

Health Department.

HEALTH.

Heaven never granted a richer boon than health; and without it, all other blessings are comparatively valueless. Yet it is often lightly esteemed and carelessly thrown away, and never fully appreciated until it is gone. I have seen the mistress of a splendid mansion, surrounded by every luxury which wealth can command, lying upon her couch, pale and miserable, fretful and unhappy. With her feet reached were the most delicate viands and the most exquisite fruits, yet she could partake of none. Health was no longer hers. She moped and pined with it for the sake of gratifying her vanity, by wearing thin shoes, to display the beauty of her foot, and now, when consumption was preying upon her, she repents that she folly, but it was too late; and thought she would willingly give all that she possessed, for the priceless treasure could not be recalled. The thin, ghastly-looking gentleman, who reclines in his luxurious easy chair with his gouty foot upon a pillow, sighs and groans in anguish, and thinks of the many weary nights of pain, when the bed of down and the silken covering could bring him no repose. How he envies the plough-boy who whistles on the green fields, whose step is elastic and whose heart is light and gay at his toil, while his sleep at night is sound and refreshing.

What is wealth to the invalid but a bitter mockery which can yield no happiness. Then let the rich boon of health, ye who possess it, and lift your hearts in gratitude to God, even though your lot may be one of poverty and toil.

COLD WATER FOR THE EYES.

Every now and then a paragraph appears in the papers stating how had a practice it is to open the eyes in cold water every morning, or oftener, as a part of our personal ablutions. Bathing all over in cold water, eyes and all, is recommended almost universally; wet sheets and douches by many; and yet somebody seems to be excessively afraid, lest the eyes should suffer from this natural and salutary application of the purifying element. Can any possible reason be assigned, why cleansing all parts of the person, where a liquid can readily and easily be produced, should not be as wholesome as a partial washing?

We wonder whether the author of this paragraph, so tenacious of life, as to have made a periodic appearance in the journals any time within the last ten years, has any words to adduce in its corroboration? We have one in opposition to it, for whose authority we vouch. In 1808, the Rev. Dr. Austin, a distinguished minister in his day, in Worcester, Massachusetts, said to a friend, then a youth, "Remember, young man, to plunge your face deep in a bowl of water, and keep your eyes open in it, as I do now," adding the action to the word, "one every day at least. I have done it for many years,

(we forget how long,) and have found it a strengthener and preserver of the health and sight of the eye." He was then an old man. That young man is alive now, began and continued the practice from that time to this, bathing his open eyes in water, always once, frequently several times a day, especially in warm weather. His eyes are free from inflammation, are strong and healthy; and he is able at the age of upwards of sixty-five to read newspapers fluently, and write without glasses.

SINGING CONDUCTIVE TO HEALTH.

It was the opinion of Dr. Rush that singing by young ladies, whom the customs of society debar from many kinds of healthy exercise, should be cultivated, not only as an accomplishment, but as a means of preserving health. He particularly insists that vocal music should never be neglected in the education of a young lady, and states, that besides its salutary operation in soothing the cares of domestic life, it has a still more direct and important office. "I here introduce a fact," says Dr. Rush, "which has been subjected to me by my profession, that is, the exercise of the organs of the breast by singing contributes to defend them very much from diseases to which climate and other causes expose them. The Germans are seldom afflicted with consumption, nor have I ever known more than one case of spitting blood among them. This, I believe, is in part occasioned by the strength which their lungs acquire by exercising them frequently in vocal music, which constitutes an essential branch of their education."

"The music master of an academy," says Mr. Gardner, "has furnished me with an observation still more in favor of this opinion. He informs me that he has known several instances of persons strongly disposed to consumption, restored to health by the exercise of the lungs in singing." In the new establishment of infant schools for children of three or four years of age, everything is taught by the aid of song. Their little lessons, their recitations, their arithmetical countings, are all chanted; and as they feel the importance of their own voices when joined together, they emulate each other in the power of vociferating. This exercise is found to be very beneficial to their health. Many instances have occurred of weakly children, of two or three years of age, who could scarcely support themselves, having become robust and healthy by this constant exercise of the lungs. These results are perfectly philosophical. Singing tends to expand the chest, and thus increase the activity and powers of the vital organs.

Never dispute about trifles, even though you are certain of being in the right. The truth will come to light sooner or later, and then your opponent will not only respect your wisdom, but love your meekness.

POSITION IN SLEEPING.

It is better to go to sleep on the right side, for then the stomach is very much in the position of a bottle turned upside down, and the contents are aided in passing out by gravitation. If one goes to sleep on the left side, the operation of emptying the stomach of its contents is more like drawing water from a well. After going to sleep, let the body take its own position. If you sleep on your back, especially soon after a hearty meal, the weight of the digestive organs, and that of the food, resting on the great vein of the body, near the back bone, compresses it, and arrests the flow of the blood more or less. If the arrest is partial, the sleep is disturbed, and there are unpleasant dreams. If more decided, and the various sensations, such as falling over a precipice, or the pursuit of a wild beast, or other impending danger, and the desperate effort to get rid of it arouses us; that sends on the stagnating blood, and we wake in a fright, or trembling, or perspiration, or feeling of exhaustion, according to the degree of stagnation, and the length and strength of the effort made to escape the danger. But when we are unable to escape the danger, when we do fall over the precipice, when the tumbling building crushes us,—what then? *That is death!* That is the death of those of whom it is said, when found lifeless in their bed in the morning, "They were as well as they ever were the day before;" and often it is added, and *de heartier than common!* This last, as a frequent cause of death to those who have gone to bed well to wake no more, we give merely as a private opinion. The possibility of its truth is enough to deter any rational man from a late and hearty meal. This we do know with certainty, that waking up in the night with painful diarrhoea, or cholera, or bilious colic, ending in death in a very short time, is properly traceable to a late, large meal. The truly wise will take the safer side. For persons who eat three times a day, it is amply sufficient to make the last meal of cold bread and butter and a cup of some warm drink. No one can starve on it, while a perseverance in the habit soon begets a vigorous appetite for breakfast, so promising of a day of comfort.—*Journal of Health.*

PAY OF MAGAZINE WRITERS.—The *Saturday Press*, in an article on "Literary Pay," says: After Bonner's \$100 a column to Fanny Fern, Harper's Magazine pays its writers from \$7 50 to \$10, per page; the *Atlantic Monthly* from \$6 to \$10; the *Knickerbocker* \$3, which is equal to \$5 for Harper, and \$6 for the *Atlantic*, while the *North American Review*, still sticks to the liberal pay of \$1 50 per page, in which extruded matter is not measured. Appleton's *Cyclopaedia* is paying \$10 a page to some of its "star" writers, but only \$2 for the "heavy work" done anonymously for its pages.