

MENTAL INFLUENCES ON HEALTH.

Novice writes to the *Phrenological Journal* as follows: Probably there is no hygienic means that has a greater sanitary influence than that of a cheerful and well-tempered mind; and perhaps nothing exhausts the vital energies and disorders the bodily functions so effectually as a fretful and irritable mentality. Let the passions be our servants, and it is well; but let them be our masters, and they will not only rule, but ruin us. The moral and intellectual faculties have a powerful sustaining and preserving influence over the life forces. All who have ever felt the holy influence of love, and the blighting tendency of hatred, cannot fail to appreciate this part of our subject. The passions should be regulated and controlled. They are not to be abhorred, nor an attempt made to annihilate them. There is no faculty or propensity given us that will not contribute to our good when properly used. The use of every human endowment is good; their abuse is evil. A reasonable exercise of the emotions has a beneficial effect. Fame, wealth and power, may honorably command our aspirations. When such is the case, the exertion of the mind and exercise of the body necessary for their attainment are generally rewarded with energy, spirit and health. Let it be known that the legitimate use of all our powers, whether of body or of mind, is conducive not only to our health, but also to our highest good.

Those who have been blessed with health almost all of their lives may think the regard enjoined here to special precautions and directions is puerile. But if health is maintained, a good of the highest value is secured.

Health is the instrument by which wealth, intellectual culture, and fame are attained; the essential to any positive and beneficial work. Health is the chain that unites us to friends, and makes our companionship a source of pleasure and profit. Health enables us to meet the ills, trials, and disappointments of life with fortitude and serenity; to worry not over the past, but to improve the living present with zeal and earnestness. Health enables us to be useful and happy.

With such incentives to the maintenance of health, surely none but the indifferent would be careless in respect to the enjoyment of those means that are likely to guard them against sickness.

WEARING SPECTACLES.

A writer in *Scribner's Monthly* for April gives an article on this subject, from which we condense the following. His views correspond with the generally received opinions of medical men with regard to this matter: It is currently believed that the use of glasses should be put off as long as possible; that a too early use of them is injurious, and that when once begun it becomes, earlier than it should be, a necessity. As the office of the glass is to supply the refracting power which the eye, through age, can no longer furnish, it is evident that so soon as a need of this artificial power is felt, we should resort to it. By failing to do so, we deprive ourselves of much useful work of the organ, while the work it does is done under a disadvantage, and with greater or less risk. Farsighted persons feel the need of assistance very early—often as early as the 25th or 30th year. When one can no longer read with ease the finest print of a newspaper at a distance of 12 inches, glasses are needed. Inconvenience will first be felt in the use of the eyes in the evening, and for a year or more their use may be confined to work at that time. Under ordinary circumstances the first glasses should be weak—say about No. 60, according to the numbering in this country. Such a number, however, should be selected as will enable one to read the finest print at a distance of 12 inches. A pair of spectacles of clear glass, free from defects, and accurately ground, which in a neat steel frame cost about \$3 or less, will do as much as pebbles, for which \$25 and even more is asked. For cleansing the lenses, use a piece of old, soft cotton cloth. The case in which glasses are kept should open at the side and not at the end. The rubbing of the lenses against the sides of the case soon mars their transparency.

BARE NECK AND ARMS.—An eminent physician declared: "I believe that during the twenty-six years I have followed my profession in this city, twenty thousand children have been carried to the cemeteries a sacrifice to the absurd custom of exposing their arms naked." And yet it is said the low-necked fashion is coming again. Do not follow it.

An extensive stalactite cavern, consisting of several galleries, has lately been discovered in the neighborhood of the city of Trieste.

MANUFACTURE OF MIRRORS.—Until the year 1840 mirrors were made almost exclusively by the use of mercury, the poisonous vapors of which made sad havoc among the workmen. Drayton, an English chemist, was the first to use a coating of silver obtained by a reduction of an ammoniacal solution of the nitrate of silver with easily oxidizable oils. This process was improved upon by various chemists, but only achieved practical value by Petitjean substituting tartaric acid as the reducing agent. The glass to be silvered is placed upon an iron table heated to a temperature of 40° C.; its surface is carefully cleaned and the solution of silver tartaric acid poured thereon. In less than twenty minutes the silver begins to deposit on the glass, and in an hour and a quarter is completed. The surplus material is poured off and the surface is washed with distilled water, dried, and then covered over with a varnish. By this means from 60–75 grams silver suffice to cover an area of one square meter, while 1½ lbs. tin and the same quantity of mercury would be necessitated. The former takes but a few hours for the entire process, while the latter takes more than twelve days. On the contrary, the glasses prepared in this manner have a more yellow color than those backed with mercury; the silver film often looses from the glass, especially when placed under the direct action of the sun; and in spite of the protection afforded by the varnish, is often attacked by sulphureted hydrogen fumes.

Mr. Lenoir has succeeded in overcoming this difficulty. The glass often having the silver deposited as above described is covered with a weak solution of the double cyanide of mercury and potassium. Some of the silver takes the place of the mercury in the cyanide and the displaced mercury forms an amalgam with the silver film on the glass, and forms a backing whiter in color and more adhesive to the glass than the silver alone. Glasses so prepared are free from the yellow hue given by the silver alone and are neither affected by the sunlight or sulphuric fumes. —*Bull. d. l. S. d'Enc. pl' Jul, Nat., per Papier Zig. ii, 219.*

COLD FEET.—Cold feet usually result from unequal circulation. The *Phrenological Journal* gives the following hints for avoiding them:

The feet should be washed in tepid water every day or two; but do not put them into water so hot as to make them tender. In concluding the bath, dip them into quite cold water, which closes the pores naturally, and then wipe and rub them entirely dry and warm.

Wear broad, heavy-soled capacious boots with a loose insole. The foot appears smaller and more genteel in a boot quite large for it than in one in which the compression compels the sides to over-jut the sole and look tight over the instep or toes. Ladies should remember this fact, which is so well known to fashionable shoemakers. A stylish dealer was lately complimented about his small feet and nicely-fitting boots; a compliment which his wife also shared among her lady friends. The secret was they never pinched his feet. He wore number eights, while his wife wore the unpopular size of fives. He could put on a six or his wife a four or perhaps a three. By wearing boots of the form of their feet, of ample size, the boots remained in graceful shape. The gentleman's boots were nearly number nines in length, to lend proportion, and add comfort in walking.

Change your boots often. In use they absorb moisture from within and without, and by frequent change and drying will be much warmer. If you have not two pairs, remove the insoles and dry them thoroughly with the boots each night. The patent-covered cork insole is a nice thing for those who can afford them, if they do not sweat the feet. But the smooth, stiff-leather insole is the best for all people, and one good pair will wear out several pairs of boots.

If your feet sweat easily and then chill from the dampness, wear light cotton stockings with your wool socks over them. Just try this expedient and see how nice and warm your feet feel. Ladies who ride will find a large pair of socks, over shoe and all, a great comfort.

MUCH success has attended the adoption of steam for moving street cars in Paris. Along the grandest boulevard in the city, and winding through some of its busiest streets, turning sharp angles and climbing and descending perceptible grades, the Merriweather engines draw crowded cars from Arc de Triomphe to the Bastille, a distance of seven miles, at a speed of eight miles an hour, and nobody is hurt, and even the horses see it pass with contemptuous disregard. The engine is noiseless and smokeless. It has proved to be far more economical than horse power, and a large additional number has been ordered.