

HEALTH.

WORRY.

We often hear of men who are said to have died of overwork, but it is safe to assume that in nine out of ten of such cases there had been no overwork at all. That too much work has killed some people is not to be doubted, but this does not alter the fact that work pure and simple is one of the rarest of all rare causes of death. The mischief is done by the worry which often goes with the work, and which is mistaken for it.

We do not yet understand the process by which worry undermines the general health, induces disease of the heart, of the arteries and of the kidneys, or kills a man before his time; but that it does do such things is a fact only too well established.

It is true that worry often leads a person to practices which are themselves injurious, such as overindulgence in alcohol or tobacco, or perhaps the use of opium or cocaine or chloral, and disease and deaths are often attributable to the action of these poisons rather than to the effects of work or worry. But these will not explain the disaster in all cases.

It may be objected despairingly that if worry is slow suicide, then almost none of us can escape. Very few men can be found who have no unfulfilled desires which they are striving to gratify, or who are so absolutely secure of the future that they may give literal heed to the Biblical command to take no thought for the morrow.

But this forethought is not worry; at least it need not be worry; it is merely uncertainty, prudent care for the future, or even slight anxiety. Harassing anxiety, impatient expectation, disproportionate fear of the unknown—this is worry, and this is what causes the heart to struggle, the kidneys to contract, the arteries to weaken, and the mind to fail.

No one who is not given to worry can conceive of the power which the habit gains over its victim. Such a one will freely admit the excellence of the advice not to worry, but he will add that it is impossible to follow it. This is true only in a measure, and in a few cases. Barring instances of exceptional trouble, of extraordinary "hard luck," almost every one can by resolute determination reduce his worry within living limits.

WATER-DRINKING.

When it is considered that the body is made up very largely of water it can readily be understood how important to health is a constant supply of this fluid. Many people have a notion that the drinking of water in any amount beyond that actually necessary to quench thirst is injurious and acting on this belief they endeavor to drink as little as possible. The notion, however, is wide of the truth. Drinking freely of pure water is a most efficacious means not only of preserving health, but often of restoring it when failing.

All the tissues of the body need water, and water in abundance is necessary also for the proper performance of every vital function. Cleanliness of the tissues within the body is as necessary to health and comfort as cleanliness of the skin, and water tends to insure the one as truly as it does the other. It dissolves the waste material, which would otherwise collect in the body, and removes it in the various excretions.

These waste materials are often actual poisons, and many a headache, many rheumatic pains and aches, many sleepless nights and listless days, and many attacks of the "blues" are due solely to the circulation in the blood or deposit in the tissues of these waste materials which cannot be got rid of because of an insufficient supply of water.

Water is accused of making fat, and people with a tendency to corpulence avoid it for that reason. But this is not strictly true. It does undoubtedly often increase the weight, but it does so because it improves the digestion and therefore more of the food eaten is utilized and turned into fat and flesh. But excessive fat, what we call corpulence, is not a sign of health but of faulty digestion and assimilation, and systematic water-drinking is often employed as a means of reducing the superfluous fat—which it sometimes does with astonishing rapidity.

HOW TO DRINK WATER.

There are few people who thoroughly realize the value of water as a beverage, or who know how to obtain the greatest advantage from it. The effects produced by the drinking of water, as pointed out by Health, vary with the manner in which it is drunk. If, for instance a pint of cold water be swallowed as a large draught or if it be taken in two portions with a short interval between, certain definite results follow—effects which differ from those which would have resulted from the same quantity taken by sipping. Sipping is a powerful stimulant to the circulation—a thing which ordinary drinking is not. During the act of sipping the action of the nerve which shows the beats of the heart is abolished, and, as a consequence, that organ contracts much more rapidly, the pulse beats more quickly, and the circulation in various parts of the body is increased. In addition to this we find that the pressure of the blood is increased.

fluid. And here is a point which might well be noted by our readers—a glass of cold water, slowly sipped, will produce greater acceleration of the pulse for a time than will a glass of wine or spirits taken at a draught. In this connection it may not be out of place to mention that sipping cold water will often allay the craving for alcohol in those who have been in the habit of taking too much of it, and who may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.

HOT MILK FOR GRIP.

Since the days of the Duke of Northumberland, who bathed daily in milk, there never has been such a revival of the warm milk idea. Some say that the "grip" is mainly responsible for its return. Dr. Freudenrich has discovered that milk is a microbe killer and that the grip bacillus, if put into milk drawn fresh from the cow, dies in an hour. Be this as it may, the hot milk cure has gained the ascendancy with many sufferers. To secure its best effects the milk must come to the scalding point, but not boil; then it should be sipped slowly. The last thing at night "My Lady" takes her goblet of milk, which has a quieting dreamy effect upon the nerves.

Now, it is considered the newest panacea for all complexion ills. If the face be sallow, wrinkled or otherwise afflicted, claims the enthusiast, hot milk will produce a cure. Many debutantes wash their faces in it at night, just before retiring and converts declare that it makes them feel wonderfully refreshed, while the skin becomes very white and soft. Some even go so far as to pour a generous quantity of milk into the water for the bath and claim that it is positively magical in removing fatigue.

CROUP.

What a dread disease this is coming as it does upon one unawares in the night, and many a home has been left desolate by its ravages. But with onions in the house one is well fortified against this trouble. Peel the onions and roast them in the oven; then press out the juice which the child must be made to drink. The pulp while hot is bound on the soles of the feet, palms of the hands and on the chest. This always gives relief and recovery is prompt.

REMEDY FOR NIGHT-SWEAT.

An "old woman's remedy" is reported in a recent number of the Dietetic and Hygienic Gazette, as having cured a patient of annoying and debilitating night sweats when the ordinary remedies, atropine, sage, phillipsia, etc., prescribed by the physician in attendance failed. The remedy was a decoction of the fresh bark of the pussy willow, *Salix nigra*, used freely. The distressing symptoms were fully relieved within three days.

FOR A COLD IN THE HEAD.

A cold in the head is not only annoying, but likely to develop into catarrh. One teaspoonful of mustard dissolved in a tumbler of cold water and used as a gargle three times a day, will often effect a speedy cure. In more obstinate cases, equal parts of loaf sugar and pulverized alum used as a snuff will give instant relief.

FOR A COUGH.

Two teaspoons whole flaxseed, 1 pint boiling water, juice of 1 lemon, 4 lumps sugar, simmer 3 hours and strain.

NEW BICYCLE ACCESSORIES.

A Contrivance Whereby a Rider Can See What is Going on Behind Him.

It is not often that a bicyclist concerns himself with what is going on behind him, but for those who do a device called a retro-opticon is now available. This addition to the equipment of a wheel consists of a convex mirror, 2.4 inches in diameter, in a nickel frame, with ball and socket joints, so that an angle may be secured. It is to be used on the handlebar, preferably just in front of the left grip, and when so placed, it enables a rider to scan the road behind him, without moving his head, the convexity of the mirror giving it wide scope. The excuse for the invention of this device is that there are many conditions in which it is found desirable owing to the increased number of rubber-tired vehicles, cable and trolley lines. A larger size is made for use on row boats and vehicles. Among the novelties for this season is a most useful lock stall. It is made of heavy spring wire with malleable iron wall plate, and is rubber-covered at points where the wheel touches. It is highly recommended for baggage cars, steamboats, churches, colleges, etc., where space is valuable. While the lower wheel rests on a bracket attached to the side of the car, or on a wall, the iron loop of the stall slips over the front wheel, which is uppermost, and so engages it that it is immovable, and can be securely locked.

ELECTRICITY IN THE CATACOMBS.

The catacombs of St. Calixtus, near Rome, were recently illuminated with thousands of electric lamps, filling the gloomy vaults and passages with a bright light, whose effect as it fell upon the rows of bones and skeletons, is described as being startling and almost in the case, a sense of electric lights. Example of the latest practical science brought to the surface with an-

AGRICULTURAL.

PRACTICAL OAT SEEDING.

In selecting the field to seed the oats several points must be considered. If there has been regular rotation, the land has evidently been in corn for several years. If no regular rotation has been followed, select the portion of the farm which has been in corn the longest and needs a change. Avoid seeding oats on very rich land as the growth is liable to run largely to straw. Too much straw will cause the crop to lodge, make it difficult to harvest, and prevent a complete development of the grain, and as a consequence the yield will be short. Then, too, fields which are rich do not need a change and can be devoted to other crops.

If the field has been in corn the past year the stalks must be disposed of. In most instances it is advisable to run a stalk cutter over the fields and plow under the stalks, but if insects have been destructive the previous season, it will be best to break the stalks, rake into piles and burn, for in this way many pests which are hibernating will be destroyed.

After the field is cleaned the method of preparing it for the seeding will depend upon several circumstances.

Where the soil is quite loose it will be best to run a disk harrow over the field several times until the surface is well loosened up and sow on the loose surface with a harrow. Should it be too compact for this treatment, it is often possible to stir the soil with an ordinary cultivator, then put on the seed, and cover with a harrow. These two methods are desirable where oats are seeded upon very rich land as it tends to limit the growth of the straw. In most cases, however, the safest way is to plow the ground to a depth of three or four inches, sow the seed and cover well with a harrow. This is especially desirable for the greater amount of loose surface soil acts as a sponge collecting and preserving moisture and thus enabling the crop to develop more completely. The different kinds of soil govern somewhat the different methods of preparing the seed bed. In friable soils cultivating and disking are desirable, but where the land is heavy and compact plowing is best.

Select for seed the variety which does best in your own community. It is desirable in most cases to sow white oats, as they usually yield better and more readily than the mixed or black varieties. Of course if the entire crop is to be used at home mixed oats are just as good as white ones. As a rule the black oats are the least desirable kinds.

Broadcasting is still quite common but the large seeders now to be had quite cheaply are much more desirable in that considerable labor is saved and the seed is put on the ground more evenly than can be done by hand. A man who sows broadcast has difficulty with the wind and finds it a great task to walk through plowed ground for an entire day, carrying up to as high as a bushel and a half of oats. Some farmers use a drill for seeding oats but it is the general opinion that this is not as desirable as a seeder. The common steel-toothed smoothing harrow is best for covering the oats seed. If the ground is quite rough go over it often enough to break down the clods and render the surface smooth. If loose and friable a smaller amount of work is required but the seed bed must be harrowed enough to compact it well.

TO TREAT A BAD-TEMPERED COW.

The following information is published in reply to questions asked by a correspondent: It is very difficult to manage a bad tempered cow, especially one with a fiery and very stubborn disposition. If the animal is not confirmed in the habit through former treatment, that is, harsh, rough treatment on the part of the milker, the following is the only remedy, and during many years' experience the writer has never known it to fail. The first thing for the milker to do is to bear in mind that he has an animal with very sensitive nerves and a wonderfully magnified vision, and being of the horned species, is naturally endowed with characteristics of great resistance. With the cow there is no such thing as must, unless the animal be taken gently, and led, as it were, instead of being driven—by always remembering that the cow, when properly treated, will do almost anything, and when harshly and roughly treated cannot be forced, except by great trouble. By the power of muscular contraction she can retain all the milk in the milk glands and veins until she wishes to relax the portion closing the orifice of each gland, etc. When it comes to a battle royal, the milker is forced to submit to the animal, for he must be kind and cheerful if he wishes the animal to give down her milk. When the cow calves, the calf should be taken from the cow, the first or second meal after calving. When handling the cow she should be driven into the stall very gently and bailed and leg-roped. The foot rope should stand firmly on the ground, and be not more than a foot behind the perpendicular of the hinder parts of the animal. The udder should be washed with cold water, and gently wiped dry. The milker should sit with the right shoulder just pressing against the animal's side. Wet the teats with a little milk drawn from each of the front or hind teats,

as the case may be; that is, the two selected to be milked. Some milkers milk front and hind, but this is called by good milkers "cross-handed," and almost every cow so milked is a "kicker" or "fidgeter." When the teats are moistened, take the pail (which should be an eight or ten quart tin bucket), place it between the knees (not on the ground), and begin milking by taking hold of the teat, without doubling or wrinkling it when squeezing it in the hand. Take the weight of the udder on the upper part of the hands and squeeze the teats evenly and gently, without straining the least on the teats or udder. When the first two teats are milked dry, moisten the other two and treat in the same way. After taking the first milk from the four teats, if the animal has not given down the second, as it is called, gently rub the udder for a few minutes. If just calved, bathe the udder with the froth of the "beastings" for a few milkings, and so long as the milk is unfit for use. This will remove "flags" and all kinds of "hardiness" and will make the udder soft and pliable. The rubbing will soothe the veins and glands, and cause the animal to relax them. This treatment will also cause a stubborn cow, if treated kindly and handled patiently, to give every drop of her milk. Care should be taken to keep the finger-nails short. The animal should be bailed in order that she can rest contented, and then, with proper treatment, and the milker keeping his or her temper, no cow will retain her milk more than two or three milkings after calving.

NEATNESS ABOUT THE PREMISES.

The era of low prices for farm products, has had a depressing influence upon many otherwise good farmers, in discouraging them, to a certain extent, with their calling. As a consequence, they have become careless, and indifferent as to the appearance of their buildings and premises. A general air of untidiness seems to pervade the farm. Fences are not repaired; fence rows are permitted to become overgrown with weeds and briars; the buildings are neglected; unsightly heaps of rubbish are allowed to accumulate; broken wagons and worn out machinery are scattered about, adding to the general look of recklessness. This is not only discredit, but actually wrong. Farmers may not have much money to erect new buildings, but even old ones can be made neat, attractive and homelike, with a little care and effort. When traveling over the country one notices scores of farms where the buildings could be very much improved by a little well-directed labor. Many cases where time and a willingness would be about the only factors needed. But everything is allowed to go by default, because the owner is too indifferent; he lacks the ambition necessary to excel. Aside from the apparent necessity of neatness on the farm, it should be practiced and taught to our children; that it may become a fixed principle in their character. Farmers may not be able to erect grand and expensive buildings, but they should always aim to make them neat, attractive, comfortable and convenient. Keeping the buildings well painted, is both a matter of neatness and economy. By using some of the ready mixed paints on the market, the farmer can apply it himself, as good as a professional painter, thereby reducing the expense very much. If the labor must be hired it is usually about half the cost. A neat, well-kept lawn with flowers, flowering shrubs and evergreens, adds wonderfully to the attractiveness of the premises.

NATURAL PRESUMPTION.

Attorney—You say you had called to see Miss Billings and was at the house at the time the burglary was committed?

Witness—Yes, sir. Then how did it happen that when the prisoner dashed into the room and assaulted you, you leaped through the window and went home making no attempt to defend the lady or give the alarm?

I thought it was her father.

BOTH HAD THEIR MERITS.

Uncle, which breed of chickens is the best?

Well, sah, de white ones is de easiest found, an de dahk ones de easiest hid after yo gits em.

PERENNIAL.

That is a very old joke about the wife going through her husband's pockets for money.

Yes, the joke is old, but there are always new wives and new husbands.

IN THE LINE OF PROGRESS.

Some doctors claim that the stomach can be removed without injury to the patient.

Yes? I wish he'd find out how to remove the snoring apparatus of some of the folks who snore.

THE FESTIVE SEASON.

Mrs. Swiller—You came home intoxicated last night! Disgraceful!

Mr. Swiller, innocently—Did I? I don't remember it!

A METAMORPHOSIS.

Sambo Johnson, sternly—Don't you know I tol' yo' not, 't go swimmin' wid no white trash chillun, eh?

Sambo Johnson, Jr.—But he wan' white befor' he went in.

IT MUST BE.

Teacher—What do you call a little child that has never had a mother to care for him?

Tommy—An incubator boy, ma'am. In every million of people in the world there are eight hundred who are blind.

NEW TELEGRAPHY.

Novel Instrument by Which the Whole System May Be Revolutionized.

A conversation at the Royal Institution in London, recently, was remarkable for the exhibition of a new Type-printing Telegraph, termed the "Telescriptor." This machine is meant to accomplish the same ends as the Hughes type-printing telegraphic instrument, which has for forty years been without a rival as a fast printing instrument.

A representative of the London Daily News inspected the apparatus, and another instrument not yet exhibited in public, called the Zerograph. He says:

"Taken together, these two instruments seem to indicate that we are on the brink of a new era in telegraphy. The telephone and the telegram have, up to the present, had their own way. Before very long they will be superseded by an apparatus which will send messages printed in ordinary type by electricity. At present there are several forms of telegraphic type-printers in existence. They are used, of course, for press messages, and every one is familiar with the way in which news is transmitted to clubs, etc., by the "tape machine." The "Telescriptor" and the "Zerograph" mark a new era, because they are so simple in construction, and can be supplied at very little more than the cost of an ordinary typewriter. For the first time they afford a reliable means of sending printed messages by the electric current; and it is possible that they may herald the dawn of

A NEW TELEGRAPHY.

The Telescriptor, which was shown working, prints messages simultaneously at both ends of the line, either in letters or figures, in a bold, clear type, so that a record is kept of the transmitting end of all messages or orders sent out. Here the advantage of this system over the telephone is evident. If the person with whom you wish to communicate is out the message comes out on the machine in his office or private room, and awaits him on his return. In size, appearance and in manipulation the Telescriptor resembles a typewriter, being furnished with a key-board, on which 26 letter keys are arranged in alphabetical order, one figure or sign being also controlled by each key.

One connecting wire only is necessary between two machines, the earth being used as a return, while the same machine can be, by the mere manipulation of a lever, used either for transmitting or receiving a message. It writes the telephone message. The Telescriptor is automatic in action, and requires no attention. You can leave your office and feel confident that on your return you will find a correct printed record of any communications that have arrived during your absence. People must not run away with the idea that wireless telegraphy has rendered machines such as these we are describing useless, for it is by no means yet certain whether it has any commercial or practical value. When wireless messages are sent they go off into space.

IN ALL DIRECTIONS.

So that while you are able to decipher them another person may do the same. With telegraphic typewriters the messages cannot be read by another machine unless it is in perfect "tune" with the first, and connected up to it by a wire or wires.

As regards to the Zerograph, an instrument invented by Mr. Leo Kamm, and now undergoing severe tests by the British Post Office, it differs considerably in its mode of working from the Telescriptor, though achieving the same ends. It would be out of place here to enter upon any detailed description of these instruments, but it may be said that the Zerograph is more fitted for long-distance working than the Telescriptor, and can also send more words a minute than this instrument.

Lord Roberts in his book "41 Years in India," states that during an engagement the native operators who had charge of the telegraphic instruments took fright and left their machines. He says that he would have given many years of his life to have been able to decipher the messages that were coming. With an instrument such as the Telescriptor, though achieving the same ends, it is evident that type-printing telegraphs must play an important part in the warfare of the future.

CONSIDERATE ARAB WIDOW.

When an Arab woman is tired of widowhood and desires to marry again she goes the night before the wedding to her husband's tomb and prays him not to be offended. To make quite sure of his forgiveness she brings with her two large goat-skins filled with water and with these she waters the grave that the refreshing liquid may soak down to the defunct husband's bones. Having thus done all she can to propitiate his spirit she goes off with a good courage to start life again as a wife.

AT MIDNIGHT.

First Cat—Why so sad to-night, Thomas?

Second Cat—I feel so lonely and neglected! I've been weeping and waiting for an hour, and no one has thrown anything at me!

THE OUTLOOK.

I suppose there will be great changes in China.

Yes, China will soon be what she's cracked up to be.