Health Department.

Congested Brains.

Our article is suggested by one in the Lancet on "The Wear and Tear of London Li.e, and we shall appropriate some of its

thoughts.

Brain-work, even in its highest forms, involve purely physical arts as truly as deed that of the muscles or the stomach. "Excessive thought means corebral hypersumis as inevitably as excess in the use of a gastrio stimulant means sotive congestion in the mucous membrane of the atomach; and just as habitual excessive use teo irritaand just as habitual excessive use teo irrita-ting food and drink may induce passive congestion in the intervals, or as the sequel, of active congestion of the gastric organ, se may too persistent and excessive brain-work tend to the production of a chronic engarge-ment of the vessels of the encephalen" (the brain), "with what ever that physicial fact involves or entails." A perfect similarity of law governs the development of disorders of brain and body.

Now, as some have inherited a weak mus-oular system, and others a feeble digestion, so still others, perhaps in some respects

oniar system, and telera a reconst digeston, so still others, perhaps in some respects brilliant, have a congenital inability for considerable or prelenged brain-work, and are almost sure to be injured by a centioned

The times demand in this country, even more than in England, that brain workers should have a large reserve of energy, and a capacity for producing force almost indefinitely, to meet the demands of exceptional exigencies.

In our country many enter the prefessions who are naturally equal to routine work, but are whally unequal to the strains of competition and to the multiplied and, varied demands which so characterise our times. They countantly and periously atrike the limits of their congenital capacity. It is equally so in mercantile life. Not a few, who are equal to a small business find ent that they were not equal to a large one only after both physical and financial fallura. It is only less so in many other forms of business. Thereands attempt mere than In our country many enter the prejection Thousands attempt mare than they are equal to, the centinual pressure of which results in nervous exhaustion.

which results in norrous exhaustion.

Somewhat akin to there are teachers in our common schools. The early stages of every profession and business make poculiar demands on the nervous force. And yet thousands enter the teaching profession who do not intend to remain in it. They stay just long enough to be everwerked, and to be injured—in many cases for life.

So, also, our pulitical system constantly brings forward new men who must fit

brings forward new men who must fit themselves for new and difficult duties at an immense cost to the brain. The present physical condition of some of our public men is simply a preminent illustration of men is a this last,

Hervonz Conch.

One may have a hard, dry and violent cough, and yot the immys, breachist tubes and larsyx be in a perisodly normal condi-

Says Flint, "In most of the cases of this Says First, "In most of the cases of this taid which I have seen, the cough has had pocular barking sens, and the pitch has noder, showing that the glottle was dilated the instant of coughing. In some harveyer, the tone is shrill, and the in heavers, the mas is annu, and any alloy of the search creamply showing sparm one gettin. Is a case recently under objection, the cough consisted of a single, a heavelphylic elter repeated several factors in the sematimes in particular and a resemblance to these of the receiler sound of t. The peculiar sound of their pick its frequent re-constitues, its violence, res-to those whose sym-less and anneying to

> sagatest changes o pape

Hence he calls it the trigeminal

oongh. Is bears a striking resemblance to nervous It bears a striking resemblance to nervous asthma, and the latter is now thought to be the most preneanced form of trigominal cough with its seat within the neatrils. Ramifications of the trigominal ge to the plarynx (the back we follow the mouth), and also to a portion the sear, and hence this cough may read times be due to trigominal irritation of the nerve within the neatrils.

Of course no treatment directed to the

Of course no treatment directed to the throat or lungs will be of any avail, and its ptraistence against all erdinary remedies may cause the gravest lears. But the pe-culiar banking tone of the cough and a cer-tain nervous character of the patient may

ruggest its real nature.

The medical attendant should at once

The medical attendant should at once suspect its trigeminal origin, if he falls to find any organic explanation of it. All treatment should be directed to the mazal nerve, and the main of year should be to lesson its undue excitability.

Galvanizz is warmly recommended. Canterization is often effectual, and so, for a time, is a sught bleeding of the parts. The copieus secretion to which foldes of petassium, administered internally, gives rise is helpful, by washing out the irritating particles. In lighter cases, this and the inhaling of vapor are eften sufficient.

Beds and Hammooks.

Beds, says the Lancet, are occupied night after night, year after year, by divers per-sons in sickness and in health, in summer's heat and winter's cold, and as to when bod-ding is remade and purified each one can judge by his own experience. Compare this judge by his own experience. Compare ams with the use of the South American hammeck, which enly requires a stout blanket inside, and in winter a woelen alcoping dress as well, of suitable make, i. e., drawers, socks, and a leose jacket, all periodically washable. The sanitary difference bocomes at ence atarting to those who have never considered the subject before. The Santh American hammack is made of the Santa American harmeck is made of the fibers of the young loaves of the Ita palm, so weren that it yields to every mevement, and projection of the body in every direction except lengthwise, and in which direction the weight of the body establishes its own the weight of the body establishes its own support, the same as in chairs with the loose canvas backs. Hammacks are very easy to get into and out of, and one camnat fall out of them when atleep. They should be swung the same distance from the ground as the seat of a chair. They form an excel-iont seat. Sitting down one draws the back of the hammack up as high as one may de-sire. The recover way to cet this a hammack are. The proper way to get into a hammock for there is a proper way—is first to air dewn on it, and then threw the legs up and the back dewn, wrapping yourself up in its soft, clastic, and ample felds. The best way to lie is creaswise. The position can be varied in three or four trays. varied in three or four ways. The writ-has passed several nights in such a ham or has passed several nights in such a ham-meck and blankst, exposed to the dampe of a South American ferest, and risen perhaps more re'reshed than if he had slept in a be-For bed-ridden people their use would be invaluable. Those who have been confined to a bed or water-bed for three or four months knew how fatiguing and dignating they become, In many cases in hospitals such hammocks would be real sanitary ap-pliances. The hammock I have comes from the Esecquibo Indians in British Guiana. I do not know why a similiar mode of wear-ing (more like knitting without the knate) of some material having the mollow feeling of the rush used in rush-buttened chairs could not be managed in this country.

Fainting.

The word swoon means the same as the medical term enycope. It is due to the fall-ure of the heart to send the xoossary sup-ply of bleed to the urain. It may be partial,

complete.
In the latter case, the person suddenly squales thysteri- turns pale, and soon falls, with a less of induced by incommons and an apparent steppage fol for girls was of the pulse and heart. The breathing, tee, is silver imperceptible, or ecours only in socialized week right. The patient, to the erdinary observer, may seem to be dead. The centre the action of the heart has not it is fashia. This condition may

y meanents, or it may continue formally inde in recovery, executed the fea-ment of the fea-ment of the fea-

and consciousness is gradually restored in

Among the causes are organic dis the heart, especially fatty degeneration; extreme heat, combined with impure air; loss of blood, or impeverished blood (as in loss of blood, or impeverished blood (as in anomia); the reflex action of certain conditions of the stomach or other ergons of the heart. Mere or less of these causa are semetimes combined. Some persons faint from very slight cause—an unpleasant sight or eder. We have knewn persons to faint earliy and eften, and yet enjoy good health to extreme ago. But when fainting is due to organic disease of the heart, or to loss of blood, or to extreme heat, it may prove speedily fatal unless soon relisved. In its treatment lay the patent flat on the

In its treatment lay the patent flat on the back. This favors the flow of blood to the brain. We had a friend who could generally anticipate an attack, and check it, or cut ly antiotpass an amana, and oncorn; or dis-it short, by at once taking a recumbent position. Nover allow one who has fainted to be lifted into a sitting pesture, or to have even the head raised.

If the fainting is due to excessive less of

his of course must be arrested. Meanwhile manage to piace the head lower than the rest of the body. The heart, too, should be stimulated with some form of al-

cahel, ammonis, ether or cologue water. In all cases secure the purest air, and leosen the dress, especially about the chest

A writer in the Loucet says that in many otses a person accustemed to faint from alight causes may avert the attack by applying heat to the head.

Guarded Millionaires.

The private service for the protection of to Vanderbilts, Asters and Gould was or-The private service for the protection of the Vanderblits, Arters and Geuld was organized three years age, and is entirely separate for each family, though the men who defend the Vanderblits and Asters are provided by the same establishment and practically work together. Regular paired duty is dene night and day, and twenty detectives are exclusively employed for the purpose. There are four Aster residences and five belonging to the Vanderblits, all in er close to Ritch avenue, between Twenty-third and Fifty-second streats. The spies are on duty sight hours each per day, and the besite are as arranged that the nize house commet be appresshed unseen by by one or more of the guardeness. Wm. H. Vanderblit was the originaler of this system, and he we incited to it by the large number of cranky letters he received. He professed to have ne fear of rational evil-deers, but was apprehensive that manines might attack him or some member of his family. Since his death the malls have been leden with all sorts of armeals. demands and Since his death the malls have been lad

with all sorts of appeals, demands and threats directed to his sens. Jay Jould's self-protection is more secret and characteristic. He does not intrust it and characteristic. He does as intrust it to a detective agmoy, but hires his ewn bodyguard. For years he has always been accompanied by a stalwart yeung fellow. Sut that is a safeguard against Wall street enemics. Oranks who might out up capers in or around his home are under the view memics. Others who might cut in capacition or around his home are under the view of spice wheer quarters are in a reom of the Windror Hotel across the way. This is additional to pairel duty dece by a separate set of men. The simpleyes of the millionaire families, whose mames are poer people's synonyms for wealth, are kept infermed as so every new demonstration by a crank, and they are alors to decay and drive sil the monomaniace who attempt any expleits. During the Western strikes Jay Genid has made the trips between his home and odice in a cell instead of elevated care as forward, and it was elevated of elevated care as forward, and it was elevated that a ring at his bell brings a mantering watchman to the foot of the steps about an quickly as it does the servant to the top. One of the defenses in Gould's case is against those who would the steps about an quonty as as once are servant to the top. One of the defenses in Gould's case is against those who would write antagenistic sentiments with chalk on his sidewalk and steps. Men and beys are troquently caught at it and compelled to decist. A specimen of that class of revolutionists seemed to be a poet, and a wild one, judging by the description of him. His chalk was bright red, and he rapidly wrote:

The rich may shirk, The poor word wo.k.

Before he was collared; and then, as though determined that at least the terminal rhymes of his versu should be emblayered, he added at what would have been the end of the third line, "laker," and right underseath "neighbor." The rest remains unknown.

Liging two-loop rule ! Hood hout loop give,

Costly Cars.

Our rallway system is confessedly in advance of any other in the world. Our milesge is as large as that of all Europe combined. Some of the English and continental reads are more solidly built; but for comfort and luxury there is no thing comparable to our sleeping and saloon cars. The private cars in which our railway magnates travel, are in point of luxury and coatliness far ahead of any-thing of the kind in the Old World All our leading railway men habitually use our superior in elegance to those occupied by monarchs in other parts of the world. by monarchs in other parts of the world. William K Vandorbilt, Robert Garrette, Milton H. Smith, Hugh J. Jewett, and some twenty other of our railway people use cars costing from \$20,000 to \$30,000 each. There are about 190 very costly cars in use, representing \$4,000.000 in cash. Of these some sixty cost of \$30,000 each. A Mr. Talbot selfton of a rail. 000 each. A Mr. Talbot, editor of a rail-way newspaper, was presented with a car recently, made by Herr Krupp, the fa-mous gun founder. It is of hard wood, east-lake finish, with a great deal of set-thethe drapery. The observation room in theta drapery. The observation room in the car is finished in oak, with the car is finished in oak, with the calculation windows. extending Brench plate cless windows, extending from the ceiling to the floor, velvet curtains, Wilton carpets, and embossed leather uniture, including divans. The bedrown is in maple and acceranth, and opening from it is the parior, the most elegant apartment of the out. It is finished in solid mahogany, with sich iniald panels and carvings of rare and costly woods from the Holy Land. The butler's room, pantry and shehm, are models. It would cost at least \$60,000 to duplished on the holy carries and cost at least \$60,000 to duplish the first and the cost at least \$60,000 to duplish the first and cost at cate this car. Famous actrosses have had private cars very luxurious in their apartments. Madam Patti had such a aparaments. Massim Fatt had such a one, while kirs Langtry actually lived in her car when filling her engagements outside of New York.—American Paper.

What He Had in for Him.

The ether day Judge Nookelson went a fishing. Becoming tired and hungry on his way home he stooped at a cabin near the roadside and thus addressed an old negro cess ers of emm one nam "I nam blo , ner ers wall!"

"Day are you, old man?"
"Po'ly, sah; how is it wid yeree'??"
"I am hot, hungry, dusty and thirsty.
Inn you do anything for me?"
"No, sah."
"Can's you give me some water?"
"No, sah."

I see that you have a well back there," Yas, do well's dar."

" Yat, do well's dar."
"Then why one's I get some water?"
"Looker heah, Jodge. Yourse's thinks
dat I doen know yer, but I doen. I wus er
witness in yer coult de uder week an'yer ist
man'd days laws are prosent constitution. witness in yer cou't de noter week an' yer let one e' dem lawyers cross question me an' astah me in er lie. Dat wan't ne way ter treat a stranger in de town. Yes, sah, set right der an' let dat blame lawyer 'buse me like I wa'n't a citizen o' dis heah county. Ive had it in fur yer eber since dat time an I wants ter tell yer whut's er fack, ef ver gits any water enten dat wall li'll be airtor yer's had de hardest fight er white man eber had."

Temmy Perry, Ga., 14, was pleughing mear Beteslerd, aged when lightning struck his head, persod down his arms through the plough handles, and along the plough to the mule, killing both the boy er, she animal.

Mrn. Catherine Gable, of Gablesville, Pa., who celebrated the 101st anniversary of her hinthday last December, died a few days ago. She was a widow for sixty-five

A pet black squired owned in Savannah, Ga., was left at home while its micross west away for a visit. As soon as the little fellow missed her he hunted all over the house, and, not finding her, showed unmistakable grist. He retured to eat day after day until it was so evident that he was starring himself to death that his mistress was sent for. When she came the squirred was frantic with joy, and then it tried to eat, but it had farted too long; It could not swallow and the next day died lying on the knips of its mistress.