

THE BODY AND ITS HEALTH.

NOTES AND COMMENTS.

ENOUGH TO WORRY ANY MAN.

It's Easy to Cheat Uncle Sam.

When Traveling

DANGEROUS DUST.—When a carpet is taken up to be cleaned the floor beneath is generally very much covered with dust. This dust is very fine and dry and is very much like the dust of the lungs. Before removing it sprinkle the floor with very dilute hydrochloric acid to kill any poisonous germs that may be present, and to thoroughly disinfect the floor and render it sweet.

THE MORNING BATH.—An admirable way to take the morning bath by those who dread a daily plunge into cold water, is recommended by an authority as follows: Stand in hot water deep enough to cover the ankles, fill a basin with cool water, and sponge the body off quickly. Dry and rub vigorously, and get into flannels before drying the feet. This is better for any one than daily immersion. It is the rubbing more than the water that is needed; sponging off gives the excuse for the after rubbing, and the good result is gained.

TYPHOID FEVER MIAMATIC.—A recent letter by Sir Charles Cameron will probably meet with no denial. According to this high medical authority, when the organic debris produced in towns is quickly removed, and when the dangerous subterranean atmosphere is prevented from entering dwellings, or even when sewage flows steadily day and night through well constructed main sewers, and when soils are thoroughly drained and kept free from filth, then there may be expected a substantial reduction in the mortality caused by typhoid fever, and, indeed, by other diseases.

CONSTIPATION AND HEADACHES.—The cause of many disorders, which might in most instances be prevented if proper attention were paid to ordinary measures of precaution, is constipation, says a medical authority. Irregularity in eating and exercising is the most common cause of this trouble. If persons occasionally troubled with headache, indigestion and other minor complaints would remove the cause the effect would soon pass away. When a headache results from constipation a glass of cold water taken just after rising will do more towards removing the trouble than the local application of preparations to the head. Opinion is divided as to the merits of the use of hot or cold water for this purpose, but cold water (not ice water) is here recommended, because it is not so apt to produce nausea.

DATA CONCERNING TEMPERATURE AND VENTILATION.—Data concerning temperature and ventilation have of late years largely accumulated and are certainly of great practical importance in their relation to health and comfort, especially in buildings where considerable numbers of people are habitual occupants. In an office building, for instance, assuming that each person or occupant requires 2,000 cubic feet, or about 147 pounds, of fresh air an hour, and that this air is at a temperature of 80 degrees, the number of units of heat that must be abstracted in order to reduce the temperature to 70 degrees is stated to be 350 an hour. Now, it is ascertained by careful scientific methods that a pound of coal used in making steam for a fairly-efficient refrigerating machine will produce an actual cooling effect equal to that of sixteen to forty-six pounds of ice. Taking the lower of these limits, sixteen pounds of ice, which will abstract some 2,275 heat units while melting, it is seen that one pound of coal will, accordingly, reduce the temperature of the supply of air for one person for 6 1/2 hours under the above assumptions; and estimating the price of coal at \$1 per ton, and that the air is to be cooled for ten hours a day, the apparent cost is but 16 cents for one thousand people an hour.

PRECAUTIONS IN REGARD TO CANNED GOODS.—It is rather the fashion to decry tinned vegetables as being unwholesome, and there are people who rarely allow them to appear upon their tables, yet if properly treated they are perfectly harmless and wholesome. There are two essential rules, however, which should be invariably remembered. The first is that when a can is opened, the edible, whatever it is, should be turned out at once into another dish, and should never be kept standing in the tin. Careless cooks are apt to leave tomatoes or mushrooms or other tinned things used for seasoning in the cans, sometimes for several days, in which case they are sure to be injurious. The other rule is that a vegetable should never, under any circumstances, whether at a picnic or to save the cook trouble, be warmed in its own tin. There is another danger connected with these preserved goods, and that is that the insane mania for cheapness at all risks, which some women have, has induced dishonest people to put inferior goods upon the market; but if a housekeeper is careful to buy none but the best, and see that they are properly prepared by her cook she need have no fear but that her tinned vegetables are as harmless as the same substances in their raw and natural state; and she will have the advantage of procuring an infinite variety for her table at a very small outlay both of time and money.

MR. AND MRS. HAYS, of Philadelphia, have been married seventy years, and are living in a house in North Thirteenth street which was built eighty years ago by Mrs. Hays's father, in what was then a pasture lot. Mr. Hays was one of the "directors" of the famous "Underground Railroad," which, after the passage of the Fugitive Slave law, helped bring so many negroes North.

Although the corner grocery isn't supposed to be stocked with electricity, the corner groceryman is called upon to charge a good many things.—*Dunstable Courier.*

An interesting problem of the year, not unconnected with the "balance of trade" question, is the effect which the World's Fair will have upon American travel in Europe. The influence of our foreign tourists, through their expenditures abroad, upon the trade of our country to European nations, is a factor of very considerable importance. A recent English work on international finance reproduced a few interesting statistics. When the payment of the Prussian indemnity was under discussion, M. Leon Say, reckoning up the resources of France on a balance of exchange, estimated the amount spent yearly by tourists in his country at \$10,000,000. More specifically, a British Foreign Office report of 1891 on the foreign trade of Italy calculated that for the preceding ten years American tourists alone had expended in Italy an average annual sum of \$35,000,000. To this must be added not only the additional outlay of our tourists in Germany, Switzerland, Great Britain, and elsewhere, but the continuous payments of the 50,000 or more native Americans resident in Paris, London, Rome, Berlin, and other "winter cities" of the continent. Practically all of these people, tourists and residents alike, meet their expenditures through drafts on New York bankers, and the sum total of such annual payments may safely be reckoned as in excess of \$100,000,000. It is not, of course, to be expected that the attractions of the World's Fair will this year extinguish the greater part of such expenditures; but that the number of tourists from America will be materially reduced can hardly be doubted. To this extent, the "balance of trade" will clearly be affected in our favor.

ALL the California horticulturists, farmers and professors of agriculture are in favor of the establishment of a Pacific Coast Bureau of Agriculture, the need of which Congressman Caminetti has been representing to Secretary Morton. They say that information that comes to them in answer to inquiries of the Washington Bureau arrives often too late to be of service. Moreover a marked disparity exists between the climate, the temperature, the seasons, and the soil of the Pacific and Atlantic Slopes, and knowledge that would be invaluable in New England States may be worthless in California, owing to these climatic differences. To carry out the idea of establishing a branch of the Agricultural Department on the Pacific Coast a building would have to be erected, with grounds in the vicinity sufficiently large to permit of the prosecution of certain experimental work. Sub-experimental stations might be necessary in the San Joaquin and Sacramento Valleys. A site is proposed for the headquarters on the Presidio Reservation, all of which is now supposed to be occupied by the San Francisco garrison of the regular army. General Ruger, commanding the Department, would undoubtedly interpose his objection, because he holds that the grounds will be none too large for the future needs of the army.

The citizens of the Pacific Coast have many natural advantages, and they never fail to take advantage of all they have. The Snoqualmie Falls are twenty-two miles east of Seattle, Wash., and have a fall of 268 feet. It is proposed to place a number of turbine wheels at the foot of the falls, thus securing an almost unlimited amount of power, and by the use of underground cables supply Seattle with all the electric power required. But the enterprise of the citizens does not stop here. They are now talking about establishing a steamship line to Panama, with the expectation that the shipment of coal would alone warrant the undertaking. They also argue that a large business could be done in the sale of flour, wheat, canned goods and lumber to the citizens of Central America, receiving as return freight their coffee, rice and fruits. Whether this steamship line will materialize or not it is an index of the progressiveness of the citizens of Seattle that it is even talked about.

For some time the thieves of Chicago have been starting the world by the original methods which they have introduced into their line of business. Now they have taken a new departure and are winning fame by the strange character of many of the articles taken. A woman stole a glass eye from its rightful possessor, and a big base drum was successfully spirited away from the rear platform of a street car. Citizens must take the hint and watch all kinds of property which they care to retain. Wigs, cork legs, false teeth, bull fiddles, liver pads, saw bucks and feather beds are as apt to be stolen these days as jewelry or cash.

The application of photography to ratonometry has been productive of especially noteworthy results in the discovery of the small bodies which move in orbits between those of Mars and Jupiter. From the observation of the first of these, Ceres, in 1801, until the end of 1891, 321 had been discovered by the laborious method of eye observation. Then photography was brought into this service, and within the last fifteen months no fewer than forty-four of these celestial bodies have been found. Six were found by Professor Charlois of Nice in the first week of March.

According to the Colored American, a journal which has recently issued its first number in Washington, there are in that city 80,000 persons of the negro race, whose wealth is estimated at \$17,000,000. They support eighty-three churches, three banks, one building association, and one life-insurance company. Twenty-three physicians and as many lawyers practise among them. In the schools there are 15,000 negro pupils and 250 teachers. Two colleges draw most of their students from Washington.

A Good-Bled Manager Required the Old Man's Care.

A friend, says a well-known writer, once asked an aged man what caused him to complain so often at eventide of pain and weariness. "Alas," replied he, "I have every day so much to do. I have two falcons to tame, two hares to keep from running away, two hawks to manage, a serpent to confine, a lion to chain and a sick man to tend and wait upon."

"Well, well," commented his friend, "you are busy, indeed! But I didn't know that had anything to do with a manager. How, then, do you make that out?"

"Why," continued the old man, "listen: Two falcons are my eyes, which I must guard diligently; the two hares are my feet, which I must keep from walking in the ways of sin; the two hawks are my hands, which I must train to work, that I may provide for myself and those dependent on me, as well as for a needy friend occasionally; the serpent in my to: gue, which I must keep ever bridled, lest it speak unseemly; the lion in my heart, with which I have a continual fight lest evil things come out of it, and the sick man is my whole body, which is always needing my watchfulness and care."

Queer Chinese Customs.

In full mourning among the Chinese the black strands of the queue are replaced by white ones and in second mourning by light blue or green. It is an unpardonable breach of etiquette for an inferior to enter the presence of a superior with his pig-tail wound round his neck or head, and the greatest insult one man can offer another is to pull his pig-tail. It seems very odd to see sailors on ship or in barracks combing each other's tresses, or coolies at the street corners performing the same friendly office. Custom forbids a man to wear a beard and mustache until he becomes a grandfather.

An English captain was talking recently with some friends in a New York hotel when one of them began to admire the splendid diamond rings which the officer wore.

"How in the world did you manage to get in without paying a duty on those magnificent diamonds?" he asked. "You have more than your share—more than one man should be allowed to wear."

The captain replied: "I made the acquaintance of four good fellows on the voyage over—a railroad manager, a banker, a commission merchant and a capitalist. They admired my diamonds very much, and I induced them to help me get them ashore. Each put on a valuable ring as soon as we sighted land, and wore it till we all arrived at the hotel, when they were returned to me. This ring, which the railroad man wore for me, is worth \$15,000. The others are not so valuable. It's the easiest thing in the world to humbug the customs officers when one knows how to do it."

Whether on pleasure bent, or business take on every trip a bottle of Syrup of Fig., as it acts most pleasantly and effectively on the kidneys, liver and bowels, preventing fevers, headaches and other forms of sickness. For sale in 50 cents and \$1 bottles by all leading druggists.

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Doctors said I Could Not Live!
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Jan. 9, '93. J. D. WILCOX, Olmsville, Pa.

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