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ing thereby the primeval group of "the seven stars" to be six only ever since; but with the general destiny of the seventh one shining forth at some future time brighter than ever. A sort of early poetical prophecy, which the recent progress of practical astronomy on one side and archeological research on the other, especially at the Great Pyramid, have been lending remarkable confirmation to within the last few years.—*Chambers' Journal.*

MATURE BEAUTY.—It is never too late to be beautiful. Here is solid comfort for ladies of uncertain age. Helen of Troy, was over forty when she perpetrated the most famous elopement on record, and as the siege of Troy lasted a decade she could not have been juvenile when the ill fortune of Paris restored her to her husband, who is reported to have received her with unquestioning love and gratitude. Pericles wedded the courtesan Aspasia when she was thirty-six, and yet she afterward for thirty years or more wielded an undiminished reputation for beauty. Cleopatra was past thirty when Anthony fell under her spell, which never lessened until her death, nearly ten years after; and Livia was thirty-three when she won the heart of Augustus, over whom she maintained her ascendancy to the last. Turning to more modern history, where it is possible to date dates more accurately, we have the extraordinary De Poitiers, when Henry II—the duke of Orleans, and just half her age, became attached to her; and she was held as the first lady and most beautiful woman at court up to the period of the monarch's death and the accession of Catherine de Medicis. Anne of Austria was thirty-eight when she was described as the most beautiful queen of Europe, and when Buckingham and Richelieu were her jealous admirers. Ninon, the most celebrated wit and beauty of her day, was the idol of two generations of the golden youth of France, and she was seventy-two when the abbe de Barais fell in love with her. True it is that in the case of this lady a rare combination of culture, talents and personal attractions endowed their possessor seemingly with the gifts of eternal youth. Bianca Capello was thirty-eight when the Grand Duke Francesco of Florence fell captive to her charms and made her his wife, though he was five years her junior. Louis XIV. wedded Madame Maintenon when she was 43 years of age. Now, if we turn to the annals of the most recent times, we find that the late Empress Catherine of Russia, when she seized the empire of Russia and captivated the dashing General Orloff. Up to the time of her death—67—she seemed to have retained the bewitching powers, for the lamentations were heart-felt among all those who had known her personally. A celebrated French tragedienne only attained zenith of her beauty and power between forty and forty-five. At that period the loveliness of her hands and arms, especially, was celebrated throughout Europe. The famous Madame Rebecq was thirty-eight when Baris was ousted from power, and she was, without dispute, declared to be the most beautiful woman in Europe, which rank she held for fifteen years.

LOST STARS.

Fifteen changes of color and specially red tintations have been long remarked as highly characteristic of an extensive and well-known class of stars termed "variable stars" or stars variable in their brightness and consequent visibility through periods of time, extending in the different cases from a few days to many years, and occasionally, it is believed, to several centuries. Thus the star termed by astronomers Algol, or Persei, varies in brightness from the second to the fourth magnitude, and back again, in the short period of two days, twenty hours and forty-eight minutes. Lyra varies from the third to the fifth magnitude, and comes back to the third again, in six days and nine hours. Omicron, or Mira Ceti, varies from the second magnitude to complete invisibility, and reappears and comes up to the second magnitude again in three hundred and sixty days. Argus varies from one of the very brightest of the stars of the first magnitude in the whole heavens down to a most inconsiderable one of the fourth magnitude, and blazes out again up to the first magnitude in about forty-six years; while R. Cephæ varies from the fifth magnitude down to the eleventh magnitude, or visible only in a very powerful telescope, and returns to the fifth, which is visible to the naked eye, in about seventy-three years. Now, if we turn to the annals of the most recent times, we find that the late Empress Catherine of Russia, when she seized the empire of Russia and captivated the dashing General Orloff. Up to the time of her death—67—she seemed to have retained the bewitching powers, for the lamentations were heart-felt among all those who had known her personally. A celebrated French tragedienne only attained zenith of her beauty and power between forty and forty-five. At that period the loveliness of her hands and arms, especially, was celebrated throughout Europe. The famous Madame Rebecq was thirty-eight when Baris was ousted from power, and she was, without dispute, declared to be the most beautiful woman in Europe, which rank she held for fifteen years.

WHERE THE SUN NEVER SETS.

The following graphic passage is from the description of a scene witnessed by a Mr. Campbell and his party, in the north of Norway, from a cliff one thousand feet above the sea: The scene stretched away in silent vastness at our feet; the sound of its waves scarcely reached our ears; look-out: away in the north the huge old sun hung low along the horizon, like the slow beat of the pendulum in the tall clock of our grandfather's parlor corner. We all stood silent, looking at our watches. When both hands came together at twelve, midnight, the full round orb hung triumphantly above the waves, a bridge of gold running due north spanned the water between us and him. There he none in silent majesty which knew no setting. We involuntarily took off our hats. No word was said. "Come, if you can, the most brilliant sunrise and sunset you ever saw, and its beauties will pale before the gorgeous coloring which now lit up the ocean, heaven, and mountain. In half an hour the sun had swung up perceptibly on its beat. The colors changed to those of morning; a breeze rippled over the flood. One sonneter after another piped up in the grove behind us. We had slid into another day.

A SNEEZE.—As a rule, a sneeze is the warning nature gives that some part of the body is exposed to a cooler temperature than the other parts and that the sneezer is "catching cold."

Next to the warning, what is the use to sneeze? It throws open the pores of the whole body and induces a gentle perspiration; in a word, it throws off the cold. A child rarely sneezes more than twice; perspiration is readily induced in youth, an old man on the contrary, sneezes half a dozen to a dozen times, with a loudly explosive "catching cold." It is harder to set him perspiring. When one is sitting by an open window and finds himself sneezing nature tells him he is taking cold. He should get up instantly, walk about, and take a full tumbler of cold water to keep up the gentle perspiration that the sneeze set in motion. If he does this he will not be telling an hour after that he has a "cold in his head," or chest, or lungs.—*Dr. B. Westcott.*

Twilight.

A long, low window, with open-paned walls, And narrow windows looking to the west, A quiet room, where fading twilight falls On folded hands of ease who sit at rest; Who rests and listens in the twilight gloom To tender strains of music, soft and slow: These notes and fall, and flutter, across the room In words but melodious ebb and flow. Without, a splendor lingers in the heaven, Of rose, and purple, royal gold, and grey; Green leaves are trembling in the breeze of eve, The nightingale's sweet voice comes o'er the way While overhead, in skies serene and far, Shines, like an angel's face, the evening star.

Brain and Nerves.

ADVICE TO NERVOUS PEOPLE.

Now, from whatever cause or combination of causes nervousness has been produced, if happiness and health are to be restored, the causes must be removed and the injury they have caused be repaired. For in proportion to the weakness of a man's system and the enfeeblement of his nerves, will be the liability of his falling a victim to other and more fatal maladies; and thus it is that every day we find such diseases as bronchitis, consumption, Bright's disease, brain disease and insanity following at the heels of nervousness. The indications for treatment are fourfold: First, we must remove the cause, restore the tone of the heart, improve the blood. All injurious habits must be given up; late hours and intemperance in eating must be abandoned; smoking if practiced stopped. The food is most important. It must be abundant and wholesome—neither too much nor too little. It should not be starchy, and soups had better be avoided, so long as solid food can be taken. Rise from the table feeling you have had enough, but not oppressed with what you have eaten. The bread should be stale, and no very heating food taken. Eight hours' sleep should be taken every night if possible. This alone will nearly cure. Take no narcotics to make you sleep. A few raw oysters before bed-time are worth all the narcotics in the world, are easily digested, and furnish material for nervous tissue and blood. If you wake up in the middle of the night, sometimes a small stale biscuit eaten will send you off to sleep again. A change of scene, air and cheerful society, with sea-bathing, are excellent agents for curing nervousness. Avoid physic—it exhausts the tone of the system, the very thing you would restore. Above all, keep up a good heart and a firm reliance on the Great Author of Life.—*Herald of Health.*

NOURISHING THE BRAIN.

To increase the plastic property of the mind you must nourish the brain. You naturally expect that this result may ensue when the body generally is nourished; and so it will, if there be no exorbitant demands on the part of other organs, giving them such a preference as to leave very little for the organs of the mind. If the digestion or the muscles are unduly drawn upon, the brain will not respond to the drafts made upon it. Obversely, if the brain is so constituted by nature, or so excited by stimulation, as to absorb the lion's share of the nutriment, the opposite result will appear; the mental functions will be exalted, and the other interests more or less impoverished. This is the situation for an abundant display of mental force.—*Alexander Bain.*

NERVE FOOD.

In what does nerve food consist? In what do we find it? Is it meat? No; white bread? No; potatoes? No. If it is not to be found in these staples, in what is it to be found? I answer, in the exterior of the white kernel, in the skin of the potato, and in milk, partially also in eggs and fish. I answer, the chief food staples, in the present dietetic system, are almost entirely deficient in brain and nerve building material. In view of these facts, is it a result to be wondered at that the starving nervous tissue in the overworked masses attempts to satisfy an intolerable sense of craving of physical hunger, by the use of stimulating poisons that temporarily supply the place of brain and nerve food? I answer, the cause of intemperance is based upon a fundamental error in the present dietetic system. Let it always be borne in mind that stimulating brain poisons—alcohol, opium and tobacco—temporarily supply the place of brain and nerve food. What is the remedy for intemperance? I answer, nerve food—building material to supply the waste of the nervous tissue in the masses. I answer, further, a reform in the present popular system of dietetics, by reducing the proportion of fat and muscle forming elements, and increasing the nerve and brain building material in a proper ratio. Let the supply in each case meet the demand, and no more.—*Herald of Health.*

THE OVER-REQUIREMENT OF BUSINESS.

It is not without a shade of melancholy that we notice in almost every journal the record of a falling in the ranks of business men. This successful

OUR PUBLIC LANDS.

At the recent meeting of the National Academy of Sciences in Washington, Major Powell read a very interesting paper on the "Public Domain." The following extract is given by the *New York Tribune*:

He divided the whole area of the United States into two parts, which he designated as humid and arid. The humid portion are those in which the rainfall is sufficient for the purposes of agriculture, the arid, those where it is not. Except a narrow strip on the Pacific coast, the arid portion comprises all the land west of a line drawn through the centers of Minnesota, east of Nebraska, and near the centers of Kansas, Indian Territory and Texas. The arid portion nearly equals in area the humid portion. Within the arid region there are localities of great fertility, in valleys watered by streams; but the instances where the fertility depends directly upon rainfall are exceedingly few. Wherever there are streams in this region the fertility can be much extended by irrigation. The unsold public lands in the humid region are almost wholly undesirable property. In Florida there are 8,000,000 acres of this sort, including the vast swamps of the Everglades. In Louisiana there are 4,000,000, in Mississippi, 3,375,000; these are chiefly on the coast line, and are salt marshes. In Arkansas the 9,000,000 acres of public lands are mostly a mountain region; in Michigan there are 1,000,000 acres of swamp and barren pine lands, and similarly objectionable features characterize 5,000,000 acres in Wisconsin, 500,000 in Iowa, much of the 8 to 10 million in Minnesota, and about 1,000,000 in Washington Territory. *Of all the public lands left unsold in the humid region the only portions available for agriculture are a small proportion of the Minnesota lands.*

SLEEP THE BEST BRAIN STIMULANT.

The best possible thing for a man to do when he feels too weak to carry anything through, is to go to bed and sleep as long as he can. This is the only recuperation of brain power, the only actual recuperation of brain force; because during sleep the brain is in a state of rest, in a condition to receive and appropriate particles of nutriment from the blood, which take the place of those which have been consumed by previous labor, since the very act of thinking burns up solid particles, as every turn of the wheel or screw of the steamer is the result of consumption by fire of the fuel in the furnace. The supply of consumed brain substance can only be had from the nutritive particles in the blood, which were obtained from the food eaten previously; and the brain is so constituted that it can best receive and appropriate to itself those nutritive particles during a state of rest, of quiet and stillness of sleep. Mere stimulants supply nothing in themselves; they goad the brain and force it to a greater consumption of its substance until it is so exhausted that there is not power enough left to receive a supply.—*Herald of Health.*

NERVOUSNESS AND NERVINES.

Nervousness is one of the prices we have to pay for civilization; the nervous savage is a being unheard of. For this disorder, which is partly of mental and partly of bodily nature, relief is sought in various ways, and among these we place the employment of narcotics. The temporary relief afforded by these drugs is very apt to lead those who suffer from nervous sensations to put too much trust in and resort too frequently to them. In the long run they prove most destructive to health. Their use has of late become so frequent as to threaten society with a serious evil. It has been boldly contended that chloral is to be found in the work-boxes and baskets of nearly every lady in the west end of the metropolis, "to calm her nerves." No doubt this is an exaggeration, but it is a fact that New York chloral punch has become an institution of chloral in medical practice, and now it turns out that Germany—"sober, orderly, paternally-ruled Germany"—has such a thing as morphia disease spreading among its population. The symptoms are not unlike those of opium eating. Experience suggests that persons suffering from this disease should at once be deprived of the drug. Their willfulness and liability to relapse, however, are so great that it is said that only about 25 per cent. have been seen to recover in a large series of cases.—*Cassell's Magazine.*

RECOLLECTIONS OF DON QUIXOTE.

Beauty in a modest woman is like a fire or a sharp word at a distance; neither does the one burn nor the other wound those that come not too close to them.

THE EFFECT OF NOISE ON THE BRAIN.

There is a close connection between a healthy brain and a quiet, untroubled auditory nerve. It is not impossible that the noise in which we live, and which fools delight in as signs of cosmopolitan life, is responsible for much of the paralysis, neur lgia and general nervous irritability characteristic of modern times. It is no laughable matter, but a serious one, and useless noises ought to be abated as nuisances. Let it be remembered that of all our five senses two only are intellectual, the instruments of art culture, seeing and hearing. If anything, hearing is the most highly and purely intellectual, for articulate speech, reason and rhythmic poetry and music depend upon this function. The sensitiveness of an organ is in proportion to its delicacy, and exquisite torture can be caused by the ear. The eye we can protect, for we can close it at will, but the ear is an ever-open portal, and throws us upon the mercy of mankind.—*Providence Press.*

AS BROAD AS LONG.

A gentleman returning from Leyton one evening hailed the conductor of an omnibus and asked him if he was going to the Bank. He answered in the affirmative, and that the fare would be a shilling. The gentleman took his seat in the bus, and when it arrived at the Flower Pot in Bishopsgate street the cad opened the door and, "Go no further, sir." "Why, you told me," said the gentleman, "that you went to the Bank." "I call this the Bank, sir." "Oh very well," said the passenger, giving him a six pence. "I call that a shilling."

CONTEST OF GAME CHICKENS.

We give the following account of a contest between two Game Chicks at a recent tourney in New Orleans. The birds which fought were two specimens, a white and a black cock, piling the beam at barely three pounds each. An soon as the birds were let loose they rapidly approached each other, their feathers bristling and tossing their beautiful heads with the grace and the defiance of a war horse. They locked bills, and rising together as one, they simultaneously dived their sharp spurs and inflicted and received two stabs. In this preliminary encounter they seemed to measure and estimate each other's resources and to decide upon a line of tactics which, upon their separating, was immediately developed. The white bird was evidently forcing the rapidly approached each other, their feathers bristling and tossing their beautiful heads with the grace and the defiance of a war horse. 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