

THE ONE TALENT

In a night of youth and white,
Hidden from all mortal sight,
My one talent lies to-night.

Current Opinions.

WHERE ARE THE IRISH?

Mr. S. C. Hall writes to the Echo, in which he inquires who and where are the Irish for whom Ireland is wanted. Certainly, he says, they are not Messrs. Butt, Martin and Smyth, all of whom are of Scotch or English descent.

yoysing for yacks between the ports of Bristol and Cork before steamboats visited them. Beggars then swarmed in every street of every village and town. There was no poor-house nor any poor-laws.

PROTECTION TO WIVES.

The Hon. Mr. Crooks has commenced his parliamentary career by taking the ladies under his protection, and a Bill of his is before the Assembly which is entitled, "An Act to Extend the Legal Capacity of Married Women."

NOVEL READING.

In an article on "The Novel Reading Disease," a contemporary talks thus of the young lady of the period who has developed the last stages of the complaint: "In this stage the unhappy patient can no more go without her novel than can a confirmed drunkard without his dram."

Scientific and Useful.

Whitewashing Trees.—An old farmer of the Germantown Telegraph says, "The practice of coating the bark of fruit and ornamental trees with whitewash is one that cannot be too severely deprecated."

REDUCING BONES TO POWDER.—A farmer writes: "Last year I collected a lot of bones and reduced them in the following manner. Put them in a large arch kettle or boiler, with an equal bulk of good hard wood ashes; then poured in water enough to make a thin mortar, and boiled the mass from one to two hours, when the bones became completely dissolved or broken down, with the exception of a few hard shin bones."

FLOWERS AS DISINFECTANTS.—Prof. Mantegazza has discovered that ozone is developed by certain odorous flowers. A writer on nature states that most of the strong smelling vegetable essences, such as mint, cloves, lavender, lemon, and cherry laurel, develop a very large quantity of ozone when in contact with atmospheric oxygen in light.

SERENING OUT OF BED.—Dr. Hall does not approve of the old-fashioned doctrine which was formerly instilled into the minds of children—that they should spring out of bed the instant they awake in the morning. He says that "up to eighteen years every child should be allowed ten hours' sleep, but time should be allowed to rest in bed, after the sleep is over, until they feel as if they had rather get up than not."

CURE FOR WARTS.—It is not a matter entirely within the limits which you prescribe, and yet one of the public interests; and hence I am led to say to those afflicted with warts (for it is sometimes a source of great annoyance, and often of pain, to have them on the hands or exposed parts of the body) that I have been entirely relieved by the use of kerosine.

I do not suggest it as a specific, but as a means of cure to me, that others may try it. The remedy is always at hand, and, if persistently used, may do others the good service I have had from it.—New York Observer.

DIET AND EXERCISE.—Dr. Parke, while investigating the effect of diet and exercise on the elimination of nitrogen, had for his subject a very healthy, powerful and temperate young soldier. He conducted one series of experiments in which

the man was fed on ordinary diet, and the amount of nitrogen content was kept as near as possible constant. In a second series prepared food was given so as to keep the amount of nitrogen introduced perfectly constant; and a third series was made with non-nitrogenous food. These experiments showed distinctly an increased elimination of nitrogen in the period of a fast after severe exercise, confirming Dr. Parke's former results, and supporting the statement of Liebig on this point in opposition to that of Voit.

THE ASTRONOMER.—This account of his occupation increased the interest his look had excited in me, and I have observed him more particularly and found out more about him. Sometimes, after a long night's watching, he looks so pale and worn, that one would think the cold moonlight had stricken him with some malign influence, such as it is fabled to send upon those who sleep in it.

COOKING AND CARRYING MEATS.—One often hears city people say, "country people always fry their beefsteak," which is not always true, is generally so. Of all the wasteful, indigestible, abominable ways in vogue for spoiling food, that of frying stands at the head.

Meat that is so poor as to need buttering, had better be disposed of in some other way. It is like buttering eggs (the quintessence of richness) or adding sugar to preserves. Cooks get so in the habit of putting butter in this and that dish, that common sense is entirely lost sight of.

Roast beef that has a crisp surface, and the heart of it red, rare and juicy, has the proper "doneness," and admits of no criticism. Another way to spoil meat is to cut it the wrong way in carving. It would be superfluous to say how it should be cut, as that every adult knows.

BROUZZAS.—Bad blood, too much

blood, giving headache, bad taste in the mouth mornings; variable appetite, sickness at stomach, chilliness, cold feet and great susceptibility to taking cold; no one person may have all these symptoms when bilious, but one or more is always present.

Sometimes a bilious person has a yellow tinge in the face and eyes, called "billious," because the bile, which is yellow, is not withdrawn from the blood; it is the business of the liver to do that, but when it does not do it, it is said to be lazy, does not work, and the physician begins at once to use remedies which are said to "promote the action of the liver."

It has been discovered within a few years that acids "act on the liver," such as nitric acid, elixir vitriol, vinegar; but these are artificial acids, and do not have the uniform good effect of natural acids, those which are found in fruit and berries.

Almost all persons become bilious as the warm weather comes of; nine times out of ten nature calls for her own cure, as witness the almost universal avidity for "greens," for "spinach," in the early spring, these being eaten with vinegar; and soon after, by the benign arrangement of Providence, the delicious strawberry, the raspberry, the blackberry, the whortleberry; then the cherries, and peaches, and apples, carrying us clear into the fall of the year, when the atmosphere is so pure and bracing that there is general good health everywhere.

The most beneficial anti-bilious method of using fruits and berries as health promoters, is to take them at dessert, after breakfast and dinner; to take them in their natural, raw, ripe, fresh state, without cream, or sugar, or any thing else beside the fruit itself.

Half a lemon eaten every morning on rising, and on retiring is often efficacious in removing a bilious condition of the system, giving a good appetite and greater general health.—Dr. W. W. Hall.

YESTERDAY, TO-DAY, AND FOR- EVER.

YESTERDAY.—Gone, gone, never to return. That which was once ours is indeed ours no longer. It passed through time from eternity on one side, into eternity upon the other, like a meteor through space. But as it passed, it recorded in a volume all the thoughts, words, and actions of mankind whether good or evil, the testimony of former yesterdays—all awaiting the day of sad account.

TO-DAY.—It is here, the only portion of time to which we can lay claim, but it is swiftly passing, and will soon be numbered among the list of yesterdays, the name indiscriminately applied to all to-days that have fulfilled the mission upon which they were sent. To-day is the time in which we really live, for new events are actually transpiring, the past is gone, and the faithfulness of memory is all upon which we can rely, while the future is dark and uncertain. Enjoy the present and turn it to the best advantage. Chances of happiness are as silver strands woven in the web of life, which diffuse light and beauty through the whole fabric.

FOREVER.—There is contained in this word something which inspires us with profound awe, something solemn, grand, inconceivable! How can we imagine a series of years merging into eternity and never ending? It is impossible. All is darkness and uncertainty; but hope persistently points through the gloom to a point in the distance, which we are unable to see through any other medium than the eye of faith. We see it dimly at first, but after gazing a while, it takes upon itself a more definite form. It is a gate—a golden gate—which opens at times to receive poor, wayward travellers, while the sound of exquisite music comes floating down the highway of life; and, as the eye of faith grows stronger, we perceive an inscription wrought in golden characters above the gate, which is "Heaven." Let this be our beacon and watchword.

SUNSHINE IN THE SOUL.

The Independent has four good recipes, that Dr. Cuyler gives for procuring sunshine in the soul. Here they are,—

- 1. Look at your mercies with both eyes; at your troubles and trials with only one.
2. Study contentment. In these days of inordinate greed and self-indulgence, keep down the accursed spirit of grasping. What they don't have makes thousands wretched.
3. Keep at some work of usefulness. Active Christians are seldom troubled with the blues. Work for Christ brings heart-health.
4. Keep your heart's window always open toward heaven. Let the blessed light of Jesus' countenance shine in. It will turn tears into rainbows. The author of "Nearer, my God, to Thee" has sweetly sung:

"He sendeth sun, he sendeth shower,
Altho' they're needful to the flower;
And joys and tears alike are sent
To give the soul its nourishment.
As cometh to me or cometh to you,
Father! Thy will, not mine be done."