

Captain Vine Hall, commander of the *Great Eastern* steamship. He had fallen into such habitual drunkenness that his most earnest efforts to reclaim himself proved unavailing. At length he sought the advice of an eminent physician, who gave him a prescription which he followed faithfully for seven months, and at the end of that time had lost all desire for liquors, although he had been for many years led captive by a most debasing appetite. The recipe, which he afterward published, and by which many other drunkards have been assisted to reform, is as follows: "Sulphate of iron, five grains: magnesia, ten grains; peppermint water, eleven drachms; spirit of nutmeg, one drachm; twice a day." This preparation acts as a tonic and stimulant, and so partially supplies the place of the accustomed liquor, and prevents that absolute physical and moral prostration that follows a sudden breaking off from the use of stimulating drinks.

DRAB SANDSTONE.—The beautiful drab sandstone which is now coming into extensive use in New York, comes from Dorchester, Nova Scotia, in blocks weighing about five tons. It differs from most other sandstone, in not being stratified. It is very homogeneous and close in the grain. It is sawed into slabs, in the same manner as marble, after it arrives in this city.—*Scientific American.*

THE HORSE IN ARABIA.—The horse is involved in the most ancient superstitions of the people of Arabia. They believe him to be endowed with a nature superior, not in degree only, but in kind, to that of other animals, and to have been framed by the Almighty with a special regard to the convenience of man, and the setting forth of his person. It is one of their old proverbs, that, after man, the most eminent creature is the horse; the best employment is that of rearing it; the most delightful posture is that of sitting on its back: and the most meritorious of domestic actions is that of feeding it. Mahomet himself did not disdain to inculcate a lesson of kindness towards the horse. "As many grains of barley," said he, "as are contained in the food we give to a horse, so many indulgences do we daily gain by giving it." The belief is widely spread that the best breeds are descended from five favourite mares of the prophet, on which he and his friends fled from Mecca to Medina.—*Cassell's Popular Natural History.*

WASHINGTON'S LOVE OF HORSES.—The President's stables in Philadelphia were under the direction of German John, and the grooming of the white chargers will rather surprise the moderns. The night before the horses were expected to be ridden they were covered entirely over with a paste, of which whiting was the principal component part; then the animals were swathed

in body cloths, and left to sleep upon straw. In the morning the composition had come hard, was well rubbed in, and carried brushed, which process gave to the coat beautiful, glossy and satin-like appearance. Hoofs were then blackened and polished, mouths washed, teeth picked and cleaned, the leopard-skin housings being properly adjusted, the white chargers were led out for service. Such was the grooming of the ancient time.—*Recollections of Washington.*

RESISTANCE TO IMPROVEMENTS.—The folio from Archbishop Whately's *Annotations on Bacon's Essays*, is a rich literary and scientific gem:

It was the physicians of the highest standing that most opposed Harvey. It was the experienced navigators that opposed Columbus. It was those most conversant with management of the post-office that were the first to approve of the plan of the uniform postage. For the greater any one's experience and skill in his own department, and the more he is led to the deference which is proverbially due to each man in his own province, the more he is indeed, he will be to be a judge of improvement in details, or even to introduce them himself; the more unlikely to give a fair hearing to proposed radical change. An experienced coachman is likely to be a good judge of all that relates to turnpike roads and coach horses; you should not consult him about railroad steam carriages. Again, every one knows slowly and with what difficulty farmers are prevailed on to adopt any new system of husbandry, even when the faults of an old-established one and the advantages of a change, can be evident to the senses.

SLEEP.—There is no fact more clearly established in the physiology of man than that the brain expends its energies and itself during the hours of wakefulness, and that these are recuperated during sleep; if the recuperation does not equal the expenditure, the brain withers, and this is insanity. Thus it is that in early history, persons who were condemned to death by being prevented from sleeping always became raving maniacs; thus it is, also, that those who starve to death become insane; the brain is not nourished, and they cannot sleep. The principles are these: First, those who do the most brain-work, require the most sleep. Second, that time saved from sleep is infallibly destructive to mind and body. Third, give yourself, your children, and your servants—give all that are under you the amount of sleep they will take, by compelling them to go to bed at some regular early hour, and to rise in the morning the hour they wish, and within a fortnight, nature, with the regularity of the rising sun, will undo the bonds of sleep the moment enough rep.