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Checking Perspiration.

A Boston merchant, in "lending a hand" on board of one his ships on a windy day, found himself at the end of an hour and a half pretty well exhausted and perspiring freely. He sat down to rest. The cool wind from the sea was delightful, and, engaging in conversation, time passed faster than he was aware of. In attempting to rise he found he was unable to do so without assistance. He was taken home and put to bed, where he remained two years; and for a long time afterwards could only hobble about with the aid of a crutch. Less exposure than this has in constitutions not so vigorous, resulted in inflammation of the lungs, "pneumonia," ending in death, in less than a week, or causing tedious rheumatism, to be a source of torture for a lifetime.

Multitudes of lives would be saved every year, and an incalculable amount of human suffering would be prevented, if parents would begin to explain to their children at the age of three or four years, the danger which attends cooling off too quickly after exercise, or work or play, or of remaining exposed to a wind, or of sitting at an open window or door, or of pulling off any garment, even the hat or bonnet, while in a heat. It should be remembered by all that a cold never comes without a cause, and that in four times out of five it is the result of leaving off exercise too sudden, or of remaining still in the wind, or in a cooler atmosphere than that in which the exercise has been taken.

The colder the weather the more need is there, in coming into the house, to keep on all the clothing, excepting India rubber or damp shoes for several minutes afterwards. Very few rooms are heated higher than 65° when the thermometer is within 20° of zero, while the temperature of the body is always at 98° in health, so that if a man comes in a room which is 30° colder than his body, he will rapidly cool off, too much so, often, even if the external clothing is not removed.

It is not necessary that the perspiration be visible; and exercise which excites the circulation beyond what is natural causes a proportional increase of perspiration, the sudden checking of which induces dangerous diseases and certain death every day.—*Hall's Journal of Health.*

A MANLY SIBIRY BY A LADY.—The eleventh anniversary of the birth of Viscount M'Duff, eldest son of the Earl of Fife was celebrated by an entertainment given by the Earl and Countess at Innes-House, near Elgin. Provost Grant of Elgin, at the supper which interrupted the ball, proposed the health of the juvenile viscount; Captain Culbard, of the Elgin Volunteer Corps, followed with that of his noble father, the Earl while the health of the Countess was gracefully proposed by the Hon. Master of Lovat. To that toast the Countess herself responded, in these terms:—*Ladies and gentlemen, I believe I am taking a very unusual course in personally thanking you for drinking my health; but I assure you that I cannot refrain from doing so, for I am nowhere better known than in my own country, where I always receive the most affectionate welcome from you all. (Applause.) You must recollect that I am Scotch—I am Scotch to the backbone. (Loud cheers.) I glory myself in being connected with Scotland. (Renewed cheers.) I was a Hay before I was a Duff. (Great clearing.) I wish to drink all your good healths. I am glad to see you here, and I hope we may all live to meet on many anniversaries of my boy's birthday. (Cheers.) I will have great pleasure in writing to him to-morrow; and when I tell him how you proposed his health and how you all received it, I am quite sure he will be very much gratified. (Applause.) I have great pleasure in seeing the volunteers here to night. I must say, as I lately said at hand, that if the invaders does not interfere with us, we have no wish to molest him. (Cheers.) But if he does interfere with us, our army of volunteers, we called into existence by the flare idea of invasion, will scatter the reality to the winds. (Loud Applause.)—*Caledonia Mercury.**

THE CERTAINTY OF SCIENCE. A remarkable instance of the practical value of scientific knowledge, in the science too which is least suited and certain of all, was given lately by Lieut. Maury. He sailed from this country seven days after the sailing of the Prince of Wales, and arrived in England several days before him. The British Admiralty asked his opinion of the fate of the missing vessels. He replied in writing, describing what weather the royal fleet had experienced, on what part of the ocean it had proved most adverse, and what course the ships had taken and when they might be expected in port. The arrivals of the vessels verified this opinion in every particular. Knowing the prevailing winds and the natural course of the storm, Lieut. Maury was

able to predict the course of the ships with perfect accuracy. It is evident that such knowledge must be of the highest value to sea captains and commercial men.

TRUTH TRIUMPHS.—One day, in the year 1814, a workman hurried into Mr. Stephenson's cottage with the startling information that the deepest main of the colliery was on fire. He immediately hastened to the pit's mouth, about a hundred yards off whither the women and children of the colliery were fast running, with wildness and terror depicted in every face. In an energetic voice Stephenson ordered the man to lower him down the shaft to the corve. There was danger, it might be death before him, but he must go. As those about the pitmouth saw him descend rapidly out of sight, and heard from the gloomy depths of the shaft the mingled cries of despair and agony rising from the work-people below, they gazed on the heroic man with breathless amazement. He was soon at the bottom, and in the midst of his workmen, who were paralyzed at the danger which threatened the lives of all in the pit. Leaping from the corve on to the touching ground, he called out, "Stand back? Are there six men among you who have courage enough to follow me? If so, come, and we will put the fire out." The Killingworth men had always the most perfect confidence in George Stephenson, and they instantly volunteered to follow him. Silence succeeded to the frantic tumult of the previous minute, and the men set to work. In every mine, bricks, mortar, and tools enough are at hand, and by Stephenson's directions materials were forthwith carried to the required spot, where, in a very short time, a wall was raised at the entrance to the main, he himself taking the most active part in the work. Thus the atmospheric air was excluded, the fire was extinguished, the people were saved from death, and the mine was preserved.—*Men Who Have Risked.*

SHOCKING SUICIDE IN KINGS COUNTY.

We learn from a person residing in the neighborhood where the deed was committed that on Monday last a man named John McGinnis deliberately cut his throat with a razor, near his residence in Smithville, Parish of Hampton, K. C. About 9 o'clock, A. M., he left his dwelling and proceeded a short distance in an adjoining field, where he was observed taking off his coat and vest after which he made the attempt upon his life. A neighbor in the vicinity immediately ran and seized the unhappy man, took him in the house and sent for a physician. It was with difficulty that the unfortunate man could be restrained from finishing the deed he had commenced. The physician, upon his arrival, found that the wind pipe was cut through, but the jugular not severed. The surgeon sewed up the wind pipe, and the suicide lingered until 4 o'clock the same day, when he died. A Coroner's Inquest was held and a verdict in accordance with the above rendered. Financial troubles in which the deceased was involved are said to have led to the commission of the rash act.—*Globe.*

NEW BRUNSWICK AUXILIARY BIBLE SOCIETY.—The Annual Meeting of this Society took place on Thursday evening last, at the Hall of the Mechanics' Institute, and was numerously attended, notwithstanding the unpleasant walking caused by the heavy snow-storm which prevailed all day.—*New Brunswick.*

DEATH FROM SUFFOCATION.—The *Bangor Courier* says that Hiram Crafts, belonging to Carleton, N. B., aged about 23, was found suffocated in one of the berths of the schooner Lockout, lying in Portland, on Sunday last. He entered the cabin of the schooner to stay all night, while she was being fumigated to kill rats, and the verdict of the jury was in accordance with the above facts.

SIR EDMUND HEAD.—We have tolerably good authority—although from an unofficial quarter—for the statement that the Governor General will leave England to return to this country, on the 4th of February; he will, therefore, probably arrive here about the middle of the month.—*Quebec Chronicle.*

ATTENTION TO VOICE.—Little or no attention is paid to the tone in which children speak; consequently they too often acquire bad habits of enunciation from the earliest age; and as they grow up, what is mere habitual tone is mistaken for their natural voice. From this intention to inattention in early years proceeds much difficulty in the voice for singing; and it is not unfrequently the cause of diseases of the throat and chest. It is but a part of this evil system that a most injurious habit prevails among many of the young ladies of the present day of speaking in a subdued, muffled tone, or

what might be called a semisfalsetto, in consequence of which very few natural voices are heard. It must be understood, I speak more particularly of English ladies, as foreigners generally speak in their natural voices. I have no hesitation in saying that hundreds of young ladies bring upon themselves serious chest affections from a bad habit of speaking and singing.—*Signor Ferrari.*

COLLEGE JOKE.—We learn of a capital college joke the other day too good to be lost. Two young men in a certain eastern college, took into the heads to have a good time over a fine old gobbler down town, so they secured him as early as they thought prudent, and carried him to their rooms, where he was dressed and set to cooking in an iron pot. The night was consumed in their labors before he was ready for their repast. The owner of the gobbler being an early riser, missed him, and suspecting where he was gone, had a search warrant issued forthwith, and an officer in pursuit. Proceeding to the college, the students, who were on the watch, immediately on his entering the building suspended the pot with a cord out of the window leaving the end fastened to the window sill. The officer visited the different halls till he approached the one in question, when he began to smell cooking turkey. He thought his game was sure. Knocking at the door he found, as it opened, the smell of turkey was fresh, but the young men were unusually busy conning their morning lesson and knew nothing about the matter. The officer searched in vain and left. As soon as he was out of the way, the students hauled in their cord, but what was their mortification to find nothing in the pot but turkey bones. The students in the lower story had taken in the vessel while the officer was on a visit up-stairs, stripped off the fish and returned to the bones to the vessel. There was no more study in that room for the next hour at least.

TRIBUTE TO WOMEN.—The celebrated

traveler, Lady, said the following handsome tribute of the female sex: "I have observed," she says, "that woman in all countries are civil, obliging, tender and humane. I never addressed myself to them decently and friendly, without getting a friendly answer. With man it has often been otherwise. In wandering over the barrenness of inhospitable Denmark; through honest Sweden and frozen Lapland; and churlish Finland; unprincipled Russia; and the widely spread regions of the wandering Tartar; if hungry, dry, wet, cold or sick, the women have ever been friendly, and uniformly so; and to add to this virtue (so worthy the appellation of benevolence,) these actions have been performed in so free and kind a manner, that if I was dry, I drank the sweetest draught, and if hungry ate the coarsest morsel with double relish."

A Surprise to Garibaldi.

A correspondent of the Union of Turin furnishes this interesting item concerning the hero of the Italian revolution:

Garibaldi was so glad of enjoying his freedom, that he wished also to manumit his three battle-horses, and as they landed he unbroke them with his own hands, and let them loose. As he marched on to his little cottage, he was exceedingly surprised to find instead of the bleak and sunburnt rocky Caprea, beautiful orchards of fruit trees fine gravelled roads, picturesque windings, with myrtle and laurel hedges. He could not imagine what magic had so changed his shaggy rocks into a goodly farm. Think you, then, how his surprise was increased when, instead of his humble cottage he found elected in its stead a charming villa, with a little turret overlooking the blue Mediterranean. He almost thought that he was on somebody's else ground. But there were his rustic farmers, and three donkeys. Finally he entered a large reception room, very plain but elegantly furnished, with a few pictures representing recent battle scenes, such as Solferino, Magenta, etc., and opposite the entrance a superb full-length portrait of Victor Emmanuel. The mystery was solved; the magic hand of the King had prepared so welcome a surprise to his best friend!

The *Louisville Journal*, the ablest and most earnest Union paper at the South, says to the free States must not suffer themselves to be deluded by the idea that the slave State are not in earnest, or that the Union sentiment is increasing rather than diminishing among them.

SIX WAGON LOADS OF GOLD.—The gold which came to New York, by the *Persia*, from Liverpool during the time of the panic a week or two ago, upwards of \$3,100,000, weighed 11,700 pounds, and loaded six express wagons. It was quite a consoling sight to the cramped merchants, in the height of the hard times to see six horses each pulling

ing a wagon load of gold along Broadway.—*American paper.*

Agricultural.

CATTLE.—Keep them in warm stables, with plenty of bedding. Feed regularly and with variety of food. Roots, oil meal with hay, and an occasional allowance of un-threshed oats cut fine, if you have any or all these, will pay. Use the excelsior haymaker frequently. Break pieces. Handle horses to prepare them for milking.

CHEESE.—Cover bins of roots or apples in danger from frost. Remove decaying vegetables. Keep out rats, cats, which are nearly as great a nuisance as rats, or poison, must be resorted to. Traps won't do—at least with me.

POULTRY.—Give cooked food, and raw meat chopped fine, with cabbage or other vegetables. Keep them warm quarters with plenty of light. Supply water, gravel, lime, and ashes, or chip dust.

SHEEP.—Shelter from storms. Feed from racks separate from other stock. Give sliced roots, and occasionally a treat of grain with hay. Turn the back with the ewes. Cows—Shed any remaining. Select the best for seed if not done at the proper season.

DRESS.—Collect those due as far as may be, and pay all practicable. Commence the year square with the world if possible.

FENCING.—Prepare timber when the weather allows. Make gates, bar-post, etc., in the workshop in stormy weather.

GRAIN.—Examine occasionally to secure from dampness and vermin. That for Spring seed should be speedily cared for.

IMPLEMENT.—Put all in thorough repair. Keep from unnecessary exposure to storms. Oil running gear of threshers, fanning mills, etc.

MARKETING.—Improve good sleighing for marketing grain, if prices are satisfactory. Make cash sales if practicable.

WOOD.—Prepare a year's stock in advance. A circular saw attached to the horse power, will save much labor.

LEWIS.—Improve the snow in drawing logs to mill. Cut them in the forest, if it was not done in the fall, which would have been preferable.

BREEDING ANIMALS.—Give them generous fare, but not a surfeit. Keep them well sheltered. Their progeny will repay all such care.

When you see the fence down put it up; if it remains until to-morrow the cattle may get over. What ought to be done to-day, do it, for to-morrow it may rain.

HORSES.—Keep in warm stables, and blanket them in very cold weather. Cover them while standing out after a drive. Give them an occasional allowance of carrots; if you have them, with hay and grain. Are they well shod and sharpened? On cold days warm their bits before harnessing; it is cruel to skin their mouths with cold iron. Do not give them ice-water to drink. Keep well cleaned, especially their feet and legs. Handle and break colts.

BARN AND STABLES.—Arrange the old ones, and plan the new ones, if to be built, for convenience in threshing, feeding, manure making, etc., and for the comfort of stock. Keep the barn tidy. Fowls should not be allowed to roost around where they choose. Tools, harness, etc., should be kept in appropriate rooms. Allow no manure to accumulate against the sides or ends of the building.

THE FARMER, THE TRUE ARISTOCRAT.—N. P. Willis, of the *Home Journal*, says: "The star of the farmer is on the rise. To be a distinguished man now-a-days, there is no safer or more substantial way than to be an 'eminent agriculturist.' 'Successful horticulturist or the like—a Longworth, a Wilder, a Grant, a Johnson. There is no way for a man to be looked up to, for the next half century, like being an enterprising and successful farmer and there is certainly no way to pass life so pleasantly, and no vocation which is so sure to keep him company till he dies."

What a world of sorrow, of joy—of mingled tears and smiles, we live in! To-day, youth goes forth full of hope and confidence, to-morrow, he trembles and hesitates; the next day he prays and struggles; and on the fourth often sinks to rise no more.—*Thus life's little span is run.* Soon the throbbing heart ceases to beat—the deep affections that excited or depressed the soul, are still, and all these mighty loves and doubts which thrilled with ecstasy or depressed with fear, singing in the human bosom like ocean's storm-beaten waves—are hushed in the grave. How mysterious is existence.

BOTTLED TEARS.—In some of the mourning assemblies of the Persians it is the custom of the priest to go about to each person

at the height of their grief, with a piece of cotton in his hand, with which he carefully collects the fallen tears, and which he then squeezes into a bottle, preserving them with the greatest caution. This practice illustrates the 50th Psalm, viz., "Put thou thy tears into a bottle." Some Persians believe that forty days of death, when all medicines failed, a drop of tears so collected put into the mouth of a dying man has been known to revive him; and it is for such a use that they are collected.

SELF CONTROL.—The want of self-control is to be traced; in the first place, to a neglect of early discipline. Every human being is possessed of a complex nature. He has a physical, a mental, and a moral constitution. Each part needs to be developed, modelled and cultivated according to the laws which the Creator has established. Our natural passions, reason and conscience enters into our very being. If these are neglected, the passions become wild and ungovernable, and are like thorns and briars that infest the grounds. The intellect is eclipsed and the conscience seared as with a hot iron. If the passions are restrained and brought into subjection, the man may be disposed to lead a quiet and peaceable life. If the mind is cultivated and enriched with the treasures of learning, without proper attention to its physical nature, the man may become a brilliant luminary, but under a storm of passion he may fall like Lucifer, and be buried in everlasting night. If the heart is renewed and the conscience purified, which is seldom the case unless the child is taught subjection to a rightful authority, the person will surely be under the control of a benevolent spirit, though the sphere of its activity may be limited by ignorance, and the want of self-control may cause a cloud to obscure its brightness. But that man who gains a mastery over his own spirit—who disciplines his mind and stores it with various knowledge—who keeps his heart glowing with the love of God—that man is the most useful, the most happy, the most safe. That man comes nearest to the Apostle Paul, nearest to the statue of a perfect man in Christ Jesus.

In our early education there is great danger of neglecting the passions, or rather of allowing them to gain ascendancy. They will spring up in the morning of our existence, they daily and hourly cry for indulgence, and sometimes they become very strong before the intellect and conscience are matured. Such will very generally be the result, unless special pains are taken to restrain and subdue the passions, and give the judgement and the moral sense the supremacy over them.

Who are the Miserable?—Let the Dyspeptic, who suffer physically and mentally, answer. But though he has drunk the very dregs of suffering, relief exists in the *Oxygentated Bitters*; they "are a cure for all his woes."

The Rev. Dr. Lyman Beecher, who cast his first vote for Washington, was taken by his son to the poll in Brooklyn, that he might cast his last vote for Lincoln. As the venerable man, with flowing and silver locks, entered the room, the crowd parted right and left, and silently made way for him.

Two citizens were lately comparing notes upon the merits of their respective spouses. "Mine, said one, 'would be a very good wife if she were not so talkative.' "Talkative?" replied the other, "why you are happy fellow; my wife, talks nothing, noon and night."

Before the days of telescopes, a neighbor of Mr. Bistee saw that gentleman, at an early hour of the day crawling slowly homeward, on his hands and knees, over the frozen ground.

"Why don't you get up, Mr. Bistee?"—why don't you get up and walk?" said his neighbor.

"I w-w-would, b-b-but it is so mighty thin here that I'm afraid I shall b-break through!"

MAKING VINEGAR.—Vinegar, according to a writer in the *Geneva Farmer*, is cheaply made. We republish his recipe: "Take eight gallons of clear rain water and three quarts of molasses; put into a good cask, shake well a few times, then add two or three spoonfuls of good yeast cakes. If in summer, place the cask in the sun; if in winter, near the chimney, where it may be warm ten or fifteen days and to the liquid a quart of brown paper torn in strips, dipped in molasses, and good vinegar will be produced."

An Irish carriage driver made a very happy and characteristic reply the other day. A gentleman had replied to Pat's "Want a carriage, sir?" by saying, "No, I am not able to walk," when Pat rejoined, "Key your honor long life, but seldom willing."