

tures in their minds of each other, could they imagine with any fair degree of correctness each other's condition, thoughts, feelings and motives, how much more kindly, charitably, and therefore justly, would each estimate the other. If this realizing faculty is so powerful a factor in human welfare, how may we develop it? Every advancement in education, every act of mental discipline, every advantage of wider intercourse by society or travel, everything which brings different classes into closer relations, every influence which broadens the mind and expands the views, tends in this direction. To beware of getting into ruts, to avoid dwelling upon a single line of thought, to vary the life as much as may be, to study human nature in its personal and social aspects, to be hospitable to another's thought, tender of another's feeling, respectful to another's individuality—all these will help us to a clearer and truer realization of our fellow-men, and to better and happier relations with them. In the close and impure air of selfishness imagination droops and withers, but where the spirit of generosity and magnanimity reigns, there it flourishes and bears rich fruit.—*Philadelphia Ledger*.

Standards of Well-doing.

Three standards may be named, namely, that of waste, of retention, and that of improvement. It is illustrated in the riotous life of the prodigal son who spent all. We need not, however, confine the thought to money alone. Economy of material wealth is, indeed, our duty. Money is a medium of exchange and answereth all things. We estimate the value of our material treasures in money, and we are properly thoughtful to provide it to meet the wants of our households. We should show fidelity in its use, but there is a waste in other things, a lack of appreciation of the value of our physical, mental, and moral equipments of life. Health, time, learning, culture, beauty, and refined tastes are truly a capital which no possessor has a right to waste, or to retain unconsecrated, but gifts which are to be heartily dedicated to God, the giver of every good gift. How little we prize our health till it is gone. How few, comparatively, die of old age. Could you, if called to account for the stewardship of this one gift, your physical vigor, be able to say with the text, "Lo, thou hast thine own?" You may have saved dollars and yet squandered health, by evil indulgences of appetite or neglect of the laws of well-being, so that instead of having an increase to show, you have not even the original capital left. So with the intellectual endowments with which God has enriched you. Are your judgment, conscience, and will vital and forceful, or do you say, perhaps in regard to truth, "I can't believe?" Are these powers weak like a flabby muscle, unused and atrophied? Then it is true, you can not believe. In the trivialities of thought you

have dulled and weakened your mental powers and lost your intellectual aptitudes.—*Rev. Dr. Tunis S. Hamlin, in the Hamletic Review for July*.

Added a Proviso.

An old vag, who has been in the habit of calling on a certain business man on Griswold Street for dimes, was asked the other day how much he would take to keep away for all future time. He thought for a moment and then replied:

"Give me fifty cents and I'll never bother you again."

"I'll do it. Here—let me draw up a writing to that effect."

An agreement was drawn up and the vag read it over and laid it down with the remark:

"I can't do it. There's something cold-blooded about that."

"But you agreed to it."

"Yes, I know; but think of a man selling his manhood for fifty cents! I'd starve first!"

"Well, how much do you want?"

"A dollar."

"I'll split the difference with you."

"Well, I'll sign, but I want a proviso inserted that I do not hereby lose my self-respect, and that I do not forfeit the right to come up stairs and strike the man in the next room if I get hard up."

It was added, and he signed and went off to strike a free lunch counter.—*Detroit Free Press*.

Cold Storage.

The business of freezing meats and fish and preserving perishable products by various systems of freezing and cold storage has come to be an important feature of commerce. New York City now has eight large establishments devoted to it, with an aggregate capacity of 15,000 tons, besides many private "plants" belonging to separate produce houses. Some of them use the old process of ice and salt, while others use the ammonia process. By the former a temperature of 5 degrees can be reached, and with ammonia it is said the mercury can be sent down to 20 degrees below zero.

The freezing material is sent through pipes which line the large rooms in the refrigerator store houses and become incrustated with ice, keeping the atmosphere crisp, dry, and as cold as may be desired. Poultry is the chief commodity thus preserved, and it is often kept frozen fifteen months. One firm stored last season 2100 pairs of prairie chickens, 15,000 pairs of grass plover, 600 pairs of canvasback ducks, and 1300 dozen English snipe. The system saves great loss and enables dealers to make special profits on meats and fruits out of season. Fruits and nuts are kept in a more moderate temperature just above freezing. Great quantities of beef and other meats, eggs, vegetables, etc., are kept in these houses, and if proper care is exercised it is claimed that the flavor is improved by long freezing.—*Good Housekeeping*.

With One Bullet.

There is an old gentleman in Forsyth County who is very fond of hunting. Whenever he walks abroad his wife always bears him company. Recently he went out to drive the cows. During his walk he discovered five squirrels up one tree, and also discovered that he had lost all of his bullets but one.

He sat down, drew out his pencil and day book, and carefully surveying the distance up to the first squirrel, began: If six grains of powder will move a bullet three inches, how many grains will it take to carry it up to the squirrel, a distance of about thirty feet? made his calculation, put in the required amount of powder, just enough to kill the squirrel and for the bullet not to pass through. He banged away and down came a bushy tail. He took out his knife, cut out the ball, loaded up again, and fired until he killed the five squirrels with one bullet, and loaded with it the sixth time.—*Savannah News*.

Tobacco.

The first impression made by the smoke of tobacco is through the blood, and inasmuch as the whole volume of blood courses through the body in from three to five seconds, the indications of its effect, from the many compounds of which it is composed are felt universally in the younger smoker. After a short time, as the blood becomes charged with the poisons, the organic nervous chain and the organs it supplies are powerfully impressed.

For the young and adolescent the habit of smoking causes impairment of growth, premature manhood, and physical prostration.

I do not believe it possible that any man can constantly smoke a foul pipe without being constantly a martyr to dyspepsia. Cigars, if they are "good," produce dyspepsia very quickly, for in smoking them nicotine is more rapidly absorbed.

Smoking, as every one knows, destroys appetite and enfeebles digestion. Consumption does the same, and one of the most common presages of consumption is indigestion. For these reasons I have made it a rule for years past to insist that every consumptive patient should abandon the pipe and cigar, and I have found a rigid obedience to this rule worth many a formal prescription.—*Dr. B. W. Richardson, in St. Louis Magazine*.

Race Mortality.

Attention is called to the apparent fact that diphtheria is by no means so fatal to the negro race as to the whites, it having been shown that very few are even attacked by it. In February there were thirty-three cases of diphtheria in this city, when only three were credited to the negroes. Just what these statistics are worth as regards the negroes, we are not prepared to say. The New Orleans board of health present some interesting matters. The population of the city, according to the census of 1880, was: Whites, 158,367; negroes, 57,723; total, 216,090.