

**WESTMINSTER GREAT CLOCK.**—It is impossible to overrate the advantage of a reliable knowledge of exact time in all great centres of industry; and yet, although time passes daily through London to many parts of the country, from Greenwich, the people of London have, with one exception, few clocks on which they can implicitly rely. The exception—and a notable one—is the great clock in the new palace at Westminster; for, although so costly a production, it turns out, as respects performance, to be perhaps the finest clock of the kind in the world. Telegraphic communication with Greenwich exists for the purpose of enabling the clock to report authentically its state every day to the Astronomer-royal; the Greenwich record, therefore, demonstrates the goodness of the machine. It is not allowed to deviate more than two seconds from the true time, and we are told in one of the astronomer-royal's reports that "the rate of the clock may be considered certain to be much less than one second per week."

When we consider what is the duration of a second of time, and that such a huge machine is able to perform for a week within that limit, we may well marvel at the result. The clock-frame, carrying the various trains of wheels, etc., is fifteen and one half feet long, and four feet seven inches wide; the pendulum, which makes one vibration in two seconds, weighs between six and seven hundred weight; the dials, of which there are four, and which are illuminated at night, are each twenty-two and one-half feet in diameter, and it is a day's work for a man to wind the clock up, both going and striking parts. —*Chambers' Journal.*

"BREAK IT GENTLY." "Yes, I remember that anecdote," the Sunday school superintendent said, with the old pathos in his voice and the old look in his eyes. "It was about a simple creature named Higgins, that used to haul rock for old Malby. When the lamented Judge Bagley tripped and fell down the court house stairs and broke his neck, it was a great question how to break the news to poor Mrs. Bagley. But finally the body was put into Higgins' wagon and he was instructed to take it to Mrs. B., but to be very guarded and discreet in his language, and not break the news to her at once, but do it gradually and gently. When Higgins got there with his sad freight, he shouted till Mrs. Bagley came to the door. Then he said: "Does the widder Bagley live here?" "The widder Bagley? No, sir." "I'll bet she does. But have it your own way. Well, does Judge Bagley live here?" "Yes, Judge Bagley lives here." "I'll bet he don't. But never mind—it ain't for me to contradict. Is the Judge in?" "No, not at present." "I just expected as much. Because, you know—take hold of 'uthin', mum, for I'm a-going to make a little communication, and I reckon maybe it'll jar you some. There's been an accident, mum. I've got the old Judge curled up out here in the wagon—and when you see him you'll acknowledge, yourself, that an inquest is about the only thing that could be a comfort to him!" —*Mark Twain.*

**FAT AND LEAN PEOPLE.**—It is a striking fact that most people want to weigh more than they do, and measure their health by their weight, as if a man were a pig, valuable in proportion to his heaviness. The racer is not fat, the plough horse has but a moderate amount of flesh. Heavy men are not those whom experienced contractors employ to build railroads and dig ditches. Thin men the world over are the men for work; for endurance; they are wiry and hardy; thin people live the longest; the truth is, fat is disease, and, as proof, fat people are never well a day at a time. Still, there is a medium between being as fat as a butter ball and as thin and juicyless as a rail. For mere looks, a moderate rotundity is most desirable, at least, to have enough flesh to cover all angularities. To accomplish this in the shortest time, a man should work but little, sleep a great part of the time, allow nothing to worry him, keep always in a joyous, laughing mood, and live chiefly on albuminates, such as bottled cracked wheat, rye, oats, corn and barley, with sweet milk, butter-milk and meats. Sugar is the best fattener known. —*Hall's Health and Good Living.*

**BATHING.**—A daily bath for the whole body is not too much. Health may not absolutely require this, but there are few persons who would not be benefited by a complete washing of the skin, from head to foot, at least once every day. The feet need washing as well as the head, as perspiration on them is very abundant. Digestion is freer when water is applied above the organs of digestion, and the washing of the chest helps one to breathe more freely. Bathing makes the limbs supple, and it opens the muscles to breathe from, if such an unscientific statement may be permitted. All will agree that in the second month of summer, a daily bath is a luxury not to be omitted, but in winter it is hardly less necessary, and the reaction which follows makes it a luxury even in the most inclement weather. —*Herald of Health.*

**THE RESULTS OF BAD COOKING.**—If good living contributes to long life, as beyond all doubt it does, have we not in the converse of the proposition a key to unlocking the secret of the low average of human life in the United States? We are below Great Britain, France, Spain, Portugal, Prussia, Austria, and Italy in the average age of our people; is it not because we live upon worse food, violate more laws of hygiene, and suffer intemperance penalties than they? God sends us meat, and the devil sends us cooks. Out of our large cities, what hotel keeper ever prepares himself by education or training for his business? Through out our farm-houses, who knows the secret of good bread or light pastry, of a perfectly boiled potato, or of a joint of meat done to a turn? —*Lippincott's Magazine.*

A ward politician was boasting that he could bring an argument to a point as quick as any other man. "You can bring a quart to a pint a good deal quicker," observed a wag.

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