

The ungarnished fact is that American women are fast becoming a nation of cripples. Nothing can prevent their growing to be such, unless there is an entire and radical change in the shape of their shoes. Girls, respect the rights of your little toes.—*Western Rural.*

TEA AS A MENTAL STIMULANT.

The *Boston Medical and Surgical Journal* is usually rather dry reading, except to the profession; but it very often has a great deal of information hidden under technical phraseology. Thus the last number contains an interesting communication upon the action of Thein on the human system. Thein is an integral part of tea, and gives to that herb its peculiar force as a stimulant. It is also found in coffee, and in certain South American plants whose leaves are used to prepare a table beverage. The author of the article in question made several experiments of Thein on human cases. It was found that in every case the pulse was lowered, a nervous tremulousness followed, and special mental activity was noticeable. One gentleman under the influence of this alkaloid, spoke emphatically of his increased brain power, enabling him to read certain books, which he had before counted as abstruse, with the greatest ease, and an extraordinary power of grasping the subject without any effort as he read rapidly on. The testimony of "one of the most powerful writers among our New England women" is also adduced. Her testimony was to the effect that some hours after taking a large quantity of tea, she felt as if there was nothing left but her head, which furnished rapidly language or ideas of the best quality, in goodly quality all night long. In its medicinal form, Thein is employed as a sedative. This, by the way, appears something like a strong allopathic indorsement of Hahnemann's theory. It cures neuralgic headaches, where pills are objected to. Their ointment for the hair is found to have a like effect. Pastiles made with Thein, when burnt in a room, are said to produce an equally soothing effect to irritable nerves.

HINTS TO NIGHT-WATCHERS.—A person who is sick enough to need night-watchers needs rest and quiet, and all the undisturbed repose he can get. If one or more persons are in the room reading, talking, or whispering, as is often the case, this is impossible. There should be no light burning in the room unless it be a very dim one, so placed as to be out of sight of the patient. Kerosene oil should never be used in a sick room. The attendant should quietly sit or lie in the same room, or, what is usually better, in an adjoining room, so as to be within call if anything is wanted. In extreme cases, the attendant can frequently step quietly to the bedside to see if the patient is doing well, but all noise and light should be carefully excluded. It is a common practice to waken patients occasionally for fear they will sleep too soundly. This should never be done. Sleep is one of the greatest needs of the sick, and there is no danger of their getting to much of it. All evacuations should be removed at once, and the air in the room kept pure and sweet by thorough ventilation.—*Herald of Health*

THE VIRTUE OF PERSISTENCE.

Horace Greeley had an excellent article some time ago in *Packard's Monthly*, combating the popular idea that great achievements are usually accomplished by a sort of inspiration, without labor, and illustrating the paramount importance of determination and perseverance. He says:

I know there is a small class of whom the world says, "They see to the heart of things by intuition; they are poets from impulse only; orators, statesmen, critics, sages, because nature would have it so." I beg leave to doubt that men of this stamp are a whit more abundant than white crows. I know there are enough who take pleasure and pride in surprising the public with prodigies of easy and rapid achievements—who would have us believe that they have thrown off their epic a canto per day, and can write you their quire of clever epigrams or sonnets before dinner. Now, I do not question the facility of rapid and brilliant execution, as the result of *past study and acquirement*; in fact I know of such instances; but look at Virgil's four lines per day—written that day to be read through all future time; consider how Demosthenes made himself an orator against a host of natural impediments; examine a *fac simile* of a manuscript page of Byron's poems, and mark the numerous erasures and interlineations, arguing slow composition and a puzzled brain, and note well that the man who writes a poem, a sermon, an elaborate review, an oration in a day, has been many years acquiring that facility, and you will agree with me that the vulgar supposition that some are so gifted by nature that they may achieve distinction without effort, is contradicted by a thousand facts where it seems to be sustained by one. My sometime friend, who perished miserably of *delirium tremens*, often affected to write without labor; yet I happen to know, from his intimate family connections, that he repeatedly shut himself up for months and devoted his whole energies to study. In these periods of hibernation, the sparkling effusions which he seemed to dash off *impromptu*, after his return to society, had essentially their origin.

THE TWO SEXES.

The following true and elegant paragraph is from the pen of Mrs. Sigourney: "Man might be initiated into the varieties and mysteries of needlework; taught to have patience with the feebleness of infancy; and to steal with noiseless steps around the chamber of the sick; and the woman might be instructed to contend for the palm of science; to pour forth eloquence in senates, or to wade through fields of slaughter to the throne. Yet revoltings of the soul would attend this violence of nature, this abuse of physical and intellectual energy; while the beauty of social order would be defaced and the fountain of earth's facilities broken up. We arrive, then, at the conclusion. The sexes are intended for different spheres and instructed in conformity to their respective destinies by Him who bids the oak brave the fury of the tempest, and the Alpine flower lean its cheek on the bosom of the eternal snows. But disparity does not necessarily imply inferiority; the high places of earth, with all their pomp and glory, are indeed accessible only to the