



SAMPLE OF WALL PAPER TREATMENT FOR HALL AND STAIRWAY.

WALL DECORATIONS.—PAPER HANGINGS.

Until a recent time, the generally accepted idea with reference to wall paper has been that it is a cheap and convenient means of covering a wall which, either from age or from bad workmanship, has become unsightly. The lack of artistic excellence in the wall papers as manufactured rendered them fit for little use, and by long association, and from lack of better means, people came to use plain white walls in all rooms of which the finish cost a reasonable sum. Between frescoing or painting a wall, or decor-

ating it in some way by the hands of an artist, and a white wall devoid of all decoration whatever, there has been no middle ground. Wall papers as produced failed to answer the want of a wall decoration reasonable in cost, and possessing artistic excellence.

Within a very few years, however, the status of wall paper has changed as completely as it is possible for any art to change. From being the last resort for covering a defaced wall, it has come to be recognized as a decorative material of the highest value.

TEMPERATURE OF THE HEAD.—Some investigations have recently been made by several physiologists concerning the effect of mental activity upon the temperature of the brain. Several thermometers are placed on different parts of the head and fastened there by means of straps; then the person subjects himself to various intellectual processes, and the result shows a decided increase of temperature in certain parts of the brain. The temperature of the brain of a professor was elevated several degrees while delivering a lecture. Even the slightest intellectual effort raises the temperature of the head above that which it reaches in idle conversation. It is interesting to note that certain parts of the brain show a greater increase of temperature than others. Where the temperature of the head is increased beyond a certain point, intellectual effort takes place with difficulty or with pain. This is very apt to be the case with persons of a very nervous temperament. It would therefore be prudent for such to cease intellectual effort before this temperature is reached, and devote themselves to some physical exercise which shall equalize the circulation and restore the normal temperature to the extremities.

MORNING WALKS NOT HEALTHFUL.—It is a great mistake, says a medical writer, to suppose that a morning walk or other form of exercise before breakfast is healthful; the malaria which rests on the earth about sunrise in summer, when taken into the lungs or stomach, which are equally debilitated with other portions of the body from the long fast since supper, is very readily absorbed and enters the circulation within an hour or two, poisoning the blood, and laying the foundation for troublesome diseases; while in winter the same debilitated condition of these vital organs readily allows the blood to be chilled, and thus renders the system susceptible of taking cold, with all its varied and often disastrous results. Some will say, Look how healthy the farmer's boy is, and the daily laborers, who go to their work from one year's end to another by "crack of dawn!" My reply is, if they are healthy, they are so in spite of these exposures; their simple fare, their regular lives and their out-door industry, give their bodies a tone, a vigor, a capability of resisting disease, which nullifies the action of malaria to a certain extent.