

How to Keep Well.

The remedy for summer diseases, by whatever name is: Eat less. We do not mean that you shall starve yourself or deny yourself what you like best; for, as a general rule, what you like best is best for you; you need not abandon the use of tea or coffee or meat, or anything else you like, but simply eat less of them. Do not starve yourself, do not reduce the quantity of food to an amount that would scarcely keep a chicken alive, but make a beginning by not going to the table at all, unless you feel hungry; for if you once get there, you will begin to taste this and that and the other, by virtue of vinegar or mustard, or syrup, or cake, or something nice. Thus a fictitious appetite is waked up, and before you know it you have eaten a hearty meal.

The second step toward the effectual prevention of all summer complaints and the like is: Diminish the amount of food consumed at each meal by one-fourth of each article. If you have taken two cups of coffee or tea at a meal, take a cup and a half; if you have taken two biscuits or two slices of bread, take one and a half; if you have taken two spoonfuls of rice or hominy or cracked wheat or grits or farina take one and a half; if you have taken a certain or uncertain quantity of meat, diminish it by a quarter, and keep on diminishing it in proportion as the weather becomes warmer, until you have no unpleasant feeling of any kind after your meals, and until you have not eaten so much at one meal, but that, when the next one comes, you shall feel decidedly hungry.—Journal of Health.

A Premonition of his Death.

In Damascus, Wayne county, Pa., during the prevalence of a storm, an old farmer, named Elijah Kellum, took refuge from its fury in a pig-pen near his house. He had a pitch-fork in his hand, which he allowed to rest upon his shoulder, tines up. Lightning struck the fork and passed to the farmer, killing him instantly and a dog that was lying at his feet. His daughter, eight years old, had just left the pen, and was running toward the house when the bolt fell. She was rendered unconscious for several minutes.

A singular fact is related in connection with the death of Mr. Kellum. He had been despondent for several days, and just before the storm arose he kissed his children as he went out of the house, saying it was for the last time. Calling his eldest son, he told him that he (the father) would die before night, and gave the son directions about the disposal of certain property.

Why Some Farmers Don't Thrive.

A letter from Vermont says: Hops, a considerable crop in this section, is subject to violent fluctuations, selling sometimes at 60 cents a pound and at others bringing from 6 to 10 cents. It is the rule, except with a few, to rush into hops when they are high, get the ground into production just about at the bottom of the market, and then plow it up.

By such financiering, and by borrowing on mortgage at 8 to 12 per cent, by tilling twice as many acres as they can manure or hoe, by buying every patent rattle-trap that comes along, and never buying an agricultural book, by throwing their manure out under the eaves of their barns and leaving it there six months to soak and leach before drawing it on to the land, by using poor seed because it is so cheap, by wintering their stock in cold stables and half-feeding them, by making second and third-rate butter and cheese, many of our New England farmers keep themselves under the harrow all their lives.

A Strange Coincidence.

A singular coincidence occurred at Canton, Mass., recently. Mrs. Ann Draper, was perusing a chapter in Job, and came to the verse which reads: "Seeing his days are determined, the number of his months are with thee; thou hast appointed his bounds that he cannot pass." As she finished the verse, she paused, saying that her head felt strangely, and immediately fell back and died.

A Gallant Fight of Miners.

Recent advices from the Black Hills show that a party of ninety-eight miners, with two women, killed more hostile Indians in a day than Gen. Sherman's ill-managed and scattered army have killed this season. Cooped up behind breastworks, the band of pioneers repulsed charge after charge, and dealt death with unerring aim among the savage foe, who at length withdrew from the contest, leaving one hundred and sixteen bodies on the field.

On Sunday morning a young son of S. H. Kauffman, of the Washington Evening Star, while playing with a Smith & Wesson revolver, kept loaded in the house as a guard against burglars, discharged it accidentally, receiving the contents in his breast and dying almost immediately.

Pleasant Stanley, aged 70, living in Greensburg, Ind., was murdered in his bed by unknown men on Thursday night. Robbery was evidently the motive as a large amount of money usually kept about his person was stolen.

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