

and greets the host and hostess, sometimes shaking hands with them. He is very particular about dress. On all occasions a military man, when he comes into the presence of the prince, must wear the proper uniform. If he has any medals—the man who wins a medal in England has a small miniature model made of it and placed on a ribbon instead of wearing the large medal—those the prince insists upon his wearing. As soon as the prince seats himself everybody else sits down. No one values until the prince does. It is wonderful how he observes everything, and knows exactly how long to stay, and when to get up and lead the way to the dining room.

As he walks past the company every one bows. As he goes down to the dining room the other guests follow him. He stands until everybody is in the room, then he sits down and the others follow his example. When he begins eating they begin eating. He is very thoughtful as well as clever. For instance, no one stops eating until he stops, so he will keep on eating till he sees that everybody has got pretty nearly enough. His exceeding tact and courtesy astonished me so that once I made bold to ask him how he remembered just what to do. He said he associated certain ideas.

His kindness to me at all times I cannot forget; he really seemed to "have me on his mind," and to remember that I was a stranger there, and whatever kindness he could show me would do me good. He was right, bless him!

One night I went to Mr. Irving's theatre, and the prince was in one of the boxes. Those acquainted with Mr. Irving's theatre know that there is a room off one of the boxes where the prince generally goes to take refreshments. As I passed by the prince happened to see me and called out:

"Aha, little chap, back again?"

"Yes, your highness," said I. As I walked up the stair he noticed I was lame, so he leaned down and helped me up the steps. Then he shook my hand and turned to Mr. Ashton, of Mitchells, and said: "You must always be kind to this little chap." It's no wonder the English people are very fond of him, but I'll double discount any of them at that business; I've good reason, too.—*Marshall P. Wilder's Book, People I've Smiled With.*

CAUSES OF HEART FAILURE.

Ordinarily and in normal conditions of the system and in adults the pulsations vary in number from 60 to 80 in a minute, but this rule is not without its exceptions. I have known healthy persons in whom the heart-beats were as few as 40 a minute, and others in whom it exceeded 90. They are generally increased in all persons by mental excitement, by stimulating food or drink, or even by an ordinary meal and by physical exercise. I think it undoubtedly true that the heart beats more rapidly at the present day than it did fifty years ago—a re-

sult which must be ascribed to the greater mental activity of the age. As a consequence the heart wears out more quickly now than it did with our ancestors, and cases of heart weakness and heart failure, which in former times were almost unknown, are now quite common. Like every other muscle of the body, the heart is strengthened by exercise, but this exercise must be systematic, regular, and not so excessive as to make too great a demand on the powers of the organ. For instance, a person who has not been in the habit of taking much physical exercise has a heart which, like all the other muscles of the body, is comparatively weak. He is suddenly forced to exert himself in a manner which is unusual to him. He runs 100 yards or so, or rapidly ascends a long and steep staircase. This exertion causes him to breathe more rapidly than is natural to him, the blood must be sent into the lungs in increased quantity, the heart must respond to the demands made upon it, and in order to accomplish its work its pulsations are greatly increased in number. It may be unable to accomplish its task and it suddenly stops altogether, and in the twinkling of an eye death ensues. Another may think he is leading a very regular life, his business is of a sedentary character, and when he has to go from place to place he rides in a horse car or drives in a carriage. He probably does not walk altogether as much as a quarter of a mile a day. Suddenly some violent emotion is excited within him, the heart participates in the general disturbance, it throws more blood into the lungs than they can manage, the pulmonary vessels are clogged, it cannot overcome the obstacle of a column of almost stagnant blood, it stops, and the individual is dead of heart failure. We can hardly pick up a newspaper without reading of some such occurrences as these, not the result of organic disease of the heart, such as derangement of its valves, but a functional disorder, the result of a vicious mode of life. That in many cases the heart may be strengthened by proper hygienic measures and medical treatment is not a question. In regard to this there is no doubt. Systematic but moderate exercise, which, strengthening the other muscles of the body, also strengthens the heart, is probably the most valuable of all the means to be adopted, and of this climbing heights should be a prominent feature. A person unaccustomed to this kind of physical exertion should, of course, proceed very carefully and under the direction of a physician till the body has become habituated to the work. The food should be of the most nutritious character, not over stimulating, and especially not excessive in quantity.

The mode of life should be such as to militate against the accumulation of fat in the body. The heart of a man weighing 150 pounds, for instance, may be strong enough for all the purposes of life; but if he makes his body weigh 200

pounds the proper proportion is destroyed and the heart is relatively weak. The *Materia Medica* embraces several agents which are directly heart tonics, and by the use of which the tone of the organ is increased; but they are not to be employed without the advice of a physician. It is just as easy to make the heart strong as it is to strengthen the muscles of the arms or legs; and if proper views on this subject can be caused to prevail and to be carried out in practice we shall hear less of weak heart and heart failure. A person will then be able to dispense with an elevator when he has to ascend to the seventh or eighth story of a building, and he can then indulge in a fit of anger, if so disposed, without running the risk of dropping dead at the feet of his antagonist.—*Dr. Wm. A. Hammond in Syndicate Article.*

THE SEXES IN AMERICA.

In 1880 there were 50,000,000 people in the country and about 882,000 more males than females, says the *Philadelphia Times*. That was only because more males were born; the females live the longest. Of the centenarians 1,400 were men and 2,907 were women. The boys start out nearly 1,000,000 ahead and are in the majority until the sixteenth year, when the girls are a little more numerous. Sweet sixteen is a numerous age, anyhow. After that first one and then the other is in the majority, the girls gradually gaining after 36 and leaving the men far behind after 75. To balance this longevity of the females in almost every state a few more boys are born, not many more, but always a few. It is astonishing to see where the census gives thousands and hundreds of thousands of boys and girls under 1 year old there are, with one or two exceptions, always a few hundred more boys, and only a few hundred more.

In only six of the forty-nine states and territories are more girls born, and in these states they are slightly in excess from eleven to eighty. These exceptions are Arizona, Delaware, Florida, Louisiana, Montana, and North Carolina. The fact that the females are in the majority in all the original thirteen states but Delaware and North Carolina, especially in Massachusetts and New England, has created the impression that there is something in the climate or in the people that produces more women than men. This is a popular but egregious error. In Massachusetts there were, in 1880, 437 more boys than girls under 1 year of age.

The males are in the minority in almost all the Eastern states because many of the young men go West. All over the West there is an excess of men, and those who are not foreigners have been withdrawn from the states farther East. In the new states and territories this is most noticeable. In Idaho, for instance, there are twice as many males as females, but the male infants are only a little in excess of the females. The west is