overdo the matter of "digging" and by their fussy abstemiousness augument rather than relieve the original trouble.

According to the directions of Dr. Salmon, to sterilize milk, take a tin pail and have made for it a false bottom perforated with holes and having kept half an inch hole to allow circulation of the water. The bottom must be treated is set on this false bottom and the pail is filled with water until it reaches the level of the surface of the milk in the bottle. A hole may be punched in the cover of the bottle, in which a cork is inserted, and the thermometer put through the cork so that the bulb dips in the milk, and the temperature can thus be ascertained without removing the cover. This water is then heated until the milk reaches a temperature of 155 degrees Fahrenheit, when it is removed from the heat and allowed to cool gradually. A temperature of 150 degrees maintained for half an hour is sufficient to destroy any germs likely to be present in the milk, and it is found in practice that raising the temperature to 155 degrees and then allowing it to stand in the heated water until cool, insures the proper temperature for the required time. The Pasteur method is practically the same—the temperature is raised to 160 degrees, kept there about ten minutes, and the cooling process is as rapid as possible, rather than gradual. It is found that the latter method makes the milk more easy of digestion in the case of infants or delicate persons. Either process insures the killing of dangerous germs, and milk so prepared will keep useable thirty-six hours.

There is a good bit of healthy sense in Kate Field's advice to women: "Judicious mental work may help to lift one out of the rut of premature old age. Read and think what you read. Don't use your mind as if it were a sieve and you were trying to pour water through it. There is a belief extant that knowledge, if gained at all, must be acquired in youth. Fallacious theory! Behold Galileo at three score and ten pursuing his studies with unflinching zeal; Cato beginning Greek when advanced in years. Ogilby commenced classical studies when past 50. Gladstone is as staid the student today as when the bloom of youth mantled his cheek. Be kind to the feelings and fancies of youth. If they prove perennial so such the better. Don't forbid yourself glad, recreative thoughts and action. Don't be ashamed to make yourself as pretty as you can. A sensible woman may take a thrill of pleasure in innocent as a maiden's who is receiving a glance of respectful admiration from a manly form. Smile without affectation, be pleased without being silly—in short, be young as long as you can.

The composing room towel has been for years a favorite theme for satirical allusion among those familiar with its granulitic properties; but there are to be seen in more than one Scranton restaurant a species of towel which presses the dusky fabric of the print about the fingers of the diner. We allude to the small snatches of bedraggled linen which depend from hooks in front of certain bars. If one of these could only speak, what a tale of microbe-mixing and disease-germ miscegenation it could, perchance, utter. The towel that drips with sour alleviation with the moisture fresh from an ablation in buttermilk in the effort to blend its surplus upon this liberal "wipe"; and all because the average man is too careless or too improvident to carry with him, for use in such emergencies, a spare handkerchief. The student of disease propagation is undoubtedly overmuch to this forgetfulness.

Health for the Millions:

THE Religious World.

The letter read before the North Main Avenue Baptist church last Sunday morning was very encouraging to both pastor and people. It briefly summed up the work of the year. The present membership is 250; forty were received into the church during the year and twenty were dismissed. The Sunday school is in a flourishing condition and has an enrolled membership of 950. The finances are in good condition and all societies connected with the church are flourishing. The most interesting item in the letter was the glad tidings that the debt on the church was wholly removed. Dr. W. J. Ford, the pastor, has been in the city for about two years, and plans were taken from the members that covered the debt, which then amounted to \$5,500. These were not paid in as rapidly as anticipated because of the pressure of poor times, but during the last year a balance was almost wholly redeemed and the debt removed. The pastor and members are greatly pleased at the result and will in the near future hold a jubilee service, at which the mortgage will be burned and a season of rejoicing will be observed by the church and congregation.

RESUMING WORK.

Rev. George Guild, of the Providence Presbyterian church, is expected home next week from his vacation.

Rev. D. W. Skellenger, of the Washburn Street Presbyterian church, expects to return from his vacation next week.

Rev. W. J. Ford, of the Green Ridge Baptist church, has returned home from his wedding tour and will occupy his pulpit tomorrow.

MOODY MEETINGS.

The people of the West Side will have an opportunity to hear the co-laborers of D. L. Moody, who have done such excellent work in Luzerne county. A test has been erected on two vacant lots on North Main avenue, between Jackson and Price streets. In this services will be held for the next two or three weeks. An executive committee has the work in charge, of which Rev. D. C. Hughes, D. D., is president. All the churches of the West Side are co-operating in the work, and during the week union meetings have been held, where the pastors meet and devise the best possible means of conducting these services. Evangelist E. W. Bliss will conduct the services at present, but soon, his co-laborer, Mr. Schivers, is expected in the city. Tomorrow morning all churches will worship as usual, and the regular Sunday school services will be conducted. A 9.30 p. m. and at 7.30 p. m. services will be conducted in the tents. Churches holding services at 6 p. m. can meet as usual, but those assembled for evening worship at 7.00 or 7.30 p. m., are requested to suspend their services and join in the services in the tent. Much interest is taken in these meetings, and the good done by the campaign in our adjoining county is a promise of what will be done in the city.

PASTORS' ACTIVITY.

Prayer service will be held in the First Welsh congregational church tomorrow.

Rev. W. D. Davies, of the Providence Baptist church, will conduct communion services tomorrow evening.

John Davies, a theological student of Marietta college, will preach in the Plymouth Congregational church tomorrow.

Rev. Leonard Cole, of Green Ridge, will occupy the pulpit of the Ashbar Methodist Episcopal church tomorrow morning and evening.

Rev. Daniel A. Evans, of the Puritan Congregational church, will preach tomorrow evening.

Rev. E. L. Miller, of the Holy Trinity Lutheran church, will go to Reading next Friday to attend a Luther league rally.

The general secretary of the Primitive Methodist conference of this part of our State has issued a call to the clergy of this denomination to meet in Tanquaqua in the early part of October to transact important business.

IMPROVEMENTS NEEDED.

The members of the Puritan Congregational church of Providence have surprised their friends in the strenuous efforts they have made to erect the commodious house of worship now occupied by them. The vast majority of the church are young Cambro-Americans, and filled with the push and pluck character of the people of that race, they were not flag in their efforts until the main entrance to the church will be properly fixed. The expense of building a retaining wall and placing stone steps into position will amount to hundreds of dollars. In order to secure funds they will hold a fair and entertain in the membership. Finance, the same were issued this week, which have been well received by the public. It will be necessary also, before the winter sets in, to put in the church a heating apparatus, which is another object for which the young people are working. Their enthusiasm and earning capacity are such, that we hope their efforts will be properly rewarded.

REV. McLEAN COMPLETED.

At the close of the services on Sunday morning, July 29, in the Simpson church, Los Angeles, Cal., the following preamble and resolutions were adopted by the entire congregation during the absence of the pastor:

"Whereas, We, the quarterly conference of the Simpson Methodist Episcopal church, now holding our last session for this conference year, deem the present a fitting and timely occasion for the expression of our warm regard and sincere gratitude to those whose labor and sympathy have so cheerfully and ably aided us in our work, and inspired us with such hope and confidence for the future."

Resolved, That we hereby convey to our beloved pastor, Rev. C. C. McLean, D. D., our most hearty thanks for his ministrations during his pastorate here, and we assure him that we recognize and highly esteem his faithful and eloquent preaching, his wonderful and untiring energy in building up the membership, his piety, spirituality and usefulness of our church. In thus expressing our appreciation of the heroic and successful work of Dr. McLean, we desire also to express our high esteem and accomplished wife for her charming and happy efficiency with which she has so nobly seconded all the arduous ministrations of her husband, and that above all, Dr. and Mrs. McLean have gone on our hearts and affections that as a united and working membership we esteem it a joy as well as a privilege to permit our best wishes to be united in the work of Christ committed to our charge and sing in the service.

Dr. McLean was pastor of Adams avenue, now Elm Park church, in this city, and has many friends who we feel assured would like to hear of his welfare and his work.

YOUNG WORKERS.

Evans Williams, of Hampton street, will leave soon for Marietta, where he expects to begin a regular course and prepare for the work of the ministry.

The regular monthly meeting of the Epworth league of the Elm Park Methodist church, which was to be held last Thursday evening, has been postponed for one week.

The choir of the Puritan Congregational church of Providence will give a service of song in their church tomorrow evening. Caswallon Davies, conductor of the celebrated Moody quartette, will be present and sing in the service.

A fourth annual re-union of the Lutherans of the Susquehanna valleys will be held next Thursday at Clement's park near Sunbury. Addresses will be delivered by Rev. D. W. Skellenger, of this city, and Rev. E. L. Miller, of the same city, one of the executive committee. He and some of the people of his parish will attend.

The convention held last Monday and Tuesday in Pittston, by the young people of the Welsh Baptist churches of north-eastern Pennsylvania, was a pronounced success. A large number of delegates were present from all the churches in the union, and both the papers and the addresses that were prepared, manifested much enthusiasm and consecration in the work. The next convention will be held in Taylor, about the latter part of November.

The young men of the Green Ridge Primitive Methodist church ran a very successful excursion to Fairview last week.

MR. ROBATHAN AND ROVALTAN

Revised Official Programme OF THE GREAT MUSICAL FESTIVAL AT—
Laurel Hill Park
Sept. 6 and 7, 1894.

HE HAS FUN ON THE VASTY DEEP

The Trip Over on the Lucania Replete with Incidents—Some of Those Who Contributed to the Gayety of the Voyage—Picturesque First View of the Emerald Isle—Other Features of a Pleasant Itinerary.

SWANSEA, S. W., Aug. 10. — TO such a state of perfection has mechanical skill and nautical science brought the inter-communication between the old and new world at the present day, that a trip across the Atlantic is thought no more of by those who are considered wealthy than would be a journey to New York by the average Scrantonian. However, to one whose dollars are not as numerous as the sands of the sea, and who, if he strikes terra firma once again in that city that is known the world over for being the home of the Tammany tiger, will bless Old Nep for having preserved him from being a source of nutriment for that species of the funny tribe that produces so much humor, it is, indeed, a trip that is attended with considerable pleasure and excitement.

The excitement through which gathered at the pier to bid friends adieu, the muscular porters who are gathering trunks and boxes of all descriptions and designs, the huge dimensions of the vessel that is to bear you home for the next six or seven days, and the busy seamen who are running and to putting the last touches on her before she starts out on a voyage that is as uncertain as is the voyage of life, all go to produce a feeling that words are unable to describe.

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Jollity and mirth, however, reigned supreme. Perhaps there were a few who cast one longing, lingering look behind as they thought of the dangers of the mighty deep and heaved a sigh when they passed before the faces of dear ones that had been left behind. But this quickly fled and each one seemed on one common purpose bent, that being to get as much pleasure and enjoyment out of the trip as possible.

Among the prominent people on board probably the best known were H. C. Brock, of the Carnegie Steel company; ex-Mayor Grace and family, of New York; Edward Stokes and Percy A. Pyne, of the same city. The first two days are spent in making acquaintances and after that everybody knows everyone else and each one adds his mite toward lessening what otherwise might be a monotonous voyage. We were fortunate in having several good vocalists and elocutionists with us, who aided us very materially in helping pass the time.

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From our city we had T. H. Jones, the genial treasurer of the poor board, who at once became a favorite, and many an hour sped rapidly by while Tom was explaining the geologist conditions of the coal strata in the Keystone state. Rev. W. S. Jones, pastor of the First Welsh Baptist church, was also a passenger, and his knowledge of literature and literary characters made him a very interesting companion. We also had a real live prince with us. He was the son of King Arsena of the Volp people, in Africa, and had been to America to be educated. He spoke English very fluently and was the center of attraction during the entire trip.

It is hardly possible for one who had not crossed the Atlantic to conceive of the proportions of these mighty vessels. The Lucania is really floating hotels. The Lucania is 620 feet long. She has a registered tonnage of 12,000 tons, carries provisions enough to feed 3,500 people for three weeks, consumes 420 tons of coal a day, and on this last trip when we left New York she had 1,000 cases of beer and ale, to say nothing of the spirits and wines, and on the following Thursday night, before we reached Queenstown, the ship looked as though the Rev. Mr. Dony was trying to enforce his Sunday observance law on the deep, for not a drink was in sight. Everything was empty.

The weather was more than could be expected, not an hour's rain from the time we started until we landed and the sea, with the exception of one night, was as calm as a mill pond.

THE EMERALD ISLE.

On Friday morning we sighted the beautiful coast of Ireland and it was indeed, a sight never to be forgotten. The green hills in the distance and the pretty little farms that lay intermingled among them, but which could be seen very plainly by the aid of a marine glass, made one think that it was one of the fairest spots on earth, especially if you had not seen land for nearly a week. By noon we were at Queenstown, at which place we landed four hundred of our passengers and fifteen hundred bags of mail. Before midnight we were in the Morsey and within sight of Liverpool, but did not succeed in getting landed until Saturday morning.

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On Sunday next we are to have the pleasure of hearing the Revs. Fred and John Evans of America. They are to be assisted by their two brothers, all of whom will preach in this city.

E. E. ROBATHAN.

TOMORROW'S CHURCH SERVICES.

TRINITY ENGLISH LUTHERAN CHURCH—Adams avenue, corner Mulberry street. Rev. E. L. Miller, pastor. Services will be conducted at 10.30 a. m. and 7.30 p. m. by H. Branson, Richards. Free for non-regular worshippers always welcome.

GRACE ENGLISH LUTHERAN CHURCH—Rev. Foster U. Gift, pastor. Services on Sunday at the Young Men's Christian association at 10.30 a. m. and 7.30 p. m. Sunday school at 11.30 a. m. Everybody welcome.

GREEN RIDGE BAPTIST CHURCH—Services 10.30 a. m. and 7.30 p. m. Sermons by the pastor.

JACKSON STREET BAPTIST CHURCH—The Washburn Street Presbyterian church unites with this church again tomorrow. Preaching by the pastor of the Jackson Street Baptist church. Services at 10.30 and 6 p. m. The latter service for one hour to give time to attend the tent service at 7.30 p. m. All the singers of the church will be present to meet that Saturday evening for rehearsal for the tent service at the Jackson Street Baptist church at 7.30.

PEN AVENUE BAPTIST CHURCH—Rev. Reason Harvey, of Germantown, Philadelphia, will preach morning and evening. Services at 10.30 a. m. and 7.30 p. m. Bible school at 2 p. m. Christian Endeavor meeting at 6.30 p. m. A cordial invitation to all of the service on Saturday morning and evening.

ST. DAVID'S CHURCH—Rev. M. H. Mill, rector. Fourteenth Sunday after Trinity. Morning prayer and sermon at 10.30; evening prayer at 7.30; Sunday school at 9.30. Seats free.

FIRST BAPTIST CHURCH—Pastor Collins will preach Sabbath at 10.30 a. m. Text, "A Sound of a Going Through the Tops of the Mountains Trees." In the evening the church will hold a union service in the tent at the corner of Price street and main avenue.

SAINT LUKA'S CHURCH—Rev. Rogers Leitch, rector. Fourteenth Sunday after Trinity. Holy communion, 8 a. m.; services and sermon, 10.30 a. m.; prayer at 7.30 p. m. SAINT LUKA'S DEXMORE MISSION—Sunday school, 9 p. m.; evening prayer and sermon, 4 p. m. Rev. Mr. Lewis, of Honesdale, will officiate throughout the day.

GREEN RIDGE EVANGELICAL CHURCH—Capous avenue. Rev. G. L. Mace, pastor. Sunday school at 9.30 a. m.; K. L. C. E., 6.45 p. m. Preaching service by the pastor at 10.30 a. m. and 7.45 p. m. Strangers always welcome.

NEWS NOTES FROM WALES.

Special Correspondence.

LONDON, Aug. 10.—A parliamentary return is published showing the value of Episcopal church property in Wales as follows:

	Ancient Endowments	Private benefactions since 1793.
From landed property	\$161,623	\$12,190
Titles	903,753	23,293
Income from other sources	65,210	32,559
Total	\$1,380,585	\$68,042
Total	\$1,448,627	\$1,397,450

The ancient endowments, \$1,380,585, being the church and devoted to educational and other purposes. Progressive churchmen speak favorably to the proposal so far as the value of the same is concerned, which is really the bulk of the sum, but they object to the confiscation of the landed property and other sources of income which have been given for the purpose of the church. The committee has not yet decided on the matter. The proposed plan will be held on the third Sunday in September. The committee having the arrangements in charge.

The congregation of the Holy Trinity Lutheran church, preparing for their harvest home festival which will be held on the third Sunday in September. The committee having the arrangements in charge.

There are cases where the clearest proof can be given that these benefactions, i. e., the land, is a most important one to the church and to the people. The church to aid in her ministrations, and by the bill they will be ruthlessly taken away. There are "two sides to a question," and the framers of the bill are no doubt, overreached the bounds of discretion to satisfy the noisy section of the Liberatorists. There are men, unfortunately, whose desire to disinherit the mother church is to get spite and hatred rather than motives of religious equality, and probably there is some foundation for the rumor some time ago that rather than accept the bill in its present form, Rev. Mr. Gladstone threw up the sponge.

THE CLERGY.

Rev. M. D. Fuller was at the Wyoming camp near Troy, Monday and Tuesday.

Rev. E. L. Miller expects to make next week his last visit to New York, returning from South Main avenue to North Main avenue.

Rev. John W. Richards, wife and two children, of Lancaster, are visiting Henry Pfeiffer on Mulberry street.

Rev. Floyd E. Fuller will preach tomorrow evening in the Providence Methodist Episcopal church.

Rev. P. E. Hawhurst, D. D., is expected home today from Ocean Grove, and will occupy his pulpit tomorrow.

Rev. S. R. Jones, D. D., of Providence, left for New York last week.

Rev. James McLeod, D. D., of the First Presbyterian church, is expected home next week. His pulpit will be occupied tomorrow by Rev. Wilfred W. Shaw.

The pulpit of the Hampton Street Methodist Episcopal church will be occupied tomorrow morning by F. W. Penhall, of the Railroad Young Men's Christian association.

Rev. D. M. Kinter, of the Providence church, left last Monday for New York, where he will visit friends and conduct meetings in the mission under his charge.

Rev. H. Branson Richards, who has been at Fairview since last Monday, is expected to return to his home at Adams avenue during the summer, but will return to the seminary in two weeks. He will preach his farewell sermon a week next Sunday.

SUNDAY SCHOOL WORK.

The Sunday school of the Westminster Presbyterian church will hold its annual picnic at Laurel Hill park next Monday.

The Park Place Methodist Episcopal Church Sunday school will hold its annual picnic at Laurel Hill park next Thursday.

A pleasant day was enjoyed by the Plymouth church Sunday school at Laurel Hill park yesterday. Over three hundred scholars and teachers were present.

The music lovers of the Primitive Methodist Sunday school of Green Ridge, have organized an orchestra that discourses sweet music to the ears of the people. This was greatly added to the interest of the work and increased the attendance. During the summer months the membership has increased and the present condition of the work is most flattering to the superintendent and officers.

The Mission Sunday school on Sherman avenue is very flourishing under the charge of Miss Della P. Evans. At the picnic held on the 17th inst. there were over 400 people assembled, and over 400 oranges and bags of candy were distributed. The attendance last Sunday was 254, which could not be comfortably accommodated in the present building. The superintendent expressed regret of the lack of room to W. H. Stora, of the Delaware, Lackawanna and Western Coal company, and he immediately gave orders to build an additional room, half as large again as the present building, in order to give ample accommodation to the fervent band of Christian workers in the part of our city.

The building is an old store, and is the property of the Delaware, Lackawanna and Western Coal company, and the addition now being built is put up by the company, which also furnishes all the material. The superintendent and school are very thankful to the kind and generous offer of the company, which is the result of the petition of the mission.

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The Gentleman from the Fifth Hob Nobs with a Live Crown Prince.

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HE HAS FUN ON THE VASTY DEEP

The Trip Over on the Lucania Replete with Incidents—Some of Those Who Contributed to the Gayety of the Voyage—Picturesque First View of the Emerald Isle—Other Features of a Pleasant Itinerary.

SWANSEA, S. W., Aug. 10. — TO such a state of perfection has mechanical skill and nautical science brought the inter-communication between the old and new world at the present day, that a trip across the Atlantic is thought no more of by those who are considered wealthy than would be a journey to New York by the average Scrantonian. However, to one whose dollars are not as numerous as the sands of the sea, and who, if he strikes terra firma once again in that city that is known the world over for being the home of the Tammany tiger, will bless Old Nep for having preserved him from being a source of nutriment for that species of the funny tribe that produces so much humor, it is, indeed, a trip that is attended with considerable pleasure and excitement.

The excitement through which gathered at the pier to bid friends adieu, the muscular porters who are gathering trunks and boxes of all descriptions and designs, the huge dimensions of the vessel that is to bear you home for the next six or seven days, and the busy seamen who are running and to putting the last touches on her before she starts out on a voyage that is as uncertain as is the voyage of life, all go to produce a feeling that words are unable to describe.

ON BOARD THE LUCANIA.

It was my good fortune to be one of the eighteen hundred souls that were aboard the steamer Lucania when she sailed from Pier 40, North river, on the twenty-eight day of last month. The day was perfect. Old Sol never shone brighter. Amidst the tooting of whistles and the thousand cries of "bon voyage!" we steamed down the bay and started on a journey that for six days at least, perhaps forever—who on board could tell!—would cut us off from all communication with the busy world.

Jollity and mirth, however, reigned supreme. Perhaps there were a few who cast one longing, lingering look behind as they thought of the dangers of the mighty deep and heaved a sigh when they passed before the faces of dear ones that had been left behind. But this quickly fled and each one seemed on one common purpose bent, that being to get as much pleasure and enjoyment out of the trip as possible.

Among the prominent people on board probably the best known were H. C. Brock, of the Carnegie Steel company; ex-Mayor Grace and family, of New York; Edward Stokes and Percy A. Pyne, of the same city. The first two days are spent in making acquaintances and after that everybody knows