

SELF-RELIANCE.

Don't rely upon friends. Don't rely upon the good name of your ancestor. Thousands have spent the prime of life in vain hopes of aid from those whom they call friends; and thousands have starved because they had a rich father. Rely upon the good name which is made by your own exertions, and know that the best friend you can have is an unconquerable determination, united with decision of character.

USEFUL INFORMATION.

COLD IN THE HEAD OR CHEST.—A light or spoon diet should be adopted, and animal food and fermented and spirituous liquors avoided. The bowels should be opened with some mild aperient; and if the symptoms be severe, or fever or headache be present, small diaphoretic doses of antimonials, accompanied by copious draughts of diluents, as barley water, weak tea, or gruel, should be taken.

BOTTLED LEMONADE.—Dissolve half a pound of loaf sugar in one quart of water, and boil it over a slow fire; two drachms of acetic acid; four ounces tartaric acid; when cold, add two pennyworth of essence of lemon. Put one-sixth of the above into each bottle filled with water, and thirty grains of carbonate of soda; cork it immediately, and it will be fit for use.

THE BODY.—Not only are there hinges and joints in the bones, but there are also valves in the veins, a force-pump in the heart, and curiosities in other parts of the body equally striking. One of the muscles of the eye forms an actual pulley. The bones which support the body are made precisely in that form which has been calculated by mathematicians to be the strongest for pillars and supporting columns—that of hollow cylinders.

COFFEE FOR THE TABLE.—The roasted berries should not be ground until a few minutes before you wish to make the liquid coffee. The coffee-pot should be heated previously to putting in the coffee, which may be done by means of boiling water. The common custom of boiling coffee is unnecessary, as all the flavor is extracted by boiling