RULES FOR SLEEP.—There is no fact more clearly established in the physiology of man than this: that the brain expands its energies and itself, during the hours of wakefulness and that these are recuperated during sleep. If the recuperation does not equal the expenditure, the brain withers—this is insanity. Thus it is that in early English history, persons who were condemned to death by being prevented from sleeping, always died raving maniacs; thus it is also that those who are starved to death become insane—the brain is not nourished and they cannot sleep. The practical inferences are three: First, those who think most, who do most brain work, require most sleep: second, that time "saved" from necessary sleep is infallibly destructive to mind, body and estate. and estate.

ONIONS AND EPIDEMICS. — Messrs.
Editors:—In the spring of 1849 I was in charge of one hundred men on shipboard with the cholera among the men. We had onions, which a number of the men ate freely. Those who did so were soon attacked and nearly all died. As soon as I had made this discovery their use was forbidden. After mature reflection I came to the conclusion that onions should never be eaten during the prevalence of epidemics, for the reason that they absorb the virus and communicate the disease, and that the proper use for them is to be sliced and placed in the sick room, and replaced with fresh ones every few hours.

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All the Varieties of the Varieties of the Sick room, and replaced with fresh ones every few hours. every few hours.

It is a well established fact that oni-ons will extract the poison of snakes; this I personally know. Some kinds of mud will do the same.

After maintaining the foregoing opin-ion for eighteen years, I have found the following well attested: Onions placed in the room where there is small-pox will blister, and decompose with great rapidity; not only so, but will prevent the spread of the disease. I think as a disinfectant they have no equal, when CASH, properly used; but keep them out of the stomach.

If need be, the foregoing (which I have greatly abbreviated) can be attested on oath. Let us have all the facts bearing upon the subject.—John B. Wolf, in Scientific American.

THE AMERICAN GIRL.—It is the be-lief of certain well-meaning men, who THE AMERICAN GIRL.—It is the belief of certain well-meaning men, who were not born in Constantinople, that if the American girl were called on to meet a portion of her expenses by her own labor, she would be publidly a greater blessing, and personally healthier, wiser and happier. It is even believed that her outlay, instead of increasing, would diminish. Practiced in the mystery of keeping accounts, aware by experience of the difficulty of earning money, she would become clever enough to save it. With something to do, she would put less mind, time, and purse into the pursuit of pleasure. Mated at last with a poor mau, (so many are incorrigibly vicious that way!) she would share in his burden rather than crush him with it. If all women now were thus, we should have no cause to cry, as we are sometimes tempted to do, "Oh! for the slow but cheap girl of thirty years ago!" Whether d mocracy is capable of some such self-saving miracle as we have indicated remains to be seen.—Nation.

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THE MISTAKEN GENEROSITY OF A CANARY BIRD.—A lady in this city has a bird hanging in its cage by the window, the door of which is occasionally dow, the door of which is occasionally opened and his canaryship permitted to enjoy the freedom of the room. A day or two since he happened to fly on the mantle-shelf, whereon was a mirror. Here was a new discovery of the most profound interest. He gazed long and curiously at himself, and came to the conclusion that he had found a mate. Going back to his cage he selected a seed from its box and brought it in his bill as an offering to the stranger. In vain he exerted himself to make his new-found friend partake, and becoming weary of that, tried another tack. Stepping back a few inches from the glass, he poured forth his sweetest glass, he poured forth his sweetest notes, pausing now and then for a re-ply. None came, and, moody and dis-gusted, he flew back to his perch, hang-ing his head in shame and silence for the rest of the day, and although the door was repeatedly left open, refused to come out again.—Dubuque Times.

THE DEAD SEA.—If there were words to express an agony that no one has experienced, I would use them here. I perfenced, I would use them here. I cannot conceive worse torture than bathing in the Red Sea. Every inch of my skin smarted and stung as if a thousand nettles had been whipped over it. My face was as if dipped in boiling oil, the skin under my hair and beard, was absolute fire, my eyes were balls of anguish, and my nostrils hot as the nostrils of Lucifer. I howled with pain, but I suspended when I heard Whithey's voice. He had swallowed some of the water, and coughed it up into his nose and the tubes under his eyes. The effect was to overcome all pain elsewhere, whilst that torture was endured. It came near being a serious matter with

as if with a severe cold, and the pain continued severe for several days. Recovering our feet with difficulty, we stord pictures of despair, not the to open our eyes, and increasing the pains by every attempt we made to rub them with our wet hands or arms.

Hardly apything is more contemptible than the conceit which rests merely upon social position—the conceit of those who imagine that they are thus divorced from the clay of common men; of those who shrink with horror from the idea of work, as something which degrades of work, as something which degrades by its very contact; and yet who, very likely, owe their present position to some not very remote ancestor, who, recognizing his call to work, lived more honestly in the world than they do, and was not ashamed of solled thumbs. It is one of the meanest things for people to be ashamed of the work from which they draw their income, and which glorified their ancestors more, with their soiled aprons and black gowns, than themselves, with their fine ribbons and flashing jewelry. It might be a fine thing to be like the lilies, more gloriously clothed than Solomon, and doing nothing, as if we were only lilies. Advantageous position is only a more em-

and estate.

Give yourself, your children, your servants—give all that are under you, the fullest amount of sleep they will take, by compelling them to go to bed at some regular early hour, and to rise in the morning the moment they awake, and within a fortnight. Nature, with almost the regularity of the sun, will unloose the bonds of sleep the moment enough repose has been secured for the want of the system. This is the only mafe and sufficient rule; and as to the question how much sleep any one requires, each must be a rule to himself. Nature will never fail to write it out to be observed under the regulations just given.—Dr. Forbes Winslow.

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