



TO PREVENT RAILWAY ACCIDENTS.

Speaking of the Des Jardins accident which occurred in 1857, a writer in the last Atlantic Monthly says.—It appears to have been immediately caused by the derailment of a locomotive, however occasioned, just as it was entering on a swing draw-bridge. Thrown from the tracks, there was nothing in the flooring to prevent the derailed locomotive from deflecting from its course until it toppled over the ends of the ties, nor were the ties and flooring apparently sufficiently strong to sustain it even while it held to its course. Under such circumstances the derailment of a locomotive upon any bridge can mean only destruction; it meant it then, it means it now; and yet our country is to-day full of bridges constructed in an exactly similar way. A very simple and inexpensive appliance would make accidents from this cause, if not impossible, at least highly improbable. It is only necessary to make the ties and flooring of all bridges between the tracks and for three feet on either side of them sufficiently strong to sustain the whole weight of a train of the track and in motion, while a third rail, or strong truss of wood, securely fastened, should be laid down midway between the rails throughout the entire length of the bridge and its approaches. With this arrangement, as the flanges of the wheels are on the inside, it must follow that in case of derailment and a divergence to one side or the other of the bridge, the inner side of the flange will come against the central rail or truss just so soon as the divergence amounts to half the space between the rails, which in the ordinary gauge is two feet and ten inches. The wheels must then glide along this guard, holding the train from any further divergence from its course, until it can be checked. Meanwhile, as the ties and flooring extend for the space of three feet outside of the track, a sufficient support is furnished by them for the other wheels. A legislative enactment compelling the construction of all bridges in this way, coupled with additional provisions for the interlocking of draws with their signals in the cases of bridges across navigable waters, would be open to the objection that laws against dangers of accident by rail have almost invariably proved ineffective when they meet the probability of a self-enforced, it might not be probable, but der disasters like those at Norwalk and Des Jardins terrors of the past.

PERK AND PENALTY OF SUCCESSFUL LABOR.—Do you think that what are called the lower classes, labor only? There is no greater mistake than so to suppose. On the contrary, it is more true to say that, in proportion as you mount higher and higher in the scale of society, the more you will find that individuals labor, the more anxiety attends their labor, the less have they the command of their own time; they may have higher rewards, they may not be constrained by such immediate pressure as to food and raiment but I repeat it, they labor, or they have labored, more severely, and they have been subject to more severe checks and disappointments. Who do you think toils most severely, the clerk in a merchant's counting-house or the merchant himself? Who has the most time for rest and repose? Who has the least of that anxiety of heart which forbids him to rest, indeed, when he lies down at night? Depend on it, that often and often when the clerk sleeps soundly, and wakes lightly and refreshed at morn, his master has been wincing out the hours of the night in complicated accounts or tedious correspondence. One naturally turns to what one knows by experience there is no profession so much excited, or I may admit, in some senses, so well rewarded as my own. yet look at successful lawyers, how many fall victims to the toil and anxiety they undergo, with broken health and shattered constitutions, how many retire from the field, while not a few perish in the prime of manhood. It is a common observation that Chief Justices of my own Court are always worn out before their time by the continued labors of their office. It was only a short time ago that in a conversation I had with an officer of the House of Lords, he said to me, "I have seen now four Lord Chancellors on the Woolpack, and watched the effects of office on their health—every one in turn has felt them—the countenance changes, the strength is repaired, and it becomes clear that nothing but rest or resignation saves them from sinking under the incessant labor."—*St. J. D. Coleridge.*

EXERCISE.—If we are constantly feeling our pulse nervously, we shall soon imagine we have heart disease, and perhaps frighten ourselves into it or something as serious: if we

too often contemplate our lack of courage or resolution, we shall become all the more cowardly and vacillating. Perhaps for all a good rule would be, to be careful not to dwell too constantly upon one subject, lest we become as unfortunate as the man who thought so long on the advantages of an erect carriage that at last he firmly believed that stooping caused all the ills that afflict our world, or that schoolmaster who thought all penmanship was absolutely sinful unless the writer worked from his elbows instead of from wrist or finger joints. How many last summer were seized with the symptoms of hydrophobia simply from thinking constantly of the risk they ran of being bitten by a mad dog. We have been acquainted with a lady who having left a room with a lighted candle in her hand, could never resist the temptation of returning at least once in the dark lest she had dropped a spark on the floor. And how many there are who feel nervous upon entering their bedroom at night, fearing they may inadvertently come upon a latent burglar. The forms in which such a painful incubus may grow upon one are countless, and gain hold upon us almost with the rapidity and ferocity of a cuttle-fish seizing its victim with its tentacles. It should be guarded against. It may move upon us now only like a train of loaded cars slipping over the top of a downgrade at the rate of a yard a minute, but very soon they will be, unless checked, rushing at sixty miles an hour.—*Physiological Journal.*

SUNSHINE.—Whoever has been privileged to hear Professor Youmans' delightful lecture on the chemistry of the sunbeam, cannot have forgotten his computation of the sun's great mechanical and chemical power. And any housekeeper who has brought her pale, drooping plants from the cellar after their winter's retirement, and has watched them gradually straighten themselves up, and deepen and brighten their color and send out new growths, must have been impressed anew with the sun's wonderfully stimulating power. We cannot doubt that human beings are as susceptible as plants are to the kindly influence of sunshine. How the little children thrive in it, and would gladly throw away hats and bonnets that rob them of a share of it, and we know of one mother who found her tiny daughter indulging in a sun-bath, not, of course, because she thought it would be good for her, but from sheer pity for her "poor little feet and legs and body that never had any sunshine." A day of hard work in the school-room or the store or kitchen leaves us tired, and perhaps discouraged about our work, and with the feeling that it is a hard, thankless world without a bit of sunshine. If we mark, let us go out of doors, and see how his may shine fall upon us, and in due time his magic power upon our worn nerves will have made a new world for us, and our own place in it the best of all. Happy the woman and happy her household whose carpets and complexion do not keep her in the shadow of a false economy or a false pride, but whose windows and face and soul are wide open to the sun.—*Norfolk Journal.*

THE EARLY RISING DELICACY.—For farmers and those who live in localities where people can retire at eight or nine o'clock in the evening, the old notion about early rising is still the old notion about early rising is still appropriate. But he who is kept up till ten or eleven or twelve o'clock, and then rises at five or six, because of the teachings of some old ditty about "early to rise," is committing a sin against God and his own soul. There is not one man in ten thousand who can afford to do without seven or eight hours' sleep. All the stuff written about great men who slept only three or four hours a night is apocryphal and a lie. They have been put upon such small allowances occasionally, and prospered; but no man ever yet kept healthy in body and mind for a number of years with less than seven hours' sleep. Americans need more sleep than they are getting. This lack makes them so nervous, and the insane at times so populous. If you can get to bed early, then rise early. If you cannot get to bed till late, then rise late. It may be as Christian for one man to rise at eight as it is for another to rise at five. Let the rousing bell be rung at least thirty minutes before your public appearance. Physicians say that a sudden jump out of bed gives irregular motion to the pulse. It takes hours to get over a too sudden rising. It is barbarous to expect children instantly to land on the centre of the floor at the call of their nurses, the thermometer below zero. Give us time after you call us to roll over, gaze at the world full in the face, and look before we leap.—*Christian at Work.*

EXERCISE.—A lady has been lecturing in Cincinnati on the "Potato," and its influence on civilization. She attributes the supremacy of the Irish people to their use of the potato as a chief article of food. The stupifying influence that it exerts over them leads to an indulgence in strong stimulants, causing them to rely for all their energy and courage upon so rely for all their energy and courage upon "inspiring bold John Brierborn." Dr. Ed-ward H. Dixon, of New York, once published

a notable paper on Ireland's lack of enterprise. He took the ground that it was all due to the three "P's," "Potatoes, Popery and Pork," and there are sound arguments in support of this opinion. We know there are some who will accuse the learned Doctor of sacrilege for associating infallible Popery with the grunting porker and the starchy potato, but no such idea can deter the scientist in his search for truth. If Fenian agitators will weigh this subject properly they may find that a mistake has been made in attributing the degradation of Ireland to John Bull, and be led to so change their operations as to make a move on Potatoes, Popery and Pork as the real enemies of their country.—*Cleveland Leader.*

THE EMISSION OF CARBONIC ACID FROM ROOTS.—It is generally known that leaves decompose carbonic acid when they are exposed to the action of the sun, and disengage carbonic acid when kept in the shade. This is easily proved by simple apparatus, but it is not so readily shown that carbonic acid is emitted from the roots. An interesting experiment, which evidences the latter fact, may be made by means of a slab of polished marble placed a few inches beneath the soil and covered with fine sand. Beans are planted in the sand, in which they will grow well for several weeks. When the plants begin to wither they are pulled up, and the marble plate removed. The surface of the latter over which the roots have run will be found covered with fine grooves, which indicate the course of the roots. Marble is entirely insoluble in pure water, but like all varieties of carbonate of lime, it is soluble in water charged with carbonic acid, so that the grooves show that the roots must have emitted carbonic acid, which thus acted upon the stone.—*Scientific American.*

NURSING CHILDREN.—The *British Medical Journal*, reports that Dr. Friedinger, the Director of the Vienna Foundling Hospital, has lately shown how greatly the mortality of children within the first year may be influenced by the conduct of those who have the care of them. Until a few years ago, the Jewish infants were unwillingly received by the nurses, none but the most inferior would take charge of them, and the mortality among them was as high as 83 per cent. After consultation with the Jewish council, Dr. Friedinger offered a reward of five florins to each nurse who would take charge of a Jew child, and an additional five florins if it were alive at the end of a year. The result has been that the mortality fell on the first year to 60 per cent., in the second to 45 per cent., and in the third to 22 per cent.

DRINKING, among them being deafness, blindness, and even consumption. It is on the women—the mothers of our race—that the evil effects of tea-drinking fall with the greatest weight. How many women, who think they cannot "get along" a single day without tea, owe to it their cold feet and hands, their liability to frequent colds, their peculiar difficulties, especially their weakening ones, and their habitual loss of appetite, rendering them a prey to "dinner-pills," or the absurdities termed "strengthening medicines," so long in vogue! No wonder that tea-drinkers are so frequently small eaters, when their tea has gradually destroyed their appetite! According to Dr. William Alcott, one cause of a scrofulous constitution, by inheritance, is to be found in the use of tea by ancestors, and he reasons out the matter on sound physiological principles, observing that whatever weakens the nerves—especially those of the stomach—in a mother, is sure to entail a tendency to disease on her offspring, which will develop in the use of tea by ancestors, and be found in the use of tea by ancestors, and he reasons out the matter on sound physiological principles, observing that whatever weakens the nerves—especially those of the stomach—in a mother, is sure to entail a tendency to disease on her offspring, which will develop in the use of tea by ancestors, and be found in the use of tea by ancestors, and he reasons out the matter on sound physiological principles, observing that whatever weakens the nerves—especially those of the stomach—in a mother, is sure to entail a tendency to disease on her offspring, which will develop in the use of tea by 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