

and the other an inordinate "chewer." The former was said to have died from general debility; the latter died after frequent and terrible convulsions. These are among the many legitimate effects of poisoning by nicotine. Are there not many who are unconsciously, but actually committing suicide in this way? What constitutes the difference in point of culpability between death from such a cause and that by *delirium tremens*.

CHLORAL! spawn of depths abysmal.
 Spring of restlessness and raving,
 Fancies sick and visions dismal—
 Source of still insatiate craving.
 When that once-blest light auroral
 Breaks thy feverish spell, O Chloral.
 Comes Reaction's Nemesis,
 And the soul in Tophet sinking.
 Wooes again thy fatal kiss—
 Wooes, and ends in endless drinking,
 Till to the unplumbed abysm
 Sink thy victims, Chloralism!—(*Punch*.)

SILENT MEN.—Thomas Jefferson never made a speech; he couldn't do it. Napoleon, whose executive ability is without a parallel, said that his greatest difficulty was in finding men of deeds rather than of words. When asked how he maintained his influence over his superiors in age and experience, when commander-in-chief of an army in Italy, he said, "By reserve." Washington never made a speech. In the zenith of his fame he once attempted it, failed, and gave it up, confused and abashed. In framing the Constitution of the United States, the labour was almost wholly performed in committee of the whole, of which George Washington was, day after day, chairman, and he made but two speeches, in each of which he used but very few words. The greatness of man is not measured by the length of his speeches and their number.

HONOLULU, it seems, rejoices in the possession of a Board of Health, from the report of which we learn that the questions of sewerage and privies are fully discussed, and estimates given to show that the pail or Rochdale system would be most effective and economical at Honolulu.

SYDNEY, AUSTRALIA.—U.S. Consul reports as follows: The population of Sydney and its suburbs is about 120,000; there is a voluntary Health Association, and the authorities keep records of births, deaths, and marriages, but there are no statistics of disease. Asiatic cholera and yellow fever are not known there. Sporadic cases of small-pox have occurred from imported contagion, but the disease has never spread, probably not more than six cases have appeared in the last ten years. Scarlet fever prevails every winter,

and is quite fatal among children; measles, also, are occasionally epidemic.

ALUM, it appears, because it is much cheaper than cream of tartar, is used not unfrequently in the composition of baking powders—as well as sometimes in bread making. Alum is decidedly injurious to health, when thus taken with food, and housekeepers should be on their guard.

STEWING AND MAKING SOUPS.—A witty Frenchman says: "To make good soup, the pot should scarcely smile." This is as true of stewing meat, as of making soup. To do either well, the whole process must be exceedingly slow, from beginning to end; the saucepan should only "smile."

ON THE PROPERTIES OF GOOD APPLES.—Mr. Elwanger a famous nurseryman of Rochester, says, there is often, if not generally, a misapprehension as to what really constitutes a good family apple. Besides high flavor, we should look to the juiciness, and, above all, to what may be termed the dissolving properties of a fruit. The Spitzenburg is one of the highest flavored apples we have, but it is one of the most tough and indigestible when not cooked. The Jefferis, Fameuse, Jonathan and Northern Spy are none of them quite equal to the Spitzenburg in flavor, but how far superior they are as dessert varieties any one familiar with them well knows. The reason why they are superior is on account of their crisp flesh, which is yet so tender as almost to dissolve in the mouth. The four sorts will ripen in the order given, and furnish a supply of fruit from early autumn till late spring. They are in my opinion the four best apples for table use yet produced.

HOW I TREATED MY BABY.—A mother writes to a health journal as to how she treated her baby, or rather how she *didn't* treat him. In the first place, before he was three hours old, he *didn't* have several tea-spoonsful of sugar and water, nor anything else, forced into his tender stomach; and he never has tasted catnip tea or any other kind of tea. He nursed when one day old, and all his nourishment, so far, has been his mother's milk. That mother never drinks tea nor coffee, and does not eat salt, fat pork nor grease of any kind. Baby has been accustomed from the first to drink cool fresh water. I think this to be a good preventative against "baby's sore mouth." Much harm is done by forcing some stuff or other into the baby's stomach almost directly it comes into this over-eating world. Upon this medical opinion is unanimous. Did babies require anything for the first twenty-four hours or so, the Creator would most likely have provided it to hand, as He has done for the after period. The chick and other animals eat nothing the first day or two.