

HOW TO KEEP COOL.

If, in our intemperate climate, even the mountain-tops seem to melt with fervent heat in July and August, and even the sea to seethe and blaze, society sits in its bones, as it were, behind closed blinds, stayed with fans and comforted with ices, and is not, on the whole, uncomfortable.

But how shall that great industrious world which sustains society be itself sustained? The workers in Wall street or Baxter street, carriers of brick and mortar and wrier carriers of doubtful obligations, editors, printers, writers, preachers, artisans, mechanics, housewives, boardinghouse keepers, drudges of all degree, to whom a vernal holiday looks as far off and as fair as heaven—how shall these escape the long fever of the American midsummer? Or the farmers' households who take summer-boarders, the vast retinue of overworked servants, the laborers, in wheat-field and hay-field and garden, when savage Leo ramps and tears through the zodiac, how shall these groan and sweat under their weary burden and not fall beneath it?

Nature is kind. If she heat the earth seven times hot for her own economy, she says plainly enough that we have only to let down our individual fires to be reasonably comfortable. All winter long we have been crowding fuel into this portable furnace that we call the body, because we wanted caloric. Now we fill it with an equal bulk because we want something else. And for the reason that we are not bred stokers the misused machine is always out of order and but half capable.

Sir Charles Fox, the great engineer who died last week in London, built nothing finer than his own capacity to work. Among other notable successes he constructed the building for the Great Exhibition of 1851. To complete it in time he worked upon the drawings eighteen hours a day for seven weeks. During the last fortnight he slept only in his chair, dozing a few minutes at intervals. He came out of this match against Time unharmed. But he said he owed his endurance and his brightness to his simple diet, which was bread, fruit and vegetables. Every morning he found his brain teeming with ideas, his body tingling with energy. If Charles the Second pronounced his roast worthy to be knighted as Sir Loin, Mr. Fox would have treated his loaf and his rice, his apple and his tomato, with kindred honors. Both strength and endurance, he maintained, followed on a light diet. The cool blood could not develop fever, nor starve nerves and tissues.

It seems to be an established fact that the heavy eaters are the least muscular and the least intelligent of men. The inhabitants of northern Europe, northeastern Asia and North America, the Buracts, the Tungoos, the Laps, gormandize flesh, and are stupid and cowardly. When Pythagoras, Plato, Newton, Descartes, had a job of peculiarly difficult thinking on hand they cut down their supplies, and forsook meat altogether. The earlier Greek athlete, not more famous for their strength than for their ease of action and endurance, ate no animal food. Mahomed overran a world on barley. The great Omar, celebrated for his purity and genius not less than for his resistless valor, lived on dates and grains and water.

The Saracens have a respectable name in history for courage, persistency and shrewdness—vegetarians every wan Ali of them. Xenophon tells some large stories about the hardy pupils in the old Persian schools, Westons and Winships among them in plenty, though with much prettier names. Watercresses and bread were the whole of their diet; and yet those same soldiers scarce ever were quiet, such was their formidable strength and activity. Cousin-germans to them seem the athletes of the Himalayas. One of them is often stronger than three Europeans. He lifts a man by the breast and back between his palms and holds him at arms' length. These fare sumptuously every day on rice, with occasional cocoa-nut. The Chili miners add their testimony to the efficacy of meagreness. They make nothing of carrying on their backs three hundred and sixty pounds weight from the bottom of the mine, three hundred feet deep, to the top, ladders being a labor-saving device unused among them.

They dine and sup, and sup and dine, on beans and bread, and, apparently, hanker for no flesh-pots. The Arabs of the desert point the same moral; they are knit up of health. It is said that their patriarchs live two hundred years. They subsist on dates and camels' milk, in so small quantities that an autopsy shows the stomach to be much contracted. But stomach seems cheaply exchanged for such *verve* and vigor as they get in the barker.

Nor is it the heathen alone who thrive and keep cool on husks and east wind. The most vigorous Sabellian among us must concede to Jonathan Edwards the possession of a marvelous power of accomplishment. That endless worker found his highest condition attained on a per diem of one pound of light food. John Wesley labored eighteen hours a day, riding, perhaps, seven hours in twenty-four, and preaching five times, publishing forty volumes, and keeping up his vital flame for ninety years with carefully limited fuel. Swedenborg, after an early excess, heard a voice as from heaven, saying, "Eat not so much." Thereafter he sinned not against his stomach, and so fine and clear became his muddy vesture of decay, that it no longer grossly closed him in, and he thought he saw all the windows of heaven opened.

Summer dinners are a weariness to the flesh. Perhaps the Arab example of a handful of dates dipped in butter may not commend itself to our profuse housewives, but it is certainly better, whether considered from the aesthetic, human, or physiological point of view, than the heterogeneous "spread" of a well-to-do family, whose female head looketh well to the ways of her household. Anybody who reads that letter of Cicero in which he describes the preparations made by his distinguished guest, the mighty Julius, to enjoy his elaborate dinner, conceives a wholesome preference for rice and baked apples over that coarse enjoyment called a feast, which lasts him for many a day.

If heaven be within us, so is climate to a great degree. Much meat and many pickles, and unhindered coffee and tea, and the assimilation of unlimited lard and butter, and the quaffing of plenteous wine, and all through these summer months, in the delusion that this "generous" diet is needed to maintain our strength, must kindle equatorial fires within us. Bread and milk, vegetables, fruits, coarse grains, shall give us to live in an unbroken June till the sharp frosts offer excuse again to butchers' stalls. And if comfort be worth so much, is not capacity worth more? When abstinence buys nimble wits, activity, hope, courage, the very joy of existence, is it too dear a price to pay? The vision of hundreds of thousands of weary women grilling over the stove in these hot noontides to prepare useless calorie for the burning veins of their kind is uncheerful. If Dejanira were wise, she would feed her Hercules for a season from the larder of the garden, the field, the dairy. Though he grumble, yet is grumbling less harmful to him and to her than indigestion. But after a month of purgation he would not grumble. He would feel that he could mount on wings as with eagles. That he could run and not be weary. That he could walk and not faint. And he would thank her who forbade him to oppose August within to August without.—*Christian Union.*

How to Take Care of a Baby.

RULES FOR THE MANAGEMENT OF INFANTS DURING THE SUMMER SEASON.

The subjoined circular concerning the management of infants during the summer months, was prepared by a committee of leading medical men, and officially recommended to the thoughtful attention of mothers—

Rule 1. Bathe the child once a day in tepid water. If it is feeble, sponge it all over twice a day with tepid water, or with tepid water and vinegar. The health of the child depends much upon its cleanliness.

Rule 2. Avoid all tight bandaging. Make the clothing light and cool, and so loose that the child may have free play for its limbs. At night undress it, sponge it, and put on a slip. In the morning remove the slip, bathe the child, and

dress it in clean clothes. If this cannot be afforded, thoroughly air the day clothing by hanging it up during the night. Use clean diapers and change them often. Never dry a soiled one in the nursery or in the sitting-room, and never use one for a second time without first washing it.

Rule 3. The child should sleep by itself in a cot or a cradle. It should be put to bed at regular hours, and be early taught to go to sleep without being nursed in the arms. Without the advice of a physician never give it any spirits, cordials, carminatives, soothing syrups or sleeping drops. Thousands of children die every year from the use of these poisons. If the child frets and does not sleep, it is either hungry or else ill. If ill, it needs a physician. Never quiet it by caudal or cake; they are common causes of diarrhea and of other troubles.

Rule 4. Give the child plenty of fresh air. In the cool of the morning and evening send it out on the shady sides of broad streets, to the public squares, or to the park. Make frequent excursions on the rivers. Whenever it seems to suffer from the heat let it drink freely of ice-water. [We would say, let it drink, as often as it wishes, small quantities of moderately cold water.] Keep it out of the room in which washing or cooking is going on. It is excessive heat that destroys the lives of young infants.

Rule 5. Keep your house sweet and clean, cool and well aired. In very hot weather let the windows be open day and night. Do your cooking in the yard, in a shed, in the garret or in an upper room. Whitewash the walls every spring, and see that the cellar is clear of all rubbish. Let no slops collect to poison the air. Correct all foul smells by pouring carbolic acid or quicklime into the sinks and privies. The former article can be got from the nearest druggist, who will give the needful directions for use. Make every effort yourself, and urge your neighbors to keep the gutters of your street or your court clean.

Rule 6. Breast milk is the only proper food for infants. If the supply is ample, and the child thrives on it, no other kind of food should be given while the hot weather lasts. If the mother has not enough she must not wean the child, but give it, besides the breast, goat's or cow's milk, as prepared under Rule 8. Nurse the child once in two or three hours during the day, and as seldom as possible during the night. Always remove the child from the breast as soon as it has fallen asleep. Avoid giving the breast when you are over-fatigued or over-heated.

Rule 7. If, unfortunately, the child must be brought up by hand, it should be fed on milk diet alone—that is warm milk out of a nursing-bottle, as directed under rule 8. Goat's milk is the best, and next to it cow's milk. If the child thrives on this diet no other kind of food whatever should be given while the hot weather lasts. At all seasons of the year, but especially in summer, there is no safe substitute for milk, if the infant has not cut its front teeth. Sage, arrowroot, potatoes, corn flour, crackers, bread, every patented food, and every article of diet containing starch, cannot and must not be depended on as food for very young infants. Creeping or walking children must not be allowed to pick up unwholesome food.

Rule 8. Each bottleful of milk should be sweetened by a small lump of loaf-sugar, or by half a teaspoonful of crushed sugar. If the milk is known to be pure, it may have one-fourth part of hot water added to it; but if it is not known to be pure, no water need be added. When the heat of the weather is great the milk may be given quite cold. Be sure that the milk is unskimmed; have it as fresh as possible, and brought very early in the morning. Before using the pans into which it is to be poured always scald them with boiling suds. In very hot weather boil the milk as soon as it comes, and at once put away the vessels holding it in the coolest place in the house—upon ice if it can be afforded, or down a well. Milk carelessly allowed to stand in a warm room soon spoils, and becomes unfit for food.

Rule 9. If the milk should disagree, a tablespoonful of lime water may be added to each bottleful. Whenever pure milk cannot be got, try the condensed milk, which often answers admirably. It is sold by all the leading druggists and grocers, and may be prepared by

adding to six tablespoonfuls of boiling water without sugar one tablespoonful or more of the milk, according to the age of the child. Should this disagree, a tea spoonful of arrowroot, of sago, or of cornstarch, to the pint of milk, may be cautiously tried. If milk in any shape cannot be digested try, for a few days, pure cream diluted with three-fourths or four-fifths of water, returning to the milk as soon as possible.

Rule 10. The nursing bottle must be kept perfectly clean, otherwise the milk will turn sour and the child be made ill. After each meal it should be emptied, rinsed out, taken apart, and the tube, cork, nipple, and bottle placed in clean water, or in water to which a little soda has been added. It is a good plan to have two nursing-bottles, and to use them by turns.

Rule 11. Do not wean the child just before or during the hot weather, nor, as a rule until after its second summer. If suckling disagrees with the mother, she must not wean the child, but feed it in part out of a nursing-bottle, on such food as has been directed. However small the supply of breast milk, provided that it agrees with the child, the mother should carefully keep it up against sickness; it alone will often save the life of a child when everything else fails. When the child is over six months old the mother may save her strength by giving it one or two meals a day of stale bread and milk, which should be pressed through a sieve and put into a nursing-bottle. When from eight months to a year old it may have also one meal a day of the yolk of a fresh and rare-boiled egg, or one of beef or mutton broth, in which stale bread has been crumbed. When older than this it can have a little meat finely minced, but even then milk should be its principal food, and not such food as grown-up people eat.—*Ex.*

THE WHEELER EXPLORING EXPEDITION.

WASHINGTON, July 7.

The following are the latest particulars about the geographical exploration and surveys west of the 100th meridian:—

The Wheeler expedition is taking the field. It will concentrate at Pueblo, Col., about the 15th inst., moving thence in three separate divisions, which will occupy portions of southwestern Colorado, and northern New Mexico. The principal portion of the area to be occupied lies south of the thirty-eighth parallel of north latitude, in the vicinity of the Rio San Juan and northern tributaries of the Rio Grande, Rio Chama, Pecos and the Canadian, a region especially interesting, because of the routes of communication pushing forward toward northern New Mexico and Arizona and the mineral developments coming into prominence through late prospecting. In addition to these main portions of the expedition, two astronomical parties—one in charge of Mr. John H. Clark, astronomer, with one assistant at the observatory at Ogden, Utah, and another under Dr. F. L. Kampf, with two assistants, will determine the astronomical co-ordinates at Las Vegas and Cimarron, New Mexico, Sidney Barracks, Julesburg and the crossing of the Union Pacific Railroad by the 100th meridian.

In Nebraska, a special party to consist of Professor E. D. Cape, Paleontologist and Naturalist, and Dr. H. C. Yarrow, in charge of the natural history branch of the survey, and one assistant, will visit certain specified areas in the valleys of the Canadian River, Rio Pecos, Rio Grande and Rio San Juan. Professor Cape is well known for his extensive researches in the domain of Vertebrate Paleontology, and is following out his line of demarcation between extinct vertebrate and invertebrate fossil remains. The main division will consist of Lieut. Geo. M. Wheeler, corps of engineers, in charge; Lieut. C. W. Whipple, assistant, and six civilian assistants. The first party of division No. 1, to consist of Lieut. Wm. M. Marshall, engineer corps, in charge, with three civilian assistants; the second party to consist of Second Lieut. Rogers Birnie, in charge, and five civilian assistants. The second division—first party, First Lieutenant Philip M. Price, corps of engineers, in charge, and four civilian assistants; second party, Second Lieut. S. E. Blunt, Thirteenth United States infantry,

in charge, with three civilian assistants.

A special party, consisting of Dr. J. T. Rothrock, botanist; H. W. Henshaw, ornithologist, and one assistant, took the field in May and are operating in portions of Eastern Arizona and Western New Mexico. The above expedition is made up of nine different parties and covers a very wide and extensive field, and its contributions will augment the geographical inquiries that are now being made throughout the world.—*New York Herald.*

SERICULTURE IN CALIFORNIA.

About four years ago the question of silk raising was considerably discussed throughout the State. It was then conceded that sericulture ought to become a profitable California industry. Some few people embarked in the business, and in Sonoma County several acres were laid out in mulberry trees, and preparations made for engaging in the industry on a large scale. It was said and well substantiated, that our climate, resembling southern Italy, was well adapted for the purpose, and was, indeed, better suited for the culture of the silkworm than the silk producing districts of Japan and China. From that time to the present but little, comparatively, has been heard of sericulture. Occasionally, at agricultural fairs, specimens of native raised silk have been exhibited which demonstrated that California is adapted for sericulture, but it is well understood that no great progress has been made in establishing the industry permanently in our midst. At the last fair of the San Joaquin Agricultural Society at Stockton, a specimen of silk from Calaveras County was exhibited, pronounced by experts to be of the finest character. But in reply to the inquiry why, if such silk could be produced, it did not become one of the chief industries of the country, it was alleged that the producers had so far failed in making it a paying institution. So matters had gone on. The country, as a whole, has, during the last four or five years, largely increased its importations of raw silk, the major portion of which passes through San Francisco, and the business of silk manufacture has grown proportionately at Paterson, New Jersey, and other eastern cities.

In the meantime, those Californians not discouraged by first failures have gone on experimenting, and we are now beginning to find out how silk-raising in this State may be made a paying industry. One family residing in the foothills of Placer county has, for four years, been raising silk, and last year succeeded, for the first time, in obtaining a fair recompense for their trouble. This season, if all goes well, they hope to produce sufficient raw silk to net them \$2,000. In this instance the whole business has been managed by a mother and two children. One great thing necessary to make sericulture a success, it appears, is experience. Great care is necessary in hatching the eggs and tending the young worms till they become cocoons. And it seems that boys and girls are better adapted to attend to the little insects than are grown persons.—*San Francisco Bulletin, June 23d.*

MACHINE PURITY.—An ingenious Yankee, according to a Boston journal, has invented a machine which, if all is true that the inventor claims, will do more to purify elections, restore the public tone, bring the country back to the teachings of Washington and the fathers and prevent corruption than the resolutions of a dozen political conventions and the efforts of two-thirds of the party press combined. This machine is called "the patent safety ballot-box," and the inventor assures us that it can neither be stuffed nor manipulated. It seems to have made so deep an impression upon the Senate that we wonder an appropriation was not made to send it into South Carolina. That State stands in more need of the virtues possessed by this machine than any other. We should like to see it tried on Moses and the South Carolina Legislature.—*N. Y. Herald, July 10.*

A fire did fifty thousand dollars damage at Ingersoll, Ont., on Sunday night.