

NOTICE TO SUBSCRIBERS.

Subscribers to the Magazine are notified that in the future their accounts will be rendered up to the end of the year. Bills for all arrears and the current year's subscription are forwarded with this number, and it is respectfully requested that the amounts be at once remitted to this office to save the expense of collection. In future, all subscriptions must be paid punctually in advance.

DON'T WORRY YOURSELF.

To regain or recover health, persons should be relieved from all anxiety concerning diseases. The mind has power over the body. For a person to think he has a disease will often produce that disease. This we see effected when the mind is intensely concentrated upon the disease of another. It is found in the hospitals that surgeons and physicians who make a speciality of certain diseases are liable to die of them; and the mental power is so great that sometimes people die of diseases which they only have in imagination. We have seen a person seasick in anticipation of a voyage before reaching the vessel. We have known a person to die of cancer in the stomach when he had no cancer or any other mortal disease. A blindfolded man, slightly pricked in the arm, has fainted and died from believing that he was bleeding to death. Therefore, well persons, to remain well, should be cheerful and happy; and sick persons should have their attention drawn as much as possible from themselves. It is by their faith that men are saved, and it is by their faith that men die. If he wills not to die, he can often live in spite of disease; and if he has little or no attachment to life, he will slip away as easily as a child will fall asleep. Men live by their souls, and not by their bodies. Their bodies have no life of themselves; they are only resources of life—tenements of their souls. The will has much to do in continuing the physical occupancy or giving it up.

The ear of a fish, almost always entirely within the cranium, on the sides of the brain, consists essentially of a vestibule and three semi-circular canals, which receive the vibrations of the integuments and cranial walls; there is rarely anything that can be called an external ear, drum, or tympanic cavity; loud, sudden, and strange sounds frighten fish; in ancient, and even in modern times, they have been taught to come and receive food at the tinkle of a bell, or the pronunciation of pet names.

FLUORINE is an element which appears to be widely disseminated through nature, commonly in association with compounds of calcium. Dr. Tichborne finds that it is frequently present in calc spar, and has detected it in even the purest and clearest crystals. It is noteworthy that so much fluorine exists in some of the calcium phosphates that the pipes connected with the apparatus for the preparation of superphosphates become plugged with silica, which is deposited from the gaseous fluoride of silicon produced in the operation.

A CAR has recently been fitted up at the Central Pacific shops in Sacramento for the purpose of clearing from the track the snow which frequently packs so tightly beside the rails as to throw off a train. The contrivance consists of a flat car provided with an axle, upon which are two little steel ploughs, kept down by a spring when in service and thrown out of place when an immovable obstacle is met, only to resume its place when the obstacle has been passed. This car, run ahead of a locomotive, is expected to do the work of fifty or a hundred men.

HARDENING PAPER.—The French papers speak of a method of rendering paper extremely hard and tenacious, by subjecting the pulp to the action of chloride of zinc. After it has been treated with the chloride it is submitted to a strong pressure, thereafter becoming as hard as wood and as tough as leather. The hardness varies according to the strength of the metallic solution. The material thus produced can be easily coloured. It may be employed in covering floors with advantage, and may be made to replace leather in the manufacture of coarse shoes, and is a good material for whip-handles, the mountings of saws, for buttons, combs, and other articles of various descriptions. An excellent use for it is for large sheets of roofing. Paper already manufactured acquires the same consistency when plunged, unsized, in a solution of the chloride.

HOW TO BREAKFAST.

The *Sanitary Record* (English) sanctions our American custom of a substantial meal soon after rising, as follows: Let a healthy man really "break" his "fast" with a substantial meal, and not break his breakfast with irritating little nips or slops beforehand. After the stomach has at its leisure emptied itself during sleep of its contents, and sent them to repair the worn tissues and exhausted nerve force, and the blood has been ventilated and purified by washing and dressing with the window open, then is the time when the most perfect of all nutritive articles, farinaceous food, can be consumed in larger quantities with advantage. Butter also, and fat and sugar, troublesome customers to weak digestions, are then easily coped with, and contribute their invaluable aid to performing the duties of the day. For example, many persons can drink milk to a fair and useful amount at breakfast, with whom it disagrees at other hours. And the widely advertised "breakfast bacon" by its name warns the consumer against indulgence later on in the day. *Café au lait* and sweet, creamy tea are to many men poisonous in the afternoon, though in the prime of the morning they are a wholesome beverage to the same individuals. Let the vigor, good humor, and refreshment then felt by a healthy man be utilized without delay in eating a hearty meal immediately after he is dressed, and not frittered away in the frivolities of other occupations. Let no reading, writing or business—muscular, political or economical—exhaust the nervous system. The newspapers and letters should not be opened, preferably not delivered, till the appetite is thoroughly appeased.

ECONOMY IN HOUSEKEEPING.

In buying anything, be it groceries or cotton cloth, be not "penny wise or pound foolish." Some people with an honest desire to economize look well to the "spigot, but forget to watch the bung." They spend hours running from one store to another to see where they can buy the cheapest, and if they get an article a few cents less at one place than has been asked them at another, they are in high spirits over their purchasing ability, never dreaming that they have, even at the price given, paid more than the article was worth! Some cannot discriminate fine flavored coffee from that of insipid or rank flavor. That being the case, a cheap article will answer their purpose just as well. Indeed many people educate their taste just to suit their purse—that is well. A man with a slim purse is better pleased and much happier if he have not a refined taste, as it is certainly an expensive thing to own; but if he have, better buy a little of a good article than a good deal of a poor one. Nothing is ever gained by buying cheap articles, nor by changing your place of trade often. Trade at one place year after year if you can find a place to suit you. A store keeper soon learns to prize you if you prove a good cash customer, and will give you many liberal trades. I have known them many a time to even tell a good customer when there was going to be a rise in a certain article, and advise the purchasing of more than the usual stock. Transient customers never reap the benefit of any such hints, and then wonder why they cannot buy things reasonably.

—*Germantown Telegraph.*

MEERSCHAUM shavings or dust is used when compressed for making inferior or imitation pipes. 41,000 cwt. of this waste are annually consumed in Vienna in the production of pipes, cigar-holders, &c., and the imitation has been carried to such perfection that connoisseurs sometimes find it difficult to distinguish these articles from similar ones of the genuine substance. Of the meerschaum itself 12,000 cases, each weighing 50 lb. or 60 lb. and worth £25 a case, are used up in Vienna alone. In working up the shavings and dust into material, about sixty women are employed in Vienna, in sorting, sifting, washing, and cleaning the refuse, and rubbing it through silken sieves.

BEWARE OF FALSE AGENTS.

In consequence of some persons falsely representing themselves to be agents for the publishers of this MAGAZINE, and obtaining subscriptions which they have never remitted to our office, we desire to notify our friends and subscribers that our agents are always furnished with written authority from the Manager, and their receipts are given on the usual printed forms of the Company.