HEALTH

HEALTH HINTS.

Take plenty of sleep. Time spent in sound sleep is never wasted. The fewer hours of sound sleep we get the more rest in bed we should take.

Juicy fruits are rich in phosphates for the blood, and are easily digested as well. Nuts form another of Nature's foods, and much nourishment is contained in them.

To remove proud flesh from cut, burn, or wound, cover with sugar on retiring. All the proud flesh will disappear by morning, and the wound will heal up rapidly.

Walking is the very best tonic that can be presented for exhausted brains, weakened muscles, and worn-out nerves; it strengthens the digestive organs, drives the blood away from the tired brain, and is one of the best remedies for nervousness.

When a person has an injured foot or arm and cannot stand the weight of covering when lying in bed take a barrel hoop and cut in half, then cross the two halves and tie in centre with a stout cord. Place this frame over the foot or arm before the covering is put on.

Lemons as Medicine.—Lemon juice if applied to the bites of gnats and flies will allay the irritation. Two or three slices of lemon in a cup of strong tea will cure a nervous headache. Lemons are nature's stimulants for an inactive liver.

It is said that one teaspoonful of saleratus and one-quarter of a teaspoonful of Jamaica ginger in a half a glass of warm water will bring great relief to one suffering from a headache. This will also relieve attacks of indigestion.

Hot water is a greater medical factor than many believe, or know. For instance, half a pint of hot water, just as hot as it is possible to drink, taken just before rising in the morning will ease obstinate cases of indigestion, and no simple remedy is more widely recommended by the medical profession.

Sufferers from rheumatism should dress entirely in woollen clothing, and dust the inside of their clothing with flowers of sulphur. They should abstain from taking beer, acids, sweets, sugar, or pastry, but should take plenty of milk, celery stewed in milk (or prepared in other ways), and onions. They should rub the joints night and morning with a brine of salt, rubbing it in until the skin is dry. Turkish baths do much good to rheumatic persons, but, being a severe remedy, should never be tried without first consulting a medical man, or the result may be most injurious.

ROYAL JEWELS FOUND.

Belonged to Wife of Pharoah Seti II.—Remnants of a Tragedy.

Archaeologists are excited over a recent find of great importance in the Valley of the Tombs of the Kings at Thebes, where the jewels of the wife of Seti II. have been brought to light.

Seti was a royal lady of the nineteenth dynasty, who lived about 1300 years B. C., and was probably no less a person than the wife of the Pharoah of "Exodus."

It is said that there are bracelets of heavy gold, earrings several inches in length, bearing the cartouche of the royal wearer, rings of elaborate workmanship, and fillets of gold, which the queen wore round her head; but no one but the fortune finders and experts have yet viewed the treasure—with the exception of Sir Eldon and Lady Gorst. The tomb itself proved empty, the jewels being found a few days later embedded in mud, where they had probably been thrown by robbers of some by-gone age, who plundered the tomb of the royal dead.

Engineers working at Shellal, in connection with the heightening of the great Nile dam below Philae, announce the discovery of a prehistoric cemetery. As in the case of the jewels found at Thebes, the public are excluded till it has been viewed by experts, but it is an open secret that the bodies found are those of a predynastic people, who embalmed in a most primitive way, were small in stature, and so poor in worldly goods that they carried with them to their graves only a few pebble ornaments. Near to this cemetery a trench was discovered, in which were found the bodies of forty Roman soldiers, lying side by side, with their heads cut off.

Another prehistoric mummy, of the period of the one in the British Museum, was found at Thebes a few weeks ago, and will be sent to England before long.

ONLY LONG SLEEVES NOW.

Mistress—Here is a nice dress for you, Martha.

Maid—Thank ye, ma'am; but I can't take it, really.

Mistress—You foolish girl, of course you can take it. I insist.

Maid—No, really, I can't, ma'am. It's got them old-fashioned short sleeves.

A certain judge, while passing through the scene of an election riot, had a large stone thrown at his head, but as he happened to be in a stooping posture at the time it passed over him. "You see," said he, addressing his friends afterwards, "that had I been an upright judge I might have been killed."

A little girl had been allowed by her mother to visit the minister's family and stay for dinner. After the preacher had finished asking a blessing the child said: "That isn't the way my papa asks a blessing." "And how does your papa ask a blessing?" inquired the minister. "Why, he just says: 'Good Heavens! what a meal!'"

The strongest single animal thread known is a hair from the tail of a horse.

Fish-hooks have been made in the same shape for 2,000 years.

MAP MAKING IN JUNGLES

AN INTERESTING GLIMPSE OF A SURVEYOR'S LIFE.

Terrible Experiences of a Surveying Party in West African Tropical Forests.

Major F. G. Guggisberg, R. E., is now busy preparing the final sheets of the map of the Gold Coast Colony and Ashanti, the production of which may be said to represent over six years of patient work, says the London Standard. Probably no man knows more about the West Coast of Africa than this well known surveyor of the Royal Engineers. He has traversed its great forests with his white assistants and their black carriers, settled land disputes with native kings and chiefs, and in his wanderings in these strange negro kingdoms he has witnessed many unfamiliar sights and encountered not a few adventures.

In describing his experiences Major Guggisberg gave an interesting glimpse of a surveyor's life in the great tropical forests of West Africa. The country is very rough and the climate abominable, he declared. In the great forest, which extends for some 300 miles from east to west, and varies in width from 100 miles on the east to 300 miles on the west, the work was exceedingly trying. It is only some five degrees north of the line and one appears to feel the effects of the sun more here than in countries even nearer to the equator. There is an intense dampness about the atmosphere, with the result that

ONE'S CLOTHES ARE NEVER DRY.

In the forest itself the surveyors had literally to cut their way through it foot by foot. The trees run up to a height of some 180 feet, and from their upper portions branch off huge umbrellalike limbs stretching out horizontally for distances of from twenty to fifty feet. From tree to tree stretch ropelike creepers as thick as large hawsers. Then comes the undergrowth, so thick as to be impenetrable to any one unarmed with axe and machete. The sun is practically blotted out. This undergrowth consists of all kinds of small trees, bushes, shrubs, creepers, thorns and prickly plants, running up to a height in some cases of more than sixty feet.

The whole forest teems with insect life. Snakes, scorpions, centipedes and almost every creeping thing one could name are found in it, while in the branches of the trees may be seen parrots, green pigeons and a host of smaller tropical birds, many of the latter possessing the most beautiful plumage. The noise is simply deafening, particularly in the early morning and late afternoon. Except for the native sheep and cows in the village clearings there is practically no animal life in the forests, and horses cannot live there owing to the presence of the tsetse fly.

At one period of the work Major Guggisberg had eighty white men and one thousand natives under control, and the immense amount of work required in organizing an expedition of this size can readily be imagined when it is remembered that practically no stores of any kind could be obtained inland. The expedition was divided into twelve parties, each carrying an

EIGHT MONTHS' SUPPLY OF FOOD

and various necessities of life on the heads of carriers. Everything from a bed to a frying pan, from tinned meat to the last ounce of pepper, from a medicine chest to a pipe of tobacco, had to be foreseen, purchased and packed in suitable loads eight months ahead, and in addition to this arrangements made for the execution of work, carrying out of postal services and supply of money for the whole period.

All this organization fell to the lot of the director and one or two assistants during June to August every year, which, being the rainy season on the coast, were spent by the staff in England, and the fortnight voyage out in September was utilized for drawing up the programme of work and issuing the necessary orders for its execution.

Work in the bush, as the great forest is called, was no light employment. At 4.45 in the morning the surveyor was called by his black boy, and while he partook of his breakfast, if he wanted any, his tent was struck. The headman then looks after the black carriers, who are sent on in advance with the provisions—all tinned stuff—and if there is any cutting to be done that day in advance of these go a party of say, fifteen men, under a headman, armed with axes and machetes, who literally chop their way through the forest in the direction it is desired to make the survey. The general principle of cutting is to cut the undergrowth and smaller trees down until the party stumbles across a large tree that would take too long to fell and then to change the direction of the line, which means that the path bends a little to the right or left as it proceeds, giving it a

MORE OR LESS ZIGZAG CHARACTER.

The path thus made for the surveyor is merely a narrow lane a few feet in width. As soon as the paths are cut the surveyor comes along with his table and theodolite, measures the angles and lengths of the lines, which are reduced by calculations to a form from which a map can be made. At every three to five miles a "permanent mark," with a distinguishing number to act as a beacon, is erected, and also to preserve the azimuth observed there. At every five or ten miles angular measurements in the traverse lines are corrected by star observations, which means that the surveyor has to be up till 1 or 2 o'clock in the morning finding his latitude and bearing astronomically.

Naturally Major Guggisberg met many native kings and chiefs. He often had to consult them to settle boundary disputes. He soon discovered that they love ceremony and things had to be done in a certain amount of style. The dusky monarchs met the white man under the great palaver trees, when the grievances were fully and elaborately discussed and with hardly an exception amicably settled. The chiefs on these occasions were dressed in the most picturesque garments and wore heavy gold ornaments on their legs and arms.

Fashion Hints.

HATS VARY WIDELY IN STYLE.

Hats this season are far from becoming to the average woman. The exaggerated crowns, the narrowness of the brims and the severe modes of trimming belong to few types of women. A very small high crowned hat is rarely ever becoming, but at present the small hats are so heavy and thick looking that a woman of even medium height looks buried under their clumsy weight.

Since the bandeau has become a thing of the past, it is almost impossible to give a hat that airy buoyancy that in so many instances was the very life of it.

A noticeable feature in the new models for early summer is the babyfied arrangement of trimmings. The lace frill under the brim falling over the fluffy coiffure is growing in favor with the woman who seeks to be youthful and picturesque.

Sometimes long silk or mull ties are added, when they are tied in a bewitching bow under the left ear. The baby hat, taken as a whole, is decidedly English, hence it is best suited to delicate features framed in an abundance of carelessly arranged hair.

Chaudron is one of the most popular tones in millinery. This is an exquisite shade of brown that is becoming to almost any complexion and goes nicely with any color.

Cerise and jockey green have lost little of their early favor, but either shade is trying, save with a woman possessing unusually clear skin. Chaudron harmonizes with either color and is frequently seen in combination with cerise or green when the foundation of the hat is of the dull hue.

There are, however, some superb chapeaus of cerise straw garnished with flowers of many shades. The red is bright enough to dominate everything it meets and the mixed colors shown in the flowers soften its fire to becomingness.

La France roses in their rich warm color have returned to favor. They are arranged in great bunches falling in all directions over the crown and brim. Height is given to the hat trimmed with roses by a big clustre of aigrettes or pointed wings.

Shaded parrots' wings are among the newest effects in novel trimmings.

Quills from the South American cockatoo are very modish. They are found in all colors and many lengths; some are curled at the ends to represent the lyre tail, while others are pointed or clipped some fancy shape.

The smartest of the quills are extremely long and shoot up like whips from the side of the crown or from the bent brim when the quills are thrust through the straw. Many of the best feathers of this class measure three-quarters of a yard from the top of the crown. Coarse fabrics and parrots' quills are being used to great extent for trimming outing hats, such as rough straws and Panamas. The effect is always simple, but striking.

One of the handsomest outing hats imaginable is of very coarse straw in chaudron brown; the brim extends at the sides to predigious dimensions, and the front is chopped off about three inches from the crown.

The crown is rather high and of thimble shape and the garnishments consist of a coarse scrim scarf with strip of oriental embroidery through the centre; this is draped loosely about the crown, and from the centre of the knot shoot two long, shaded quills in rose-pink and changeable green.

Big, flat shapes bent and draped in all sorts of ways are among the favorites. Poke styles of old-time savor are made of these flats and prettily trimmed with June roses and black velvet ribbons. Another attractive arrangement is to cover a band of ribbon with tiny roses or place them in garland effect, then drape the tall crown with the ribbon. Ribbon ties are fastened under the brim and tie under the hair at the back.

Still another fetching way for trimming the big flat or poke bonnet is tied down at the sides with narrow ribbons of satin-faced velvet in black or color and a huge rose with foliage set across the front of the crown. Wreath effects are also much liked for poke or flat shapes.

Sometimes two wreaths of small flowers trim the crown or the outline of it. Hardly a flower trimming is considered complete without the addition of a velvet bow, and usually this is made to look as though it had been sadly crushed before it was placed on the hat.

The sailor hat never returns to favor that it does not bring in its wake some of the most impossible trimming arrangements. Disaster falls when the woman of middle age or a trifle past chooses a broad-brimmed sailor with projecting sides, and has her milliner decorate it with spectacular quills and garish ribbons or Persian scarf.

The sailor of the present season is unusually well adapted to the very young face, and when a woman well past her first youth with florid complexion selects the giddy sailor for her general utility chapeau she not only makes herself conspicuous, but her age is made the point of free discussion by her acquaintances.

The fashionable sailor in its regal form has its crown piled and heaped with costly garnitures. A small chip sailor seen a few days ago had a deep wreath of pink and purple primroses and Russian violets hugging the crown. At the side of this there was a huge bunch of white aigrettes.

One of the sensational ways of wearing the swell spring hat is to have it jammed down over the head in a way to obscure one side of the face. Hats worn in this odd manner are of moderate size, with left side of the brim rolling abruptly and high.

Wide bands of foliage are seen on many of the triggest of small hats.

A becoming model seen recently was of light green straw, the high thimble crown encircled with a band of shaded hyacinths. Resting at the high turned side was a cluster of soft feathers spangled at the ends with colored disks. The underbrim was faced with turquoise blue silk, which blended most attractively with the soft pinks and blues of the crown trimming.

Another hat of similar shape and style was trimmed with a deep band of pansies looking natural enough to pluck. At the right side of the brown crown was a big bow of purple and old rose velvet ribbon, wired to the ends of the loops and arranged in standing position.

In many cases, however, the mixed floral wreaths provide fetching contrast. The colored straws that have lately sprung into favor are shown in Panamas and Leghorns as well as in fancy braids. Fruit is one of the popular decorations with the milliner, who, regardless of the early months, has brought out autumn berries and colored leaves.

On one or two extremes have been seen tiny tomatoes half hidden in quantities of natural-looking vines and leaves. Let it be hoped that the style does not further develop or we shall be obliged to adopt artichokes and salads in order to follow the edicts of Mme. la Mode.

ON THE FARM

EXPERIMENTS IN THE FEEDING OF HOGS.

The results of the experiments in the feeding of hogs that have been conducted at the Central Experimental Farm, Ottawa, were described recently to the members of the Standing Committee on Agriculture of the House of Commons, by Mr. J. H. Grisdale, Dominion Agriculturist. Mr. Grisdale emphasized strongly the value of roots for pigs. Hogs, when turned into a corner of the root field in September, ate mangels first, next sugar beets, then carrots, and, lastly, turnips. There was, he said, objection to this method of feeding. The pigs were apt to develop too much paunch, and not to make as rapid gains as when the amount of roots fed was controlled. Therefore, whilst one saved in the cost of harvesting, there was a loss in the rate of gain, and kind of product obtained.

"We compared root pasture with alfalfa and with red clover pasturing," said Mr. Grisdale, "and then we compared a lot in the barn which had no pasture at all, but which received a certain amount of roots. We found that the pigs which we had on root pasture cost us $3.82 a hundred. We estimated the roots at so many bushels an acre, and worked it up that way. Of course, the roots cost us less unharvested than when they were harvested. Fed in pens, without roots, the cost, a 100 pounds of gain, was $4.23. When the pigs were fed with roots and meal in the pens the cost was $3.09, and when fed with roots in the pasture, the cost was $3.82. When the pigs were fed on alfalfa pasture, the cost was $3.67, and in red clover pasture $3.52. You will see, therefore, that feeding with roots and meal in the pen was the cheapest way of fattening them. We have found that to get quick and profitable returns from fattening pigs they must be kept in close quarters. For breeding stock, it is probably better to give the pigs a run.

"We have had a bunch of young sows out all winter. They have done very well, but the cost, of course, was somewhat more to feed them than if they had been inside. The cost of feeding the pigs outside—growing sows — was about 6 cents each day. The others fed inside cost from 2¾ to 5 cents. Comparing inside with outside feeding, it usually cost about 1 cent a pound increase in live weight, when fed outside than when fed inside.

Another experiment conducted, was feeding pigs on milk, on sugar beets and on mangels. When fed on meal and mangels, the cost to produce 100 pounds live weight, was $6.20; with sugar beets, $5.05; showing that the sugar beet is very much better than the mangel."

Asked what kind of feed produced the best pork, Mr. Grisdale said in his experience, equal parts of oats, peas and barley, and about three pounds of skim milk, and about as much roots. For every two pounds of meal or grain, there should be an equal amount of roots fed.

An experiment had been conducted in the wintering of brood sows. In one bunch there were 29 brood sows. From the 1st of December, 1907, until the 14th of March, 1908, it cost the Department $135.99 to feed those 29 sows. They were fed 37,100 pounds of roots, at $2 a ton, 3,788 pounds of bran at $22 a ton, 4,151 pounds of shorts at $25 $22 a ton, 4,151 pounds of shorts at $25 a ton, and 1,550 pounds of hay at $7 a ton, and 1,550 pounds of hay at $7 a ton. During the first seven weeks, that is about 50 days, those sows cost just 2¾ cents a day to feed. This shows that it is possible to carry brood sows through very cheaply, even under such adverse conditions as are to be had at the farm. The last seven weeks, or 50 days, it cost a little more, because the sows were getting near the time for farrowing, and they had to be in better shape for the litters.

Mr. Grisdale in reply to questions, said that pumpkins were an excellent feed for pigs, in fact he did not think that anything would surpass them as a cheap fattening ration. Artichokes were a capital feed for fattening pigs and brood sows for about a month in the fall and two weeks in the spring.

CHLOROSIS.

This is a peculiar form of anaemia which occurs in young women, generally between the ages of fifteen and twenty. If it is found after the age of twenty-five it is a relapse from a former attack. It is characterized by a yellowish green tint of the skin, and from this it receives its name. In any case of anaemia where there is a doubt of the diagnosis, an examination of the blood itself will soon settle the question.

The blood of the chlorotic patient will invariably be deficient in hemoglobin, which is the coloring-matter of the red corpuscles and the carrier of oxygen to the system. While in other forms of anaemia the red corpuscles may be found greatly decreased in quantity, in chlorosis they will be found in sufficient number, but poor in quality.

As it is the hemoglobin in the blood which enables one to breathe, it follows as a matter of course that any deficiency in it will affect the breathing power, and therefore the supply of necessary oxygen which comes to the system. The chlorotic patient therefore lives in continual bad air wherever she is and her whole system suffers accordingly.

The whole muscular system of course suffers, because muscular force is in direct ratio to the amount of oxygen taken in. The heart muscle will be weak and irritable, and there will be a sense of breathlessness and probably palpitation following any exertion. As the entire system of muscles is affected, there will naturally be a sense of fatigue and lassitude, with pain at the base of the neck and in the small of the back.

The peculiar color is absent in certain cases, although it may declare itself on the backs of the hands and on the ears or the chest, when it is not noticeable on the face except as an ordinary pallor.

Another symptom that will usually be found in the sufferer from chlorosis is puffiness of the face and swelling of the ankles. There may also be a persistent dry cough, worse at night, or coming on after long talking.

As to the treatment of this condition, iron in some form or another may be said to be a specific, but must, of course, be regulated by the physician in charge, both as to the form of iron to be taken and the quantity.

There should be careful attention to general hygiene. Plenty of time should be spent in the open air, but fatiguing exercise should not be attempted until the muscles have regained their tone and common sense should be exercised as to hours of study, diet and sleep.—Youth's Companion.

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LONDON'S FINEST PARK

REFRESHMENT PLACE EVADES A RESORT OF FASHION.

Being Built in Hyde Park in the Ring Where Lords and Ladies Make Merry.

All through the gloom and fog of winter Londoners take small account of their parks and squares and have only a deadened appreciation of their charms. Few persons walk or drive in them except as short cuts to various destinations. But with the first warm hint of spring these once deserted places are crowded with Londoners big and little, who seek there the practical demonstration that springtime has come, writes a London correspondent.

Never has the spring flower show in the parks been better worth seeing than this year. Flowers in England need only small encouragement to grow and the first mild weather brings out myriads of daffodils, primroses, crocuses and tulips.

This year the Green Park abounds in golden daffodils. In St James's Park and along Constitution Hill the grass is starred with white, purple and gold crocuses. Regents Park has made a specialty of primroses, and Kensington Park has united all these in a multicolored carpet.

Hyde Park has its usual display of blossoms in which flaunting red and yellow tulips predominate, but to the horror of lovers of this largest and most fashionable of London's parks amid the flowers and grassy lawns is rapidly rising a "refreshment retreat," which is being built on one of the most popular and frequented walks. As a matter of fact history is only repeating itself and this new little tea place is to be on the very site of the

FAMOUS "RING" OF BYGONE DAYS,

where for many generations fashionable ladies and gentlemen came to walk, drive and regale themselves on the dainties of their times.

It was Henry VIII., that royal property grabber, who "acquired" the church lands of the Manor of Hyde in 1536 and converted them into a deer park, where he and his successors could hunt to their hearts' content. Charles I. admitted the public to the park in 1636 and then gave it to his people as a place for races and athletic sports.

Stern old Cromwell seems to have loved to walk about the park, and it was he who conceived the idea of enclosing a great stretch of grass with a driveway about it inside iron railings, as a sort of recreation ground. After the Restoration the real popularity of this grassy lawn was established and it became a regular resort for fashionable men and women every afternoon through the spring and summer. Even the King and Queen visited the "Ring," as it was called, and sometimes lingered there to watch the games and sports.

In the very middle of the enclosure were nine pools or springs or sparkling water, where people congregated to drink cooling draughts and where careful mothers dipped their newly weaned babies for luck and health.

A wooden house was erected in the Ring called Price's Lodge, where light refreshments were served and which Pepys and his amiable spouse often frequented. He says "after going to see a fine foot race three times around the Ring we retired to the lodge to partake of cheesecakes and tankards of warm milk."

IN QUEEN ANNE'S TIME

the gayeties in Hyde Park flourished well. May day was high festival for the lords and ladies of the court. May poles were set up and dancers stepped to the rasp and screech of the fiddle strings and bows. Upon the new grown grass collations were served from Price's Lodge. With William and Mary's reign came a diminution of royal prestige for the Ring, but the fun and frolic evidently continued, as one chronicler, Tom Browne, describes it thus in 1700:

"Scores of gallant ladies in coaches, some singing, some laughing and others tickling one another, toy in the Ring and devour cheesecakes, marchepane and China oranges."

Then came a time when the troops were encamped in Hyde Park and the officers were massed within the Ring. This does not seem to have disconcerted in the least the gallant ladies, as they still continue to visit their favorite recreation ground in the afternoons, peep into the tents, joke with their occupants and finish up with "hot dishes of tea and sweet drams of ratifias."

The first King George thought best to regulate the gayety of his court, and since some of the staider element were shocked at the revelries of the Ring restrictions were imposed upon those who visited the park daily. Hired coaches could not enter the park gates at all. Only persons of quality were admitted to the ring. Children and servants in livery were relegated to

OUTSIDE THE IRON RAILINGS,

where they had to wait while their august parents and masters took their walks around the Ring. However, the popularity of the recreation ground soon waned and the gallant ladies "turned their attention elsewhere."

Early in the last century Price's Lodge was pulled down and the iron railings enclosing the Ring soon followed. Refreshment and merrymaking were banished and the Ring became like any other stretch of grass in the park with the promenade around it.

In the gloom of the later Georgian period and the early Victorian era, Hyde Park became the solemn resort of fashion and wealth that it is now. Hired cabs are still labeled and dignity and repose mark the daily progress of smart victorias in Rotten Row and the morning church parade which is to be seen on bright Sundays in the season.

That a refreshment place should rise on the old site of Price's Lodge is but fitting, and it is fitting too, perhaps, that tea and thin bread and butter should replace the marchepane, China oranges and syllabubs of bygone days. But it is doubtful if the stately ladies of to-day will regale themselves in the Ring as did the "gallant ladies" of past years, for John Bull and his wife take their pleasures sadly now, and the dignity of a drive in the park is not likely to be marred by taking tea within its precincts.