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FROM WITHIN.

Not by the sea tide,
Nor the swift river,
Nor the stars that sweep thro' waste of heaven
Side by side
Forever and ever,
Do we mark man's life with its loss and gain.

Not by the leaf's fall,
Nor by the spring rain,
Nor the atoms that drift thro' endless storms
Changing all
Tho' they changeless remain,
Do we count man's life with its hap and bane.

Not by the strong things,
Nor by things sweet,
Nor by the fair light of sun that speeds far
On swift wings,
Nor the wild winds that meet,
Do we time man's life with its dusk and day.

But by the strong will,
But by the soul's grace,
But by the yearnings that thread night and day
Soft and still,
Till they glow in his face,
Do we tell man's life forever and aye.
—George Le Moine in Overland Monthly.

WHEN PEOPLE MEET.

THE SALUTATIONS COMMONLY EMPLOYED BY DIFFERENT NATIONS.

Gentleman and Fair Lady—On the Continent—Men Embracing One Another. Malays, Chinese, Japanese—The Moorish Way—The Military Salute.

In walking down a busy thoroughfare an observer cannot help remarking the different manners in which the various travelers, pedestrians or otherwise greet one another. A gentleman approaching a lady watches her closely to see whether she will bow to him. If so, off goes his hat. Hardly two men, however, do this simple act in the same way. One flourishes it at arm's length; another hardly raises it from his head; a third exposes the side, as if he were asking a charity, while a fourth seems frightened lest by some mischance he should disarrange his hair. The fair lady, too, does not always return the salute in the same way. Cross the channel, however, and one is in a land where hat lifting is the recognized salutation. It appears at first curious to a native of American or English soil to see a not too clean coal heaver or peddler solemnly raise his head covering—it does not always amount to as much as a hat—to an equally dirty brother workman, with an air many young dudes might envy; but in time one fails to notice such things. On entering and leaving a shop, no matter how small, the polite man again uncovers his head, while each of these actions is always accompanied by an appropriate word of greeting.

The peasants of Spain, in the country, on meeting a stranger offer him, as a salutation, a portion of the bread they always carry with them. Of course, it is refused with thanks, and great would be the astonishment of the would be donor if it were accepted. In Germany—in fact, pretty well all over the continent—to pass a man or woman on a country road without saying a friendly greeting is looked upon as very impolite, and the person doing so would certainly be regarded as a stranger. Among the French and Belgians especially the habit of men embracing one another is quite common, a father and son, or two intimate friends, thinking nothing of falling into each other's arms and kissing in public. Colder tempered nations consider such effusions unnecessary, and believe there is just as much feeling in the warm grip of the hand and few words of welcome.

The Malays and other Polynesians salute by smelling. This is performed by rubbing noses. A former resident of New Zealand says that on meeting after an absence of some time two Maories seize hands and rub noses violently, at the same time loudly weeping, presumably from the pleasure of seeing each other, or perhaps from the pain of friction. In India the Buddhists salute by lowering the palm of the right hand and bringing it up toward the face, at the same time saying: "Ram, ram chair." The Mahometans do the same, but simply say "Salaam." This is only done in either case by members of the same faith. The salutation is always made, too, with the right hand, to use the left being considered an insult.

The Chinese have a regular code of salutations, eight in number, which define the proper amount of respect to be paid to different individuals. The one which is perhaps most familiar to San Franciscans is that when at the new year the Chinaman clasps his hands together, and, gently bowing, wishes his friend the compliments of the season. Two curious greetings which these people have among themselves are those of asking each other: "Have you eaten rice?" and "Is your stomach in good order?" The Japanese show respect on meeting by bending the knee, though in the street they only make a feint of so doing. This is the general salute.

A stranger coming among the Moors for the first time would, perhaps, be astonished and a little frightened by seeing one of them riding at full gallop toward him, as if he were intending to execute a cavalry charge. His fears might perhaps be increased when this horseman, when almost close to his apparent victim, suddenly reined up and discharged a pistol over his head. Recovering from his astonishment, however, he would find that this is the Moorish way of welcoming a stranger. Natives of the Gold Coast have still another mode of salutation. They lower their robe from the left shoulder with the right hand, and gracefully bow, though if it is a great man they salute, and if they wish to be particularly respectful, the whole robe is removed, exposing the breast. Egyptians greet one another with a remark peculiar to their country, "How goes the perspiration?"

The military salute required in nearly all civilized countries is nearly the same. Perhaps in Germany, however, the regulations are somewhat more stringent. A soldier, on meeting the emperor, has to stand still, face about, and remain with hand raised for from twelve to twenty paces before his majesty approaches to the same distance after he has passed. In Belgium an officer has to do the same for the king, and subalterns for generals, though ten paces only are required for the latter case. Soldiers carrying anything, so that their hands are occupied, salute with their eyes—that is, they turn their heads in the direction of the person coming and going. French officers raise their caps to each other, but the privates do as the privates in other armies do.—London Globe.

Getting Ahead of Hotel Men.

The way hotel and some other people have beed bled by some showmen is a caution. All sorts of schemes have been resorted to, with more or less success, generally the latter. I know one man, now in the circus business, who used to travel with combinations on circuits among small towns, and play several nights stands. Money is often a scarce article with such managers, and, necessity being the mother of invention, they proved very prolific in schemes to do their creditors when they were hard up.

The watch game was a popular one, and the man of whom I speak had it down to perfection. He carried regularly an assortment of watches, presenting a good appearance, but cheap, awful cheap, filled cases, common movements, etc. He had them done up in style, though, with all sorts of incriptions, such as "From Mother to Willie," "From Father," or from admiring members of some company, or something of that sort. These would not be of any great value to a man who would bungle the job, but this man was a born actor. His favorite was "From Mother to Willie," and when he went to the landlord it was with tears in his eyes, and the landlord was very hard hearted if he did not cry, too, and yield up. Did he ever redeem many of these watches? Well, not many.—Advance Agent in Globe-Democrat.

Not the Lawn Mower.

"I hate to make a complaint, Mr. Smith, but that lawn mover of yours is a terrible nuisance."

"Lawn mower! I haven't got any lawn mower?"

"Haven't got any lawn mower? Well, that's good! As though I hadn't heard it night and morning ever since I moved here. There! there goes the confounded thing again!"

"But, my dear sir, that isn't a lawn mower. That's my son winding up his Waterbury."—Boston Transcript.

They Get Poorer.

I know of some fellows who set out twenty years ago to find perfect weather, good peoples and a soft job mit big pay, und I notice dot dey get poorer each year. —Carl Dunder.

NEAR SIGHTED PEOPLE.

A Broadway Optician Explains the Causes and Remedies of Myopia.

"In no other city in the world can be found so many people afflicted with myopia or near sightedness as right here in New York," said a Broadway optician a few days since. "More than half the population of our big town are so afflicted, and the number of persons who wear spectacles or eyeglasses is astonishingly large, as is evinced by an examination of the faces of the crowds which surge along Broadway. The number of sufferers from myopia is, I am sorry to say, annually increasing, and not a few of these are from our schools and colleges."

"To what do you attribute the prevalence of this partial blindness?" queried the writer.

"Near sightedness arises from a number of causes, chief among which are reading in the dusk of the evening, or fatiguing the eyes in trying to read by aid of a bad artificial illumination; reading while in a lying position, or with the head thrust too far forward; the perusing of blurred or slovenly printed books, or matter printed in a very small type. All these and many other things conduce to gradual decrease in the power of vision, and if too greatly persisted in will finally end in the total destruction of the sight.

"The principal cause of the prevalence of short sightedness (among our business men at least), is the pernicious habit so largely indulged in of reading newspapers while riding in the surface cars or omnibuses. The jolting or swaying motion of the car or 'bus causes an unsteadiness of hand, which makes the type appear blurred and uncertain. The steadier, easy motion of the cars on the elevated roads has done much toward the preservation of the eyesight of those who find that they must read while en route and who patronize the aerial mode of transit."

"When does one become conscious of failing visual power?" was asked.

"One first begins to discover that he is losing his keenness of vision when the signs along the streets and distant objects are not easily discernible without a conscious effort, accompanied by a painful straining and extension of the pupil. When one is convinced that his eyesight is failing him he should not delay a moment before consulting an oculist."

"Is not near sightedness sometimes hereditary?"

"I believe hereditary influence to be of great effect in causing short sight. I have known large families, whose members, from the youngest to the oldest, were afflicted with weak eyes or a too short range of vision. The sight can be preserved and prevented from growing poorer only by the use of proper glasses at the proper time. A dangerous mistake, too often made, is that of wearing glasses which are either too weak or, what is worse, too strong for the requirement of the eye."

Continuing the optician remarked that: "Presbyopia or so called 'far sightedness' supervenes earlier with those who are constantly at work than with other persons, and as soon as it does convex glasses should be at once resorted to, without which the muscle of accommodation would be fatigued to no purpose. At first they should be used for working in the evening, after the fatigue of the day, but a long sighted person should only use spectacles for looking at near objects, not at far ones."

Speaking of spectacles and eyeglasses, the optician further remarked that but few lenses were made in the United States, and those only of the poorest quality. Said he: "The best lenses are imported in a rough state from France, and cut and polished after arrival in this country. Glasses are numbered from five to fifty; those below No. 5 are worn only by persons undergoing treatment for cataract or other ocular diseases. Astigmatism is one of these. Astigmatism is an abnormal development of sight power in one of the eyes, with a corresponding weakness of vision in the other. It is often mistaken for myopia, and so treated by ignorant men who pose as ophthalmologists, or, more properly speaking, not oculists at all.

"In conclusion I will only say that a man can part with a leg, arm or other member of his body and eventually become accustomed to his loss, and may, if he be of a philosophical turn of mind, manage to suck much nectar from life's flower, but the loss of sight unfits a man alike for pleasure and for duty, and removes forever the one thing needful to the most complete and fullest enjoyment of his existence. If there is one thing more than another which I would strive to impress on the minds of young people it is the advice, 'Take care of your eyes.'"

A Wedding in Guatemala.

Even among the Indians the government has made a civil marriage necessary, and by law this must be performed before the priest can perform the religious ceremony. After both forms have been complied with the guests repair to the bride's home, each bringing a basket to carry home a share of the wedding supper. The bridegroom supplies the whisky, and a villainous compound it is. Connoisseurs say it contains more "head" than any alcoholic drink in existence. The bride is dressed in bright colors, the finery of her entire family being loaned to her for the day for her adornment. Over her head, as a marriage veil, she wears a white coarse muslin poncho. A large table is set, and the plates are filled with sweet things and other eatables considered appropriate for a wedding feast; this expense is borne by the bride's family. After congratulating the happy pair the guests assemble around the table and drink whisky "straight," but by custom they are not permitted to eat a mouthful, though toothpicks are supplied, and they content themselves by picking their teeth between drinks. The debauch continues until there is no more whisky, when each family empties its plates of food into its own basket to be eaten on arriving at home, but the plates are replaced on the table, and the bride's mother carefully counts them before she allows any guests to depart.—Guatemala Cor. New York Times.

Funeral Customs in Turkey.

When a Turk dies, the relatives are forbidden to weep, but rather rejoice that a saint has reached Paradise; so tears are quickly suppressed, no matter how hearts may ache. As soon as breath has quitted a body, the professional dresser of the dead is sent for, and a most thorough system of cleansing carried out. The body is then wrapped in a winding sheet, outside of which the clothes of the person are placed. Then a very frail wicker or thin board coffin is brought, and into this the body is laid, and sometimes even before it is fairly cold it is carried to the cemetery and buried. The graves are very shallow, not over two feet deep. A coin is put into the mouth of the dead person to pay his passage across the "river of death." The reason of the frail coffins and the shallow grave is that the body may decay more quickly, as it is thought that the soul will go wandering around and not be able to enter the abode of the blest as long as any flesh remains on the bones.

Men only are supposed to inherit Paradise, the women having an inferior order of souls, unworthy the exquisite joys prepared for all devout believers. The women who have been unworthy in life will go to Shaitan (or Satan) and those who have been good will go to a pleasant place where all their senses will be gratified; but this life is all they can look to for its own recompense. The funeral procession generally consists of a priest and a few male relatives and slaves, who go on a regular jog trot with the corpse on their shoulders, so as to hasten the release of the soul from its agony of union with a dead carcass. They believe that the body is dross and vileness, and only the worthless covering for the spirit within, that cannot die nor be defiled. So when a Turk dies, only his useless and valueless covering of clay falls off like a disused garment, and he himself is delivered from its dragging load. Kismet (it is fate) and his time had been written in the Great Book from the beginning of time. — Olive Harper in Demorest's Monthly.

WORDS AND THEIR USES.

Multiplicity of Phrases of Similar Meaning—Laziness of Writers.

Our language is overburdened and overridden by a horde of worthless tramps and loafers of words and phrases which are continually obtruding themselves on your notice and dropping, quite without invitation, into your letter. Such as "pluvial dispensation" for rain, "lacteal fluid" for milk, "lachrymal flows" for tears, "entering into matrimonial bonds" for getting married, "shuffling off this mortal coil" for plain, simple dying, "saccharine taste" for a sweet taste, "lurid conflagration" for red flames, "the orb of day" for the sun, the "terrestrial globe" for the earth, "caloric" for heat, "piscatorial sport" for fishing, "pedestrianism" for walking, "labial osculation" for plain kissing, the "the herb that cheers but not intoxicates" for tea, "pedal extremities" for feet and "hirsute appendage" for hair.

These verbal tramps and idlers are continually increasing. If the unabridged dictionary goes on swelling at the present rate it will contain, fifty years hence, one-third more words than people who have something else to do besides recollect them can afford to try to remember.

You have observed that when a man is in dead earnest and has really got something to tell he uses the fewest possible words. If his house is on fire he sings out "Fire!" and nothing else. He does not call out: "My domicile is now undergoing the process of combustion, and is in great danger of destruction from the devouring element!" No; he leaves that erudite sentence for the grammar bred, unabridged dictionary fed, classically educated word piler, who spent four years at college in learning how thus to give the news of a fire.

But the greatest difficulty in writing is to avoid saying the same thing over and over and to stop when you have really finished. You may have observed the same habit when a lot of male or female gossips are cackling together. They don't say so much as they say the same thing over and over. It's the "cut-cut-ca-da-cut!" of the hen after she's accomplished a successful egg laying. The more tired a man's brain gets the greater becomes the "cut-cut-ca-da-cut!" propensity. It's this which spins out and thins out long articles, long sermons and long speeches. As an editor under whom I once served used to remark: "The man hadn't time to write a short one." The word and idea condenser will say: "John Smith killed himself with a pistol"; the non-condenser and word piler will write: "John Smith, that ubiquitous individual [joke], committed the rash act of suicide, blowing his brains out by putting a bullet through his head from a six chambered navy revolver." As regards John Smith the general public don't care where the bullet went in or where it came out, or what kind of a pistol did it, or how many chambers it had; and as for blowing his brains out, not one successful suicide out of one hundred manages to drive his entire cerebellum out of his skull by a single bullet.

Most of these words are the invention of pedants who had more book in their heads than brains, and who would call a kitten a "juvenile feline" to show off what they supposed to be learning. If there were six known dead languages instead of Latin and Greek, we should probably have four more words derived from them to apply to a cat and four or five more to everything else that creeps, crawls, walks, swims or flies. If things go on at this rate it will be cheaper by and by not to learn to write or even talk.

You don't want more than one pitchfork in your barn at a time, do you? Supposing, now, you went in some day and found the stable crammed with pitchforks, the manger with currycombs and the hay loft with hay rakes. How much room would there be for the horses, carriage, harness and hay? Now, as one, or at the most two, pitchforks are better for one barn, so, in the language, is one word for one thing.

Long, far fetched and little used words generally come of the writer's laziness. Because he happens to understand its meaning he takes it for granted that every one else does. One-third of your readers at least bring up all standing against a word or a phrase you've borrowed from doctors' talk, or chemists' talk, or scientific talk of some kind. It carries nothing to their minds, and, therefore, your writing doesn't interest them. But this is of no consequence if you are writing chiefly to amuse yourself.

A quotation, say from Shakespeare or Byron, was a clever thing for the man who first launched it. But it isn't at all clever for you to borrow, use and launch it in your writing, and if you do it's because your brain isn't fertile enough to give your own picture in your own words to your readers of what you want to represent. You are then only a painter, always copying other painters' pictures. —New York Star.

Power of Flesh Eating Nations.

It is notorious that flesh eating nations have exhibited an output of cerebral power which is nothing short of stupendous. The supremacy of the Anglo-Saxon race today, in its relations with barbarous and semi-barbarous people, is quite as much a matter of roast beef as of pedigree. Rice eating inhabitants of China and India may perhaps in future time be able to cope with him in sedentary intellection; but in those aggressive phases of mentalization which express themselves in fortitude and a relentless striving of the intelligence, such races must ever remain in the background.

He who would succeed, then, in the mental combat as exemplified in the social life of great cities should be, to a certain extent, a flesh eater; but to the end that all chemical demands of the organism may be satisfied he should adopt a diet consisting of vegetables as well. Rare beefsteaks, mutton chops, and, above all things, unbolted cereals in the form of oatmeal, wheaten grits and graham flour, constitute the true menu of the modern brain laborer.—Dr. J. Leonard Corning.

Beneath the Earth's Surface.

A human skull was disinterred by well diggers in Haskell county, Kan., recently at a depth of 135 feet beneath the earth's surface. Remains of fish and sea reptiles have been found on several occasions at various depths in the same neighborhood.—Chicago Herald.

Russia's Surpassing Military Power.

Russia surpasses every other nation in her cavalry branch and its resources. She still clings to the non-repeating rifle, the Berdan, and does not seem inclined to displace it. Even with her lately constructed strategic lines, she is sadly deficient of the means of mobilization. Besides maintaining her frontier zone, she is obliged to sustain on the east a force sufficient to support her menace against the Balkans. While, in comparison to Germany and France, she is inferiorly officered, owing to the franchises yet enjoyed by the nobility, the virtues of her troops are beyond question. Napoleon paid them deserved tribute. "It does not suffice to kill the Russian soldier," said he; "you must then knock him over." And even now the Roumelian delights to tell how the Russian, beaten back from the cannon's mouth seven times in one day, came sweeping on over the dead, to win at last.

He is brave to rashness, full of enterprise, and shares the Frenchman's preference for the bayonet. His poverty, his dirty clothes, worn to the threads, his seeming indolence and clumsiness, impress the beholder unfavorably at first sight. Yet these characteristics are external proofs of merit. Immobile in ranks, he is impulsive and persistent in action, passive in obedience, tenacious in battle; he is sensitive to kind words, suffers privation as a necessity of his existence and supports the most trying fatigues without complaint. In short, he combines the stubbornness of the Teuton with the valor of the Gaul. He has the ferocity of the Turk in conflict and the mercy of the Christian after. Of this the work left by poor McGahan bears abundant testimony.—E. D. Cowen in Chicago News.

The Ship's "Dead Reckoning."

Finding the way at sea depends on two methods, each of which is theoretically complete in itself—dead reckoning and astronomical observation. As observation may be prevented by thick weather, the second method may fail throughout a voyage or during the critical parts of it when land is approached. Thus dead reckoning, on which in many cases the the most scientific captains may have to trust, must be considered first.

Dead reckoning (why called "dead" I do not know nor greatly care) depends on the determination hour by hour of the direction and velocity of the ship's motion, and the determination thence of her position after each day's various movements. If we know a ship's position at a given time, say at noon on July 1, and she sails or steams at a known rate in a determined direction for a certain time, an hour, say, we can calculate her position at the end of that hour, subject to the action of currents. Since the rate and direction of currents are mostly known we can take this particular cause of motion into account. Thus we can mark in on our chart the position of the ship at the end of the hour. So at the end of the next interval of time during which her course remains unchanged and so forth—till finally we determine her position at noon on July 2. [This is not necessarily or probably twenty-four hours from noon, July 1, as in the new position now attained there is different local time, earlier if the ship is west of her former position, later if she is east of it.] Going on in this way day after day, the ship's course can be charted in, and her position is known from day to day—or in other words, those who have her in charge thus find their way from port to port. Theoretically this is all right, practically there are difficulties. The circumstances which render "dead reckoning" an unsatisfactory method of navigation are unfortunately numerous. —Richard A. Proctor.

Cuban Surveillance Over Girls.

Probably no people are so rigorous in the care and surveillance of girls as the Spanish. The idea extends to women in many wise respects. In school, at play, in the social home gatherings, the boy and the girl are rigidly kept apart, or, if permitted each other's society, it is under the strictest espionage. A little girl cannot step outside her home without a protector. A maiden or young lady is never seen upon the street alone. Any woman thus seen is instantly known as a doubtful person or worse. If my nina goes to school a father, a brother or a mother accompanies. The airing is nearly always taken in a carriage. In it must be a responsible member of the family.

No young, unmarried woman may visit a friend, attend the theatre or be seen at a reception or a ball, unless her parents are with her. If she have a lover he must come to the house and pay his respects to her like a gentleman. His attentions are not secret, surreptitious, dangerous. His choice is known to his friends, to hers. It must be a clean business all around. Her proper privileges and his under this regime, I am inclined to think, are greater, not less. She goes as much, but the whole family, something as with the sensible German people, go along also. If the lover desire an engagement to the ball or opera with his senorita he must first propose at headquarters. Then her pleasure is sought. If she accord there are no misunderstandings in that family. If it be a ride on the Calle Ancha del Norte or the Calzade de la Reina, they are all again there. If it be a promenade on the Prado the whole family promenades, frequently both families. The lover himself, in short, in all these undertakings while treated with real dignity is much less an affair to be considered than other things.—Edgar L. Wakeman.

Attention to Minor Manners.

And to descend to the lowest thing about a gentleman, we should remember that his minor manners must be attended to; he does not swear or smoke in the presence of women, he does not eat his dinner in a hurry, he does not crumble his bread about, making it into pills; he does not eat his soup with a hissing sound, or tip the plate to get the last drop; he mends his table manners if they are bad, he dresses himself well if his means will allow; be he ever so poor he must be clean. If he commits any little error at the dinner table he must learn to be composed; he must be deaf and blind to the errors of others in society. But etiquette never means stiffness. The best bred people are the unconscious.

So sudden are the rises in American society that many a man has been invited to a dinner party to eat his dinner off the plate which he lately washed. A politician may rise from being a waiter to being president of the United States. And he is a better man and a better diner out, a better president, if, when he was a waiter, he had good manners and was obedient. "He also serves who only stands and waits," has a greater master than the one who pays him his wages. The noble old quotation can be read two ways. A man may thus be a gentleman at heart even in a condition of servitude. Many an old black Uncle Tom was a gentleman, but it would not have been proper to thus announce him to his master.—M. E. W Sherwood in Philadelphia Times.

The Aborigines of California.

After 119 years of association with white men in California, there is not now in our state one first rate farmer, mechanic or bookkeeper of pure aboriginal blood; not one merchant or owner of a large herd of cattle. Many Indians have been good workers for a few weeks or months at a time in vineyards, orchards, hop fields, grain fields and sheep shearing, but at the close of the season they have wasted their earnings in dissipation, and then lounged about in idleness until another period of higher wages would stimulate them to exertion. This mode of life among the men, the degraded character of the women, the squalor of their dwellings, and the frequency of thefts near their camps, render them very undesirable as neighbors.

There never has been a time since 1846 when an Indian disposed to work faithfully could not get regular and profitable employment; when he could not save enough in a year to pay for forty acres of land; and when after buying he could not be protected in its possession. Thousands of white men, after arriving in California without a dollar, became rich by toil and economy; with better opportunities, for he was here when the common laborer could get $10 or $20 a day, not one Indian has done so.—John S. Hittell in Overland Monthly.

A Stupid Mistake.

Customer (in restaurant)—A broiled spring chicken, waiter, and a small bottle, vintage '74.

Waiter—Yes, sir. (Later)—Find everything right, sir?

Customer—No; you've made a mistake. You've brought me spring wine and a '74 vintage chicken.—New York Sun.

Cooking and Digestibility.

Experiments by Dr. N. Butiagin, a St. Petersburg medical student, show that the saliva is less active in digesting starch foods in invalids and weak persons than in the healthy, and that compensation for this may be had in the increased digestibility given the starchy substances by prolonged cooking. The saliva of a weak and nervous woman, with 88 per cent. of the normal activity, digested rice and peas which had been cooked three hours with the same readiness that healthy saliva digested the same foods after cooking one hour. It was further found that the difference between the effects of healthy and unhealthy saliva becomes greatly lessened when the starch is cooked for a long time.—Arkansaw Traveler.

Shortcomings of Typewriters.

It is astonishing that out of the large number of girls who learn shorthand and typewriting so few make a success of it. There is scarcely a day passes that girls do not apply to me for positions, saying that they are experts, but when it comes to the test not 5 per cent. of those who apply for positions could be considered good students. One great drawback is that most girls begin studying shorthand and typewriting before they understand the rudiments of spelling, or have the slightest idea of punctuation and capitalization. The colleges are all crowded, and have been for the past two years, with girls learning shorthand and typewriting, and yet good, reliable operators are very scarce.—Globe-Democrat.

A new definition of America is given by M. Renan. It is: "America is a wonderful country, an immense caldron open to all races."

The Mythology of India.

In India the great serpent Ahi (whence our word "adder"), and the dragon Vritra, who caused drought and physical evils, being therefore mere demons, were succeeded by the demi-devil, Ravana. He is described in the Rymayana as having ten heads, twenty arms, copper colored eyes, and bright teeth like the young moon. He was a breaker of all laws, especially a ravisher. Like Satan, he is of Celestial origin, and even in his lapse so potent, by reason of former sanctity, that he made each of the gods perform some menial office for him. He bore on his great form the scars of India's thunderbolt and Vishnu's discus, but reigned on still until Vishnu became incarnate as Rama, by whom the royal devil was slain. The Singhalese demons (Rakshasas), over whom Ravana reigned, remained, and are still dreaded (under name of Bhuts in India), but they had to wait for a long time for another chief. This was Mara, originally the Hindoo Cupid, who, when Buddha preached the evil of existence, naturally (as the god of reproduction) became the adversary.

Buddha believed in no deity or devil; the universe he declared without beginning, destined to be without end; it was entirely bad, and the only salvation of man was to escape not merely from the earth, but from existence altogether. On this purely negative foundation Buddhism has built up a system in which the Hindoo deities survive as angels, helpful or mischievous, Mara being its Satan and Buddha its Christ. Nirvana, however, still retains for a large proportion of Buddhists its original significance—a realm of unconsciousness—conscious immortality being for the bad, who will be punished by automatic torturers formed from their own evil desires. The Buddhist solution of the problem of evil is purely pessimistic. Nature is essentially bad; any appearance of good in it is an illusion which, if pursued, leads from bad to worse.—Moncure D. Conway in The Cosmopolitan.

Mechanism of the Heart.

In the human subject the average rapidity of the cardiac pulsation of an adult male is about seventy beats per minute. These beats are more frequent as a rule in young children and in women, and there are variations within certain limits in peculiar persons owing to peculiarities of organization. It would not necessarily be an abnormal sign to find in some particular individuals the habitual frequency of the heart's action from sixty to sixty-five or from seventy-five to eighty per minute. As a rule, the heart's action is slower and more powerful in fully developed and muscular organizations, and more rapid and feebler in those of slighter form. In animals, the range is from twenty-five to forty-five in the cold blooded and fifty upward in the warm blooded animals, except in the case of a horse, which has a very slow heart beat, only forty strokes a minute. The pulsations of men and all animals differ with the sea level also. The work of a healthy human heart has been shown to equal the feat of raising five tons four hundredweight one foot per hour, or 125 tons in twenty-four hours. The excess of this work under alcohol in varying quantities is often very great.

A curious calculation has been made by Dr. Richardson, giving the work of the heart in mileage. Presuming that the blood was thrown out of the heart at each pulsation in the proportion of 69 strokes per minute, and at the assumed force of 9 feet, the mileage of the blood through the body might be taken at 207 yards per minute, 7 miles per hour, 168 miles per day, 61,320 miles per year, or 5,159,880 miles in a lifetime of 84 years. The number of beats of the heart in the same long life would reach the grand total of 2,869,776,000.—Medical World.

Caterers and Bon Vivants.

The late Sam Ward, one of the most celebrated bon vivants and epicures, is said to have originated several novel forms of cooking different meats and vegetables which he kept a profound secret to his death. The most noted chefs of the present day, both in Europe and America, are as indefatigable in their experiments as are scientists. As a result nearly every one of them makes a discovery of some kind in the culinary line which he is wont to guard against publicity as sedulously as does the detective his initial clews in an important criminal investigation.

In a general way cooking among the aristocratic and wealthy has undergone many manifest changes during the last two centuries. Our most popular caterers would be likely to stand amazed if they could be for a brief hour translated into the Sixteenth century to witness one of the swell banquets of that period. Then princely tables were arranged with an eye single to splendor. Notwithstanding this they used to have delicious things to eat. Moreover, their table manners of that age must have been superior to ours in many respects, for one was required to possess a sort of intuitive knowledge of the many dishes prepared simply for show's sake—to be seen, not eaten.—New York Press.

A Colored Prisoner in Florida.

The average negro sees no terror in the jail. It affords him a great deal of fun, unless it be in watermelon time. It is to him what going to the sea shore is to the Caucasian, a relief from toil, and a season of rest most thoroughly enjoyed. When Sambo emerges from this forced, but no less agreeable, sequestration of the jail, he becomes an object of interest to his friends of the house of Ham.

"When did yo' get out, Bill?" said one of them to a fellow who had just withdrawn from a ten days' engagement with the city.

"'Bout half an hour ago."

"What sorter time like d'ye have?"

"Fust rate; plenty to eat, nice room to sleep in—no one there to bother me, so I slep' nigh all er time. Had a white man to wait on me, too. Yes, sir, had a first class white man ter bring me water, an' kerry out my slops; 'm gwine in again pretty soon."

He seemed especially proud of the fact that he had a white man to wait on him, and this fact greatly amused his hearers. —Hamilton Jay in Detroit Free Press.

Contagion in the Laundry.

Medical Officer Russell, of Glasgow, say that during the last ten years over 1,000,000 articles of clothing from persons affected with every kind of contagion known in this country have passed through the Glasgow laundry, and that in that time he has never known a case of interchanged disease, although the women engaged in the laundry have occasionally suffered from handling the linen before it was boiled.—Popular Science News.

Fattening Women in Tunis.

Professor Hoeber says, apropos of corpulence, that the Jewesses of Tunis, when they were 10 years old, were put into dark rooms and fed on the food prepared from flour and also with the meat of dogs until they were systematically fattened. In a similar way, he continues, the women in other parts of Africa are said to reach the same degree of fatness by eating honey and fresh dates. Corpulence in those localities must be "fashionable."—Good Housekeeping.

Parks for the Turbulent.

Public parks are recommended as a preventive of anarchy. A speaker in Philadelphia traced the connection between a certain class of virtues and open spaces. Riotous uprisings never find their source in that part of the population dwelling in the vicinity of the parks, since Anarchists frequent thickly crowded quarters, the alleys and densely populated courts.—Chicago Herald.

The Quality of Soaps.

The hard soda soaps are preferable to the soft potash soaps for toilet purposes, as the quality of all soaps depends upon the character of their constituents and the thoroughness of their saponification. Good soaps must not contain free alkali or any foreign irritating substances.—New York Sun.

BEAUTIES OF BRAZIL.

Wonderful Physical Charms and Incomparable Ignorance and Bad Temper.

Bahia is a city of 117,000 population, and to an American, especially a young American, it seems that about 100,000 of that number is composed of pretty girls, senoritas of wonderful physical charms and an agreeable lack of mental incisiveness and assertive opinionism.

The climate is made for love, laziness and cigarette smoking. In spite of the enervating influences so prevalent, lots of business is transacted in Bahia, mostly after the Philadelphia plan of conservative slowness, sureness and consequent safety. Big Spanish houses are beginning to employ an army of young Americans to transact their business, and these same young fellows, generally, are enterprising and of the "get there" class. Many boys of excellent family and antecedents have matrimonial "snaps" open to them which would make the heart of a real Italian count throb wildly in an ecstasy of joy. The senoritas, daughters of wealthy, influential, often noble, parents, are anxious, collectively and individually, to seize upon these transplanted sons of freedom, rush them before a priest, and get them for their own property forever and aye.

The senoritas are as beautiful as houris in youth, and can love like a house afire. Their figures are universally models of brunette Venuses, and their feet arched like rainbows, and Cinderellian in size. Their glorious eyes can set any well constituted man's blood going like a respiration pump at a single glance; and their ruby lips are, as many of the boys can practically prove, equally perfect in action for kissing or cigarette smoking. They have money—many of them lots of it—and they stand ready and willing with all their worldly goods to endow almost any young American of whose affections they can become undisputed mistress. In fact, at first acquaintance senorita is an angel, a Venus and a muse all rolled into one. But—for there is a but, and a hydra headed one—the obverse of this pleasing picture comes under observation after a longer acquaintance. Senorita, first of all, is ignorant—as ignorant as sin. She is passionate, and passion in the tropics means a jealousy which is insanity when thoroughly aroused. She is unscrupulously barbaric, and has a temper compared to which, when once aroused, a cyclone is a gentle zephyr.

Besides these few minor points which must be counted against senorita, there is another, a most illusion dispelling fact, which cannot be overlooked. Senorita's beauty is as fleeting as fog, as evanescent as a sunbeam, a thing of the present solely, which has no place in the future—that is, in that future which stretches beyond the age of 30 years. At 16 she is a picture; at 20 a dream of oriental loveliness, a hasheesh inspiration to stir men's souls to any deed; at 25 she is slightly passe; at 30 she is a hag, obese, yellow, sharp voiced, possibly addicted to drink, and certainly addicted to the pipe and cigarette. She lacks all the mental beauties which adorn the perfect nature and make the summer of married life more enjoyable than the fitful spring, and her physical perfection is gone forever. For those who live but in the present the South American matrimonial market is rich in bargains, however, and any young man of passable looks, education and manners can pull a prize from the lottery, which, if it tarnishes soon, is, nevertheless, very brightly gilt and a thing of beauty while its loveliness lasts. —Bahia Cor. Chicago Mail.

Hostility to New Things.

A universal law of social progress, with which we are all familiar, is that established systems in thought, morals, manners, government, or any department of human activity, struggle to perpetuate themselves by a fight against all innovations. Whatever is new and progressive, or represents the requirements of an enlarging field of life, has got to gain its foothold in the face of the powerful opposition of the old and pre-established. Those more perfected and exact conceptions of nature, which we call scientific ideas, have prevailed only after centuries of moral strife with the inherited superstitions and imperfect generalizations of our semi-civilized forefathers.

The progressive and liberal governments of our most advanced nations today have been established in spite of the bitter opposition of their predecessors, and are themselves fighting tooth and nail the higher forms that will succeed them. In literature and art old schools try to deny existence to the new; and, even in the little affairs of our daily lives, we are all permitting the things that are, and "have sufficed to our fathers before us," to keep out the better things that might be.—H. G. S. Noble in Popular Science Monthly.

Diamond Thieves of Zululand.

The illicit diamond buyer, who incites the Kafirs to steal diamonds, is a thorn in the digger's side. Often the illicit buyer gets a $4,000 stone for $400, but if he is caught in his crooked work and convicted he is sure to suffer a penalty of fifteen years' hard labor. The law is very stringent, and there is no way of getting away from it. It is illegal to own a diamond unless one is a claim holder or a licensed buyer. If a private individual wishes to purchase a stone or two for himself, he must first obtain a permit from the authorities. These precautions will be seen to be necessary, because the value of the diamond, its portability, the facility with which it can be concealed and the uncertainty regarding its existence make it a source of temptation to dishonesty among all classes. It is, therefore, against the law for any one, even if a licensed buyer, to purchase a diamond from any one not a claim holder, unless he can produce his permit. —Globe-Democrat Book Review.

Progress of Cremation.

Cremation is beginning to be taken up by beneficiary societies. The German Workingmen's Aid society, of New York, which has been in the habit of paying funeral expenses of dead members, has voted to buy $500 worth of stock in the crematory at Fresh Pond, Long Island, and eighty members have agreed, when they die, to be cremated.—New Orleans Times-Democrat.

The theory of eclipses is said to have been known to the Chinese before 120 B. C.

The Adhesive Postage Stamp.

Patrick Chalmers, of Wimbledon, England, has been engaged for some years, and apparently with much success, in demonstrating to phillatelists that his father, the late James Chalmers, of Dundee, was the inventor of the adhesive postage stamp. The credit is usually given to Rowland Hill, who succeeded in getting penny postage adopted, and certainly rendered a great service in so doing, but it is claimed he took his idea from a postoffice blue book of 1836, and that, when the idea was becoming a failure in practice, Mr. Chalmers saved it by his device. In fact, a German writer has pointed out a passage in the "Penny Cyclopædia" wherein it is said that Mr. Hill stated that the idea did not originate with him. When he died, about eight years ago, and the London press gave him the entire credit of the postal reforms, there was a general protest from Dundee, where more than thirty years before Mr. Chalmers had been presented with a testimonial in honor of his having originated the adhesive stamp.—Chicago Times.

A Tale from the North.

A tale comes from the far north, above the Arctic circle, that mammoth carcasses are found frozen in the ice, and that the Indians chop them out and feed the meat to their dogs. These carcasses are as well preserved as if killed but yesterday, although they have lain for who knows how many thousand years in a solidly frozen state. Undoubtedly these animals existed coeval with the glacial period and were indigenous to a tropical climate; therefore we must reason that this period came on almost instantaneously, all living animals were killed by the extreme cold, and before their flesh could putrefy it became frozen.—Juneau (Alaska) Free Press.

Why You Feel

So weak and exhausted is because your blood is impure. As well expect the sanitary condition of a city to be perfect with defiled water and defective sewerage, as to expect such a complicated piece of mechanism as the human frame to be in good order with impure blood circulating even to its minutest veins. Do you know that every drop of your two or three gallons of blood passes through the heart and lungs in about two and a half minutes, and that, on its way, it makes bone and muscle, brain and nerve, and all other solids and fluids of the body? The blood is the great nourisher, or, as the Bible terms it,

"The Life of the Body."

Is it any wonder, then, that if the blood be not pure and perfect in its constituents, you suffer so many indescribable symptoms?

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