

HALL'S LIFE RAFT.

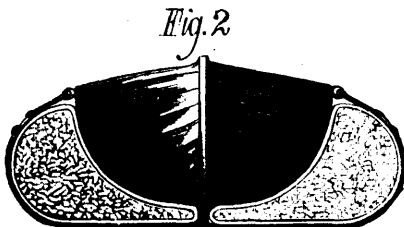
IMPROVED LIFE RAFT.

The engraving shows an improved life raft recently patented by Mr. Thomas Hall, of Newton, Mass. It is designed to be carried on ships and steamboats, and consists of a double float or raft made of cork or other buoyant material, and of such shape that they may be fitted to the outside of the ordinary ship's boat.

These rafts or floats are made in two parts, one being placed on each side of the boat, to which they are secured by suitable fixtures and lashings, as represented in the engraving.

When the parts of the raft are united they form a cradle or holder in which the boat rests, and the curved ends of the rafts are nearly in contact with each other at the bow and stern of the boat. While it is preferable to make the raft of such materials as can most readily be made to conform to the shape of the boat, straight cylinders or caissons may be used.

On board a ship or steamboat the raft and its included boat is carried on deck or hung from the davits in the usual manner, and when launched it takes the water without danger of upsetting. The boat may be filled with people, and the life lines will support a large number of those who are in the water, both being used simply for floating: or the lashings may be cut and the floats detached from the boat, which can be rowed, with its passengers, to any desired point, and return to take off those who are clinging to the floats and life lines.



TRANSVERSE SECTION OF LIFE RAFT.

WHITE OR BROWN BREAD.

The earliest agitator in the matter observed two years ago, when travelling in Sicily, that the laboring classes there live healthily and work well upon a vegetable diet, the staple article of which is bread made of well-ground wheat meal. Nor are the Sicilians by any means the only people so supported. "The Hindus of the Northwestern province can walk fifty or sixty miles a day with no other food than 'chapatties,' made of the whole meal, with a little 'ghee,' or Galam butter." Turkish and Arab porters, capable of carrying burdens of from 400 to 800 pounds, live on bread only, with the occasional addition of fruit and vegetables. The Spartans and Romans of old time lived their vigorous lives on bread made of wheaten meal. In northern as well as southern climates we find the same thing. In Russia, Sweden, Scotland and elsewhere the poor live chiefly on bread, always made from some whole meal—wheat, oats or rye—and the peasantry of whatever climate so fed always compare favorably with our south English poor, who, in conditions of indigence precluding them from obtaining sufficient meat food, starve, if not to death, at least into sickness, on the white bread it is our modern English habit to prefer. White bread alone will not support animal life. Bread made of the whole grain will. The experiment has been tried in France by Magendie. Dogs were the subjects on trial, and every care was taken to equalize the quantity of food, given in each case to the weight of the animal experimented upon, and so forth. The result was sufficiently marked. At the end of 40 days the dogs fed solely on white bread died. The dogs fed on bread made of the whole grain remained vigorous, healthy, and well nourished. Whether an originally healthy human being, if fed solely on white bread for forty days, would likewise die at the end of that time remains, of course, a question. The tenacity of life exhibited by Magendie's dogs will not evidently bear comparison with that of the scarcely yet forgotten forty days' wonder, Dr. Tanner. Nor is it by any means asserted that any given man or any given child would certainly remain in vigorous health for an indefinite length of time if fed solely on wheat-meal bread. Not a single piece of strong evidence has been produced, however, to show that he would not; and in the only case in which whole bread has been tried with any persistency or on any considerable scale among us—to wit: in jails—facts go to show such bread to be an excellent and wholesome substitute for more costly forms of nutritious food.—*Nineteenth Century.*