FOOD AND DRINK.

A BOSTON PHYSICIAN GIVES ADVICE TO THE PUBLIC.

A Mixed Diet Is Best for the Omnivorous Animal, Man—Water During the Heated Term—Concerning "Appetizers"—Berries—Soup—Cold Meals.

While undeniably a mixed diet is the best for man, there is a mistaken notion, which prevails to a great extent, that meat should largely enter into the same. As a consequence, much more is eaten than is needed or can properly be disposed of in the system. Never eat meat oftener than once a day, and very sparingly in summer. Men of sedentary habits might with safety for several days at a time during that season live on vegetables, fruits, milk, breadstuffs and foods of like cearacter, which are easy of digestion. For those who have good reason to believe that their "kidneys are weak," a diet largely made up of meat is ill advised. Those organs are intimately concerned in its disposal in the system, and hence are overtasked if it is taken in too great a quantity.

Some drink too freely of water, especially during the heated term. There is, however, a class largely made up of women who do not at any time drink sufficiently of that eminent essential to health. As a rule they suffer from constipation. Every one ought to drink about two quarts of water daily to meet the needs of the system. "Water is fattening" is an expression of some truth. Very fleshy people are proverbially thirsty, and when they attempt a reduction in weight, to lessen as much as possible the quantity of fluids habitually taken is one of the recognized rules of treatment. But a rigid adherence to it is dangerous for many, if not all. Unless advised by a physician to do differently, they should drink all they crave, within reason, excepting during the hour before and the hour after meals. With the food only the smallest quantity of fluids possible is allowable.

ICE WATER IN MODERATION.

Much has been written for and against ice water. It is not only agreeable and refreshing, but harmless when used in moderation. In certain forms of dyspepsia characterized by flatulence—bloating, as it is popularly called—very cold water acts as an agreeable tonic, and quickens gastric and intestinal activity in many cases if taken when the stomach is comparatively empty. If taken on a full stomach it, as a rule, intensifies the trouble. Over indulgence is always harmful, and it is especially so at meal times.

For a robust person in hot weather to reduce one-half the quantity of food he is habituated to eating would be a most salutary custom, for he would then not only suffer infinitely less from the heat, but be stronger and more active, both mentally and physically. Those especially who are wedded to their "appetizers" would do well to forego them at least until cooler weather comes, and leave nature, uninfluenced by the seductive cocktail, to direct the quantity of food necessary for the body's support.

That berries are healthy food can in truth be said, and yet some kinds should be denied people who have certain forms of digestive disturbance. Blackberries, for instance, which contain small seeds, to some extent irritate the intestinal canal. It is in that way that they are useful in constipation; they stimulate and quicken activity of the bowels. But if the stomach and bowels are what is generally termed weak, then in such a case they are likely to do harm. Very young children should, of course, be denied them.

The average farmer knows as little of dietetics as an infant. He dilates on his wholesome food, which largely consists of substances which require for digestion the stomach of an ostrich. Plain living is all right, but that does not mean that a man should make a meal essentially on one course, varied only by a piece of pie or something of the sort. The greater the variety the better, as long as a proper selection of the food is made.

Soup is, by people generally, considered indispensable at dinner. It stimulates the stomach and makes that organ ready for the work before it. For that purpose clear soup may properly be indulged in by nearly all; there are, however, comparatively few who do not find soup thickened by stock meat, vegetables, etc., a tax upon digestion if "hearty" foods are eaten after it. It "sours on the stomach," and hence should be forbidden dyspeptics, for whom only clear soup is allowable.

TROUBLE WITH FATTY FOODS.

The digestive organs find an admixture of several fatty foods difficult to dispose of. The man who has fried fish, bacon, steak, eggs and dry toast for breakfast is made uncomfortable, and feels dull and heavy for several hours afterward unless he eats very sparingly. With the butter, which is, of course, an essential, there are in such a meal as generally prepared five different kinds of fat. And they are still more indigestible when taken hot.

In this country there is a most decided prejudice against cold meals. Of course some foods should be served warm, but none hot. Americans are scarcely satisfied with tea or coffee unless it is near the boiling point; potatoes, also, must be steaming hot. Dyspepsia is the natural consequence. The English in this respect are a delightful contrast. People who are forced to be early in the morning at their labors would be much better did they eat cold meats for breakfast, and how much such a custom would lessen the burden of their poor, overworked wives.

The question what shall we eat may be best answered by simply quoting the fact that man is an omnivorous animal. Why and how much we shall eat can be set forth tolerably well by saying that it is impossible for an engine to make steam without coal or water and that no competent engineer would make his machine carry 100 pounds of steam when fifty pounds would do the work in hand. An important duty of those who work with engines is to see that the fire is freed from clinker and ash. So waste must be regularly eliminated from the human system. The skin, the kidneys and the bowels are the main channels for the escape of this, and when these sieves fail to act, the state of affairs in the body is very parallel to what would occur should a fireman fail to clean the grate, and presently the fire will cease to burn.—Boston Globe.

Sunburn Without Heat.

Ironworkers, glassworkers and others are constantly exposed to a heat of 400 or 500 degs. F., and yet do not become burned, and there can be little doubt that the enormous radiation from heated rocks and valleys, in addition to the direct rays of the sun, make up an amount of heat far greater than is ever experienced on even a very sunny snow slope, and yet one does not become sunburned. No doubt the surface of the snow reflects and disburses much heat, but certainly far less than it receives, as heat rays are absorbed and rendered latent by the snow melting and evaporation. Experience fully corroborates this, for one may lie on one's back and freely expose the face for long periods to the sun and yet remains unburned. There must, therefore, be some one factor in sunburn than heat alone.

In discussing the subject with Professor Tyndall he added the very interesting and significant fact that he was never more burned on snow than while experimenting with the electric light at the North Foreland lighthouse, where there was no heat sufficient to produce such an effect. I am aware that sometimes, in peculiar conditions of the atmosphere, the direct sun's rays will burn. I have met with some singular instances where several persons have been burned on the same day, even in England, who had never previously suffered in that way. I am further aware that sometimes, not always, in a dead calm on a ship's deck, one may be severely sunburned, and that in boating the same may occasionally happen.

Masks and veils have long been used as a protection on snow, and are more or less successful, brown veils and glasses in my experience being the most efficient. As bearing up this I may mention that a friend of mine, after an ascent on snow, had an enormously swollen face, and I observed that in the general swelling there were many pits and depressions, and that each pit corresponded to a freckle. The irritating rays had been intercepted by the brown color of the freckle.—Nature.

Two Sides of the Question.

One thousand one hundred and eighty-one young women and girls attended the free day and evening classes connected with the Young Women's Christian association last year. There are free classes in stenography, type writing, bookkeeping, commercial arithmetic, business training, drawing, modeling and designing, retouching photo negatives, physical culture, choir music and dressmaking. Said a lady interested in the association to the writer: "Surely the women and girls of New York ought to embrace these advantages and make the most of them."

One bright looking young woman, though perhaps not patient and persevering enough, looked rather dubiously at the speaker as she remarked: "But the market seems overstocked now with stenographers, typewriters, bookkeepers; in fact every department of woman's work seems crowded to overflowing. At the Cooper Union Free School of Telegraphy they will not take pupils, unless some prominent man, or some person with a good standing in the community, comes forward and guarantees their positions."

"Mark Twain," said the lady, "with his characteristic force, on the other hand, expresses himself as follows: 'All trades and occupations are cramped and hindered for want of people to do the work, not for want of work to do. When people tell you the reverse they speak that which is not true. If you desire to test this you need only hunt up a first class editor, reporter, business manager, foreman of a shop, mechanic or artist in any branch of industry, and try to hire him. You will find that he is already hired.' It is the same with women as it is with men. The best, the most skillful, are always in demand."—New York Press.

Beecher and His Word Pictures.

If I were required to sum up Beecher, as he seemed to me during the first twenty years of his experience in Brooklyn, as I grew up beneath his eye from little boyhood to man's estate, I should hesitate not one second in answering, heartiness. He was hearty in everything he did; his aye meant aye, and his nay meant nay. He was peculiarly tenacious about his expressions, as, for instance, one time he described a vision. Standing, in apparent rapture, at the very front of the platform, with his eyes thrown far beyond the horizon, he spoke of the goddess of Liberty with a diamond scepter in her hand.

When he came home that night I said: "I had to laugh when you spoke about the goddess of Liberty with a diamond scepter in her hand. Of course you meant a diamond pointed scepter, there is no such thing as a diamond scepter." He was lying on a hair cloth sofa in mother's back parlor, but rising quickly, and resting himself on one elbow, with tremendous emphasis, he replied:

"Nonsense! I guess I know what I saw."

That of course led up to an interesting discussion as to the illustrations, pictorial, for which his public utterances were noted. He lived in pictures, and during the discussion he said:

"Why, certainly, I see them. Else how could I describe them?" In other words, his imagination caught with nervous hand upon the tail of fancy, and drawing it to him, enabled him to describe, in words, for the understanding of his hearers, that which to him was an apparent reality.—Joe Howard in Once a Week.

Sobering the Tipsy Officers.

A Russian officer gives the following account of an incident which happened during the Tekke campaign, while he and his soldiers lay encamped before the enemy, who might at any moment attack them. Some of the officers had gone to the tent of a comrade to drink tea, and after tea they had a second course, consisting of cognac and wine. Soon the camp rang with songs.

I dispatched my orderly, with a request that the officers cease singing; but he presently returned, saying that they anxiously desired permission to continue.

What could be done? To remonstrate further with them might, in their present condition, result in unpleasantness. As I meditated, the subaltern on duty came up and said to me, in a whisper:

"Your honor, let one of the sentinels fire!"

"What do you mean?"

"I mean fire along the line, as though at the enemy," he explained, with a smile.

I guessed at his meaning, and was highly delighted with it; only an alarm could sober the carousing officers.

"See to it," I said. "Be prudent; don't babble."

I went to my tent and lay down on my bed, that I might not seem to be expecting anything. Five minutes later, from some place far away in the line of sentinels, rang out a dull discharge. It was echoed by another near by, followed by a third and fourth. Shouts were heard, "Ala-arm!"

The drummer sprang out of a neighboring tent, and beat the alarm. The songs ceased in an instant. Cries and exclamations rang out.

"Where's my cap?"

"Where's my sword?"

"There it is yonder! Give it here!"

"We must run down there as soon as possible!"

The shots became more frequent. The drummer continued to beat with increasing vigor. The garrison rushed from their tents, and took their places along the earthworks. Soon everything quieted down. I made the rounds of the fortifications, and found the officers at their posts.

For a quarter of an hour we stood thus, in expectation of an attack; then I dismissed the company to their places, and the camp returned to silence.—Youth's Companion.

Some Peculiarities of Indians.

If an Indian is killed in a quarrel his relatives are usually appeased by payment. I remember once an overbearing young Assinaboine buck came into the Milk River agency and bent his bow and arrow on the agent's pet dog. The agent warned him if he shot the dog he would kill the Indian. The young buck shot his arrow; the agent killed him. We expected to have some trouble, but the grief stricken father came forward on behalf of the relatives, and claimed that, in consideration that the young man, being such a good buffalo runner, the agent must pay for the loss of such a person a red blanket, a piece of calico and four pounds of sugar. He complied with their demands, but the vengeful relatives thereafter adopted him as their banker. The mother and other relatives of the slain young man scarcely ever met the agent without embracing him and with endearing epithets begging for something more in remembrance of the good buffalo runner.

No gifted funeral orator can equal or convey the impression of the mournful tenderness, the exulting pride or the gloomy despair expressed by the untaught savage in this mere act of formality. An Indian, man or woman, will be laughing and dancing; in a moment the merry circle will be left, and the next moment the same person will lift up his voice in heart breaking accents, the plaintive notes will weep tears of mournful tenderness, again startling defiance and war will breathe with fierce energy the deeds of the silent dead; then as the sorrowful recollections, inspired by the fate of the fallen relative, the high pean sinks to such supplicating despair as suggests a lost spirit lamenting its dismal fate. And all this is a mere formality, for the next moment the weeper may be the merriest of the laughing throng.—Forest and Stream.

The Lick Telescope.

The great Lick telescope in California promises wonderful discoveries in the skies. Professor Holden is very enthusiastic over its revelations, and says that he has had views of the planets, the stars, the milky way and the nebulæ that no other astronomer ever before had. The telescope resolves the nebula in Lyra into wreaths of "sun stuff" which are in the process of developing into solid bodies, and the observation of Jupiter promises to solve some of the curious questions about that planet.—Chicago Herald.

A TRAINING HOTEL.

A SCHOOL FOR THE DEVELOPMENT OF TRUSTY "KITCHEN HELP."

How Clean Lodgings and Wholesome Board at Reasonable Prices May Be Furnished Guests of Limited Means and Good Moral Character—Outline Plan.

The cry for clean lodgings, wholesome board, moderate and reasonable prices goes up on every hand. Thousands of clerks, both male and female, in our stores and offices, thrown upon their own resources, find themselves in a large city without a home. Students, apprentices, young men just starting either in their professions or in business must live as well as people better off. How infinitely better for many a young man and young woman if they could marry when but a few years older relatively than their parents when they married—providing the aforesaid young man can support himself and family. Commercial drummers, tourists and others, commonly known as "transients," an army ever on the increase, are continually seeking clean and respectable places whereon to lay their heads and whereat to be filled, with the reasonable assurance of having enough money left after paying their hotel bills in the morning with which to get out of town.

A practical solution of these much mooted questions—the condition of the "city slave girl" and of the "hired girl," and the betterment thereof—to a limited extent at least, would seem to lie in a proper recognition and a skillful combination of these two great public demands: (1) The demand, on the one hand, for experienced and trustworthy help; (2) the demand, on the other hand, for clean lodgings, wholesome food, moderate prices.

Now as to the "modus operandi." Secure a suitable location, probably near one of the large railroad stations in the city. Erect there a plain, fireproof, commodious hotel, with the modern improvements, capable of comfortably accommodating 1,000 guests, both as "transients" and as "regulars." Furnish an ordinary 50 cent meal or bed for 25 cents, or board and lodging at $1 per day or $5 per week. Such hotel would necessarily be furnished very plainly throughout. Perhaps no carpets would deck the oiled hard pine floors. But, notwithstanding, everything could be kept scrupulously clean; the food could be wholesome, well cooked, and plenty of it, even if the delicacies of the season were wanting. And under proper management such institution could be made to pay for itself in time. Prices would be so reasonable, the service so excellent, that people would naturally flock to such places of refuge without the expense of advertising. In other words, it would advertise itself. The two chief conditions for admission into such hotel home would be good moral character and weekly payment in advance.

To run such a hotel properly would probably require no more servants than are today required to minister to the wants of an equal number of guests in any ordinary hotel. Although the domestics would be novices, still the hotel would make little pretensions at anything but cleanliness. Everything would be constructed to save work wherever possible. Such hotel to accommodate 1,000 guests would require probably anywhere from 150 to 200 domestics all the time. These servants would be under experienced instructors, the best that money could command. For instance, dinner would be prepared by a class of fifty, if necessary, each at her own range, arranged in semi circles, with the chief cook in the center, much as instruction in chemistry and other sciences in our colleges is now imparted. There would be regular courses of instruction in cuisine, in laundering, etc. The primary object would be to give each graduate adequate knowledge of how to go into any well regulated kitchen or laundry and take entire charge thereof.

The immediate consideration for such service would be none other than board, lodging, necessary clothes, aforesaid instruction, and the promise that so soon as competent the institution would do all in its power to find its graduates acceptable situations in respectable families or other hotels at remunerative wages. The surplus in the receipts of this hotel—for instance, 1,000 regular boarders at $5 per week or $260,000 yearly—left after paying all running expenses, salaries of the various necessary instructors and assistants, besides possibly 4 per cent. interest on the original investment, would form a fund from which prizes would be given those girls who had completed a systematic course of training, possibly averaging $50 to $75 cash per year for each graduate during preparation. This would be better than paying them weekly wages, however small, for the incentive to complete the course, not only for the knowledge but for the pecuniary reward awaiting the faithful, would be so strong as to practically prevent their working a few weeks, getting a respectable outfit of clothing, and then quitting. Then, again, receiving upon completing the course (instead of weekly) whatever pecuniary inducement such institution might be able to extend them would prevent their fooling away upon trifles their earnings, thus quietly reducing to a minimum their inordinate desire to "run," which discipline they would find when in service in private families not to be their least recommendation. All their necessary wants would be supplied and they would have no occasion for pocket money.

After a year's faithful service in such institution a sergeant could command from one-third to two-thirds more wages than before, and after two years such service she would receive double, or, in exceptional cases, triple her present wages, besides being forever insured a good home in some well to do and respectable family. Should she afterward conclude to marry—for with such a woman it would no longer be a question whether or not a man could be found to ask her—her husband would find her to be a veritable treasure.—E. H. Sanford in Chicago Times.

TRAINING BALLET DANCERS.

A Premiere Danseuse Recalls Her Own Bitter Experience.

Mlle. Dorst, the premiere, sat in the parlor of the Laclede the other day recalling the trials she had to undergo as an unfledged ballet dancer and prospective premiere. "People little know," she said, "how much labor and misery go to make up the pirouette of a dancing girl. A child should not begin to study dancing after she is 10; 7 is the best age. The limbs then are at the right degree of suppleness to take a pupil over the first difficulties and help her on to the lower 'quadrille,' which she may not hope to win before she is 16. The form then has gained the roundness and the flesh and muscles the firmness requisite to the artistic poses which create such furore. In my case the daily torture commenced at 8 o'clock. Every morning my feet were imprisoned in a groove box, heel against heel and knees turned outwards. By this process my feet accustomed themselves naturally at last to fall into a parallel line. This is what is called se tourner. After half an hour of the groove I was subjected to another variety of torment. This time I had to raise my foot and place it on a bar level with my head, which bar I was obliged to hold in a horizontal line with the hand opposite the foot. I was exercising. This they term se casser. After these preliminary labors we were obliged to go through a variety of steps and movements.

"The teaching is necessarily long and painful, the primary object being to bring by sheer exercise extreme agility and strength to the joints of the limbs and feet. Even in the education of the two great toes, so as to make us capable of standing and pirouetting on them, a vast amount of care and time is expended. And not only must the power be acquired, but it must be kept up, for which purpose constant exercise is required. Otherwise the joints become stiff and relapse to an ordinary degree of strength. A week of repose must be redeemed by two months of redoubled, incessant toil. On this condition only can the dancer preserve her suppleness and lightness. To acquire, later, skill and grace in the movements of the dance is a subordinate object. One of the most difficult parts of a dancing girl's education is, for instance, to make her smile with the rest of her companions and look gracefully at the public.

"There is no rest for a great dancer at any time of her career. I have seen the time when, after a four hour's lesson, I have fallen exhausted on the carpet of my room, where I was undressed, sponged and resuscitated, totally unconscious of my situation. The agility and marvelous bounds of the evening were obtained only at a price like this. But there are, nevertheless, some dancers who, having by nature greater difficulties to surmount, martyrize themselves with a willingness scarcely credible. Nathalie Fitzjames was an example of this. She invented a new method, de se tourner et de se casser, at one and the same time. The art of dancing has two branches—en ballonne and en tacquette. The ballonne is the school of Taglioni; it is the lightness combined with grace, the dance which seems to delight in and float in the air. The tacquette is vivacity and rapidity; it is the little sparkling steps and measures on the point of the feet; in a word, it is what Fanny Ellsler made it."—St. Louis Republic.

Tenants of a Scotch Laird.

The Highlands and Hebrides are the home of romance. There is a legend for almost every step you take. But the cruelest of these are not so cruel as, and none have the pathos of, the tales of their own and their father's wrongs and wretchedness which the people tell today. The old stories of the battle field, and of clan meeting clan in deadly duel, have given way to stories of the clearing of the land that the laird or the stranger might have his shooting and fishing as well as his crops. At first the people could not understand it. The evicted went to the laird, as they would have gone of old, and asked for a new home. And what was his answer? "I am not the father of your family." And then, when frightened women ran and hid themselves at his coming, he broke the kettles they left by the well, or tore into shreds the clothes bleaching on the heather. And, as the people themselves have it, "In these and similar ways he succeeded too well in clearing the island of its once numerous inhabitants, scattering them over the face of the globe." There must have been cruelty indeed before the Western Islander, who once loved his chief better than his own life, could tell such tales as these, even in his hunger and despair.—Elizabeth Robins Pennell in Harper's Magazine.

The Kindlier Country Way.

Now it is inevitable that the kindliest people living in cities should fall into a greater reserve of manner toward strangers than that developed in the country, where people know all about their neighbors. In a city you cannot nod to everybody you meet on the street; there is not time for it. You cannot even call on those who live in the same block with you. You may be living in the next house to a professional gambler and have no means of ascertaining the fact. All these things produce in people from cities a habit of more guarded intercourse, which is certainly less pleasant than the kindlier country way, but is not easy to lay aside. Again, the mere possession of a new acquaintance, as such, is a privilege to one who habitually lives an isolated life, but is not a thing so eagerly desired by those who live in a crowd all the time, and have rather to acquire the habit of defending themselves against numbers. Indeed a great deal of what is called hospitality in thinly settled regions and new communities has no especial unselfishness about it; where neighbors and guests are few it is really the visitor who confers the favor. To give the pleasure of his company becomes in that case a phrase of some meaning.—Harper's Bazar.

Social Life in Early Days.

Mr. Hunnawell gives some interesting glimpses of social life in Charlestown, Mass., in the history of that town. He says: "Drinking habits, in varying degree, continued some time into the present century, so that it was hardly civil to receive a call even from a minister without an offer of a glass of something—to the minister it would be wine. As late as 1818, a church council of eighty-four persons had at their dinner 9 decanters of brandy, 40 bottles of wine, and 144 cigars, besides pipes." Concerning dress, he says: "The fashion followed those of town life in Europe. A few of the earlier prominent men must have had an imposing look. * * * Thomas Russell, nearly six feet high, appeared on 'Change in hair powdered and tied, a cocked hat, and 'sable lined silk greet coat from Russia,' while he carried 'a gold headed India cane.'"—Magazine of American History.

LITERARY WORK WITHOUT PAY.

When Rider Haggard wrote "Mr. Meeson's Will," probably the queerest of all his queer stories, he let himself out with a vengeance upon the skinflint section of the noble guild of publishers. The Meesons of the trade may possibly be the exceptions, but whether that be so or not, there certainly are too many of them. A medical friend told me the other day about one of them in New York. The New York Meeson's publishes medical works on an extensive scale and issues two medical periodicals besides. The periodicals are made up mainly of professional papers, prepared by doctors from experience in their own practice. Not one of these papers, my friend said, is paid for. The house makes it a rule not to pay any of the contributors to its periodicals. It pays only the editors, and these as little as possible.

"But," I asked, "can it really get articles from doctors without paying for them—articles, I mean, that are worth printing?" Yes, he said, plenty of them; not of the best quality, perhaps, but interesting and often useful. Many doctors like to keep their views before the profession and before the public, too, and they do it in this way. They write the article in their spare moments and are satisfied with publication as compensation. Their names are printed, the articles attract some attention, and their purpose to keep themselves before the public is accomplished. The publishers make a good deal of money by these periodicals, especially in the advertising department, and nearly all is clear profit.—New York Cor. Detroit Free Press.

Some Curious Garden Designs.

The art of the florist has made wonderful advances of late. Thousands of persons have visited the Danvers (Mass.) hospital grounds the last few weeks. The object in view by the many strangers is to see the marvelous flower beds designed and arranged by the florist and gardener, Etore Tassinari, which are now in prime condition and rival anything of their kind in the United States.

The largest design is a Chinese pagoda, seventeen feet high, with a dome supported by six pillars, and an archway beneath high enough to pass under without stooping. There are three fountains and thirty varieties of plants. The front of the base has a calendar of growing plants in portable boxes and the back a shield, flags and draperies. Florists from far and near have pronounced this design the best they ever saw. A solar clock or sun dial attracts much attention, as it accurately tells the time of day by a pole of growing plants placed at an angle of 47 degs. and pointing to the north star. The shadow falls on floral numerals in the rim of a horseshoe shaped bed of plants. There are numerous beds of lesser note, and several photographs have been taken of the principal ones.—Troy Times.

The Printer's Systematic Punctuation.

In a Boston newspaper office not long ago the chief proof reader had been greatly annoyed by an extraordinary use of commas that cropped out in occasional "takes" on his proofs, and, finding that they occurred regularly under a certain "slug," he went to "slug fifteen's" frame to expostulate with him. He found that the man was a new "sub" who said he had come lately from Nova Scotia, and had learned his trade in a first class office in Halifax. "For pity's sake," exclaimed the proof reader, "what sort of a system of punctuation do they employ in Halifax?" "The rule in our office," replied the compositor, with a patronizing air, "was to put in about three commas to a line."—Boston Transcript.

HOME EDUCATION.

PLAY SHOULD BE A PART OF THE HOUSEHOLD SYSTEM.

Hereafter Education Will Mean the Culture of the Whole Body—Damage Sometimes Done in the Schoolroom—Moral Atmosphere of the Home.

Children should not be compelled to take to the streets for sport. It should be a part of the household system to afford play, and to do it as surely and systematically as books and food. We have a good deal yet to learn about play. We should have our hours for sport and relaxation when the whole household join in games. As home education increases, and it must increase, these hours will be doubly necessary. I would not allow a child to study or read over an hour consecutively. Then let him play and exercise his body one hour. At what age should we cease to play? If fools, we may stop early in life. Only wise people never cease to love and enjoy games.

But the play room is not all. This is the age of manual culture. The grandest of innovations has occurred. Hereafter education will mean the culture of the whole body—handcraft as well as headcraft. It follows that each house that is intended for a home should have its provision for the education of the hand—a workshop, a tool room for every member of the family to find his chosen occupation. If necessary, a separate building should adjoin the house. Where there are five children there may be five separate occupations chosen. One of mine prefers carpenters' tools and engineering, another printers', and a third cares mainly for horticulture.

OUR SCHOOL SYSTEM FAULTY.

I am now advocating such household appurtenances purely on the score of health. Our school system is a blunder. No child should study from 9 till 12; and especially in rooms where they must sit. A child at study should, much of his time, be on his feet, or reclining if he chooses, and changing about. When you add the books taken home for evening study, you have shown up our common method, whereby, to perfection, we destroy the health, vigor, beauty and character of our children. Every one is damaged, and the majority are spoiled. I insist upon play as a duty, as a part of life, as in fact itself a part of study. A teacher of play would be far more sensible than the piano at $2 to $4 a lesson.

How about dancing? As a matter of health it is generally of no advantage whatever. It is no sooner acquired than night is turned into day, and then the play is carried to such extremes as to be disastrous. I have watched this matter from a physician's standpoint, and object totally to three or four hours and especially to six or eight, devoted to hilarious dancing, and those hours the ones that nature devotes to sleep. There is another point I cannot overlook. It is the close contact of bodies in round dances—a contact unwholesome, purely from a physical point of view. The moral effect others may discuss, but I object to any delicate person being borne so closely into the atmosphere of grosser, coarser ones. The physical effect is not likely to be understood, but it is seriously evil. I do not, therefore, care for dancing, unless conducted as a part of home sport, as it is not likely to be.

A GOOD MORAL ATMOSPHERE.

It is, however, folly to talk of a healthy home that is not charged with a good moral atmosphere. I assure you the moral atmosphere is as real and tangible and efficient as the physical; and those who refuse or neglect to consider it will suffer accordingly. It is impossible for us to have about us, in close intimacy, those of gross temperament and physical sensuality, and not feel the effect on our bodies as well as on our minds. This holds good, of course, of our own relation to ourselves. If we do not sustain a spirit of self-control and manly aspiration in our souls, our bodies are diseased as a consequence. One-half of all disease is the result of unsanitary mental conditions. Uniform honor, good faith, manhood, temperate desire, kindliness, will have a powerful effect in sustaining vigorous physical health.

I have a brother physician who insists that if all people would keep in the best of humor for one hour before eating, during meals and for one hour after, they would never be troubled with any disorders of digestion, or with headaches. He is a trifle crochety, but he is not far from right in his valuation of good temper as a foe to dyspepsia. At meal time it is peculiarly important that all should be decorous and kindly. The fashion of haste and fret at our meals is an indication of nervous irritation, and affects digestion directly. But in all other ways a house should be delivered from the destructive influence of immoral or unmoral habits. An habitual scold is not only a disagreeable termagant, but a destroyer of the physical health of her children. The effect on moral character is tallied by the effect on the features of the young. I have supposed some to be more sensitive to moral atmosphere than others, but on larger experience I am satisfied that all are influenced in this way, and to their serious detriment. The art of building a healthy home is dependent upon the art of being ourselves pure hearted and honorable, generous, just and adaptable.—M. Maurice, M. D., in Globe-Democrat.

A Prophecy About Books.

"Second hand book stores are increasing," said a gentleman the other day, "and several gentlemen are making collections of old books. Some buy any books, just so they are old, and others make special selections. New books are almost as cheap as old ones. Neither are in great demand; the newspapers of today publish all that is valuable, past, present and future. Quarterlies crowded out books; magazines made way with the quarterlies, and now the newspapers have almost filled the place of the magazines, there not being as many of these as there were before the war, a quarter of a century ago. As soon as capable press and ink are invented to print at high speed the fine lines of an engraver, then the fine illustrations of the magazines will appear in the dailies and the former will fade away."—Louisville Courier-Journal.

The Old World's Railroads.

We are, as yet, only at the edge of the great projects of railway and other methods of intercommunication. The time will come when every remote hamlet will be centralized, and no land will be out of easy reach to the tourist and to commerce. The next great steps of progress are to be taken in Asia. Besides the roads projected and building in Siberia and China, there is now a 1,400 mile road proposed from Constantinople to Bagdad. This will open a new route to China shorter by ten days than that by the Suez Canal. Americans understand very well the rapid changes that follow the opening of such a line. Science says: "It will create a new Asia Minor." Then again Bagdad will become one of the world's great cities. Lovers of the Arabian Nights will associate considerable romance with this latest project of commerce.—Globe-Democrat.

A Very Convenient Word.

Speaking of writing letters reminds us of one we saw a day or two ago, in which a new word was used, that is to say, it will be new to many of you, though it has been employed in business correspondence for some time. A clause of the letter ran thus: "We hand you herewith pomo for $10, which please place to our credit, etc." Now, what is pomo? you ask. That is simply a very convenient contraction for "post office money order." It deserves to be formally adopted into the language, and no doubt it will be.—Philadelphia Times.

RICHLY REWARDED are those who give their time and their activity to the work we offer. Anyone can do the work, and live at home. We will start you in business, furnish everything needed, and show you how to make money fast, at a rate that will astonish you. We make this unparalleled offer because we want a small number of active people to represent us in their own neighborhoods, and to introduce our valuable household articles into every family. We pay more than double the usual profits on these articles, and we make this offer to induce you to show our goods to your neighbors. Some of our agents have made over $50 in a single day. Any person can do the work and live at home. If you are prudent, you can make from $5 to $10 every evening. If you want to know how to make money rapidly, write to us, and we will explain the business fully, and show you how you can make your fortune. We do not ask you to buy our goods, we do not ask you to give us your money, we do not ask you to do anything that will injure your neighbor or any person. We ask you to do the business we mention, which is the most honorable business offered to the public, and we pay you for your time. Many have made their fortunes by a few weeks' work with us. Some have made it their business for years. Many women have made from 50 cents to $5 in a single evening. Many men have left their ploughs and other work, and have made more money in one month than they could make on a farm in a year. We have more of this kind of business than we can attend to, and want to add the name of a reliable person in each locality. We do not charge anything for our goods, but we make them worth the money that people who see them and our agents working for us will be willing to pay for them. We can show you that you can make from 50 cents to $5 in a single evening in your own locality. We do not ask you to give us your time for nothing, we do not ask you to work for us for a mere trifle, we do not ask you to do anything that you do not want to do, we do not ask you to do anything that you do not think will be for your interest, we do not ask you to do anything that you do not think will be the most honorable business you ever heard of, we do not ask you to do anything that you do not think will be the most profitable business you can do, we do not ask you to do anything that you do not think will be the most easy business you can do to make money rapidly, we do not ask you to do anything that you do not think will be the most satisfactory business you can do for your time, we do not ask you to do anything that you do not think will be the most satisfactory business you can do to make money, we do not ask you to do anything that you do not think will be the most satisfactory business you can do to make money rapidly