

question for photographers how far the extraordinary excess of carburated hydrogen with its other impurities, contaminating their water at times, may account for exceptional and unexplainable phenomena and puzzling failure.

MISS NIGHTINGALE'S "NOTES ON NURSING"—Any one who reads those Notes without being moved in the depths of his heart, will not understand the writer of them by any amount of description; and those who have been so moved, do not need and will not tolerate it. The intense and exquisite humanity to the sick, underlying the glorious common sense about affairs, and the stern insight into the weaknesses and the perversions of the healthy, troubled as they are by the sight of suffering, and sympathising with themselves instead of the patient, lay open a good deal of the secret of this wonderful woman's life and power. We begin to see how a woman, anything but robust at any time, may have been able, as well as willing, to undertake whatever was most repulsive and most agonising in the care of wounded soldiers, and crowds of cholera patients. We see how her minute economy and attention to the smallest details are reconcilable with the magnitude of her administration, and the comprehensiveness of her plans for hospital establishments, and for the reduction of the national rate of mortality. As the lives of the sick hang on small things, she is as earnest about the quality of a cup of arrowroot, and the opening and shutting of doors, as about the institution of a service between the commissariat and the regimental, which shall ensure an army against being starved when within reach of food. In the mind of a true nurse, nothing is too great or too small to be attended to with all diligence; and therefore we have seen Florence Nightingale doing, and insisting upon, the right about shirts and towels, spoon meats, and the boiling of rice; and largely aiding in reducing the mortality of the army from nineteen in the thousand to eight, in time of peace.—*Once a Week*

"THE DUST WE TREAD UPON WAS ONCE ALIVE!"—A few feet below the level of the crowded pavements of London lies a city of richer ornament and finer architectural tastes than the great metropolis which conceals it. Outside the boundary wall, thirty feet high and twelve in thickness, the wooded south shore of the clear and silvery Thames, sloping upwards towards Camberwell and Herne Hill, was studded with the mansions of the military and civil chiefs. A beautiful landscape must have presented itself to the citizens who wandered up to the court of the sacred fane on Ludgate-hill, for on all sides, the view was unobscured by lofty buildings, and nothing was seen but the porticos and gardens of those rustic retirements and the windings of many little brooks, now degraded into drains and cesspools, which pursued their course through groves and meadows till they were

lost in the abounding river. Within the rampart, wherever we make an opening and dig deep enough, between Newgate and the Tower, magnificent tessellated pavements and fragments of marble statues reward our toil. The juxtaposition of modern names and associations with those reappearances of a long vanished state of manners, is almost ludicrous—a mosaic picture of Europa on the bull, fresh in colors and perfect in design, beneath the busy multitudes of Bishopsgate-street, and bracelets of noble ladies beneath the gaspipes of Cornhill—though it perhaps has a fitter connection with the site of its discovery when we read of a splendid representation in coloured tiles of Bacchus, the conqueror of the East, in front of the India House in Leadenhall-street.—*White's History of England.*

WISDOM FOR WINTER.—Never go to bed with cold or damp feet.

In going into colder air keep the mouth resolutely closed, that by compelling the air to pass circuitously through the nose and head, it may become warmed before it reaches the lungs, and thus prevent those sudden shocks and sudden chills which frequently end in pleurisy, pneumonia and other serious forms of disease.

Never stand still a moment out of doors, especially at street corners, after having walked even a short distance.

Never ride near the open window of a vehicle for a single half minute, especially if it has been preceded by a walk; valuable lives have thus been lost, or good health permanently destroyed.

Never wear india rubber boots in cold dry weather.

Those who are easily chilled on going out of doors should have some cotton batting attached to the vest or outer garment, so as to protect the space between the shoulder blades behind, the lungs being attached to the body at that point; a little there, is worth five times the amount over the chest in front.

Never begin a journey until breakfast is eaten.

After speaking, singing or preaching in a warm room in winter, do not leave it for at least ten minutes, and even then close the mouth, put on the gloves, wrap up the neck and put on a cloak or overcoat before passing out of the door; the neglect of these precautions has laid many a good and useful man in a premature grave.

Never speak under a hoarseness, especially if it requires an effort, or gives a hurting or painful feeling, for it often results in a premature loss of voice or a long life of invalidism.—*Hall's Journal of Health.*

CURIOUS FACTS IN NATURAL HISTORY.—"About thirty years ago the first crow crossed the Genesee River westwardly," so says a writer in the *Democratic Union*, and "that the fox, the hawk, swallow, and many other birds and insects seem to follow civilization." Within thirty-