

LET TRUE TEMPERANCE BE TRIED.—Insurance tables show that a man who abstains from liquor, has at 20 years of age, a chance of living 44.2 years; at 30 36.5 years; at 40, 28.8 years. An intemperate man's chance at 20 is 15.6 years; at 30, 13.8; at 40, 11.6. Now how would it be with a truly temperate man, one who confined himself to a very moderate allowance of good wine daily for example. We believe other things being equal, he would outlive the total abstainer.

SANITARY LESSONS for young people would be such a relief from fractions, history, stupid old maps and grammar.

AS AN AID to overcome the desire for alcohol, a half ounce of ground quassia steeped in a pint of vinegar, and taking a teaspoonful in a little water when the thirst for spirits comes on, is said to be very useful.

THE CUCUMBER.—Dr. Abernethy's receipt for its use was to peel the cucumber, slice it, put on pepper and vinegar, and "then throw it out of the window." But it appears that vast quantities of this vegetable are consumed in Egypt, Asia, Russia and Germany. It is said, you never see a Russian peasant at dinner but you see a piece of black bread and a cucumber. It is mentioned in scripture; and the want of it was one of the grievances complained of to Moses by the Israelites in the wilderness.

BARE FEET.—The London *Lancet* in referring to provincial schools, recommends that the children go barefoot, as in Scotland and Ireland. It is better that the feet be bare than covered with wet stockings and boots. "Habit and fashion alone enjoin the wearing of shoes, and those who go without suffer no hardship but enjoy an immunity from chilblains, corns and cramped toes."

RUNNING TO DEATH FOR TRAINS.—A complete record would furnish many deaths caused by running to catch trains.

An exchange gives the following truths. Even to one whose heart is sound, running, when not accustomed to such hurried movement, is certainly not beneficial to the delicate cords and valves of the heart; and should this organ be diseased, it must prove very injurious. We all know that violent and tumultuous action is to be avoided when the heart is weak, and we also know that running is not the way to avoid it. In our own experience, says the writer, we know several instances where men who had previously supposed themselves to be sound have run for trains, and getting aboard have fallen exhausted into seats from which they never arose. Better miss a train than run the risk of running into the jaws of death; for this strain on the heart cannot prove beneficial to one that is sound, while it is likely to prove disastrous to one that is weak.

EVERGREENS.—Mr. W. D. Boynton communicates to the *American Garden* an article on planting evergreens. No trees are more beautiful and healthful than groups of balsams, pines, and firs, and they are among the most likely to thrive after transplanting. As to the season for transplanting, says Mr. Boynton, either fall or spring is good. The *when* is not so important as the *how*. I lean a little toward the spring planting, however. My first and main precaution is to secure the body of mould immediately around the tree that contains most of the feeding roots in a tree of small growth. I have this lifted out carefully with the tree in the center, as little disturbed as possible, and coarse sacking wrapt about the whole, drawing it up around the trunk and tying firmly. They should be set out at once, watered, and staked. Quite large trees are sometimes very successfully transplanted in winter, the frost retaining a large quantity of earth about the roots.