Mortality among Elephants.

We learn from the Rangoon *Burmah Mail*, a file of which has just reached this office, of a large mortality among elephants in that district; and a more serious loss of the same kind has been experienced by the Moulmein foresters, on the Thoungyeen side. The *Mail* states the value of each elephant is from 800 rupees to 1,500 rupees ($400 to $750) and that the loss to their people in the aggregate is very considerable, greatly enhancing the price of these useful animals, and increasing the difficulty and cost of bringing timber to market.

KNIGHT'S IMPROVED HEALTH LIFT.

Physical culture, in moderation, is unquestionably beneficial; but physical culture in excess is as certainly baneful and injurious to the system. The present tendency is toward the extreme; and, as exemplified in the repeated failures of overtrained athletes at the moment of trial, the results reached are exactly the reverse of those sought. The reason is undoubtedly to be found in the mistaken theory which impels the development of only those muscles which are to be used in the contest—a theory which neglects the equally important truth that, after all, the human body is but a beautifully organized machine, and, like every other piece of mechanism, its ultimate strength, as a whole, is only equal to the strength in its weakest part. If, therefore, we create an abnormal growth of arm muscles for rowing, or for leg muscles for walking, we do so at the expense of some other part of the machinery, usually the nerve centers. We accelerate the circulation of the blood in the vessels of the chest until the walls of the veins and arteries become thinned and diseased through distension, and the application of undue strain determines their rupture. It would be exactly the same if we were to seek to strengthen an engine by taking away all the metal about the steam conduits until the walls of the same were as thin as paper, and putting it on the connecting rod and crank. The moment a heavy load was put on the machine, an increased strain would break the pipes, and everything would stop. The kind of exercise needed is that which will strengthen all parts of the body equally, producing a uniformly strong structure. Such exercise would be rational, beneficial, and health-giving, resulting in permanent good effects, and not, as is now too frequently the case, in permanent bad ones.

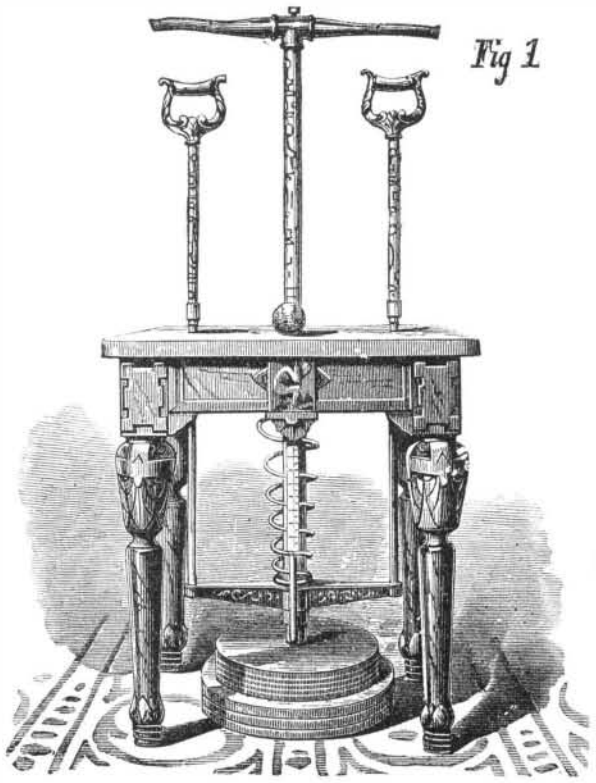


Fig 1

Whether or not such benefit is to be gained from what is known as the lifting system, we are not, from personal knowledge, prepared to state. That the lift exercise is growing in favor is undeniable, and we may add that we have known a number of persons who have derived much good therefrom. The inventor of the machines illustrated herewith, says, in regard to the value of lifting: "I state what I have proved; for in my practice of Swedish movements (applied exercise), I was compelled to devise some way to cultivate the strength and endurance of certain kinds of patients, without at the same time disproportionately taxing their nervous energies. My machine (in use six years in my office) does it better than anything else known to me; and I feel able to say that if oarsmen—*soi disant*, or professionals—would carefully cultivate the nerve centers by lifting in a prescribed manner everyday, they would accomplish more, and with less waste, than without the machine."

The appearance and construction of the machine referred to will be understood from the engravings. Fig. 1 represents the apparatus arranged for complete spring and dead weight combined, with a maximum resistance of from 600 to 1,200 lbs.; and Fig. 2 is the family machine, constructed with spring alone, having a resistance of from 300 to 600 lbs.

The table legs are supported upon springs, in order to give elasticity to the lift when raising a dead weight from the floor. A slotted tubular socket is attached to the under side of the table, and guides an interior tubular piston that is connected with a yoke sliding on the outside of the socket tube, and resting on a collar at the lower end of the same. A second pin connects the lower part of the sliding piston with a slotted and weighted tube which slides between the socket tube and piston, and which may be adjusted higher or lower on the latter, so that the weighted tube may be raised at any desired moment of lifting the piston. The yoke carries a powerful spiral spring which is compressed by raising the handle, and also side arms, having vertical rods and small side handles. The intermediate tube carries on its base collar a number of detachable weights which allow not only of the adjustment of the apparatus to any degree of spring and dead weight action combined, (but also by the higher or lower setting of the weighted tube) the raising of the weight at any desired moment after the spring has been partly compressed.

A well graduated strain is thus obtained, which proceeds from a minimum to a maximum, and thence goes back to the minimum, requiring no considerable effort to overcome the constant or fixed resistance, but admitting, by a gradually increasing exercise, a regular training and development of the muscles.

The machine is very handsomely constructed, and forms a neat and ornamental piece of furniture. Its employment is especially recommended to persons of sedentary habits and those suffering from chronic diseases.

Patented through the Scientific American Patent Agency, May 11, 1875.

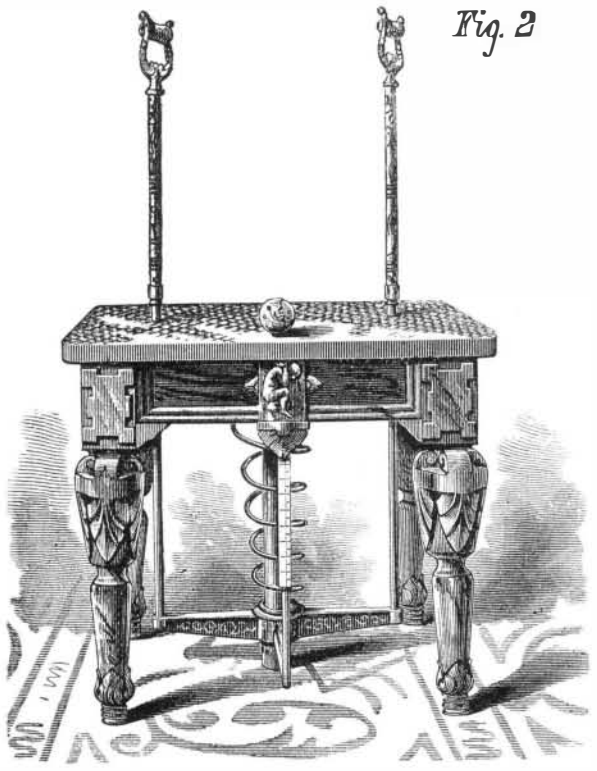
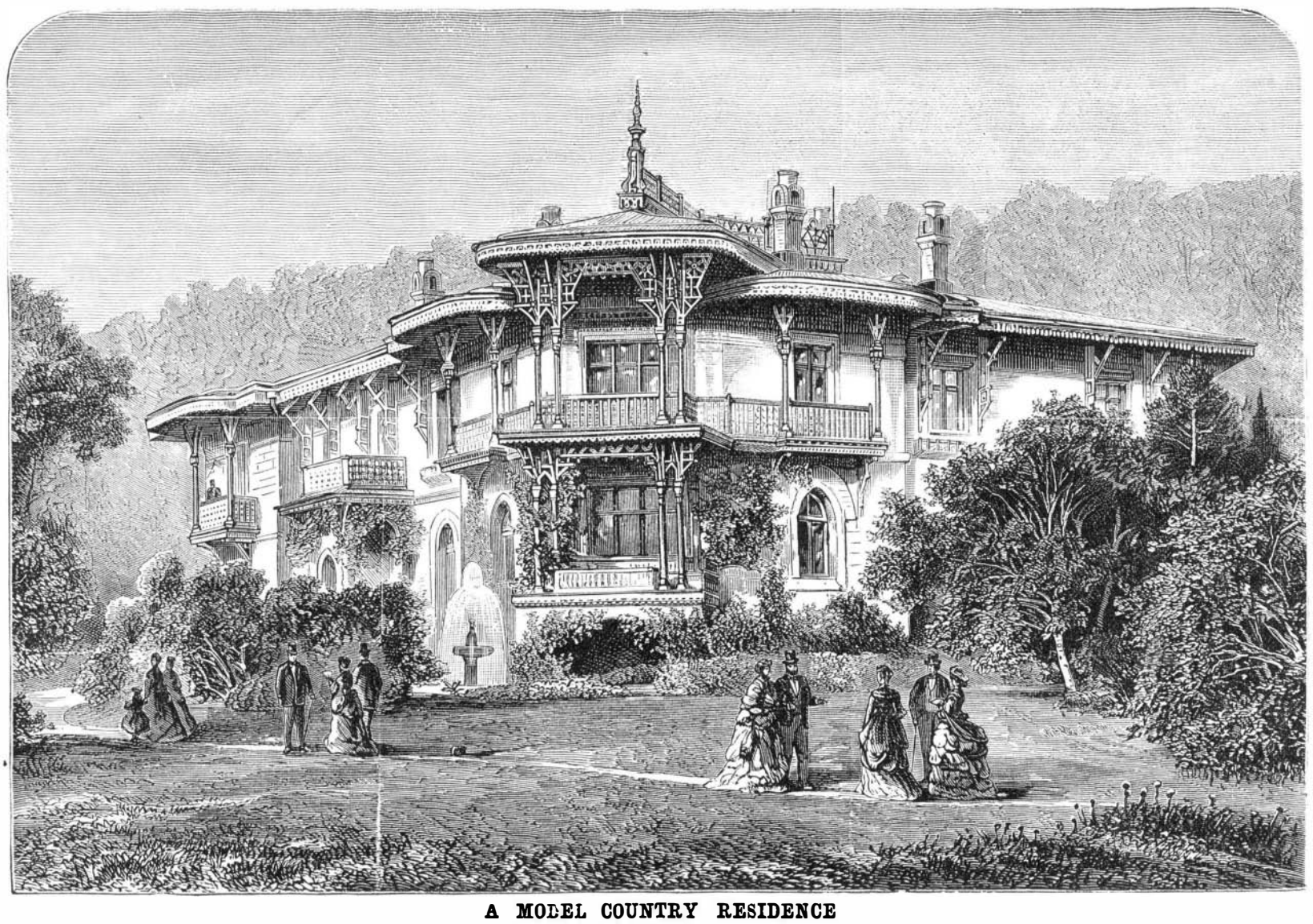


Fig. 2

For further particulars address the inventor Dr W. H Knight, 61 Pleasant street, Worcester. Mass.

A MODEL VILLA.

We have remarked of late a growing tendency on the part of architects and builders to abandon the stiff and ungainly models of rural architecture, and substitute therefor much more tasteful and ornate designs. There are few buildings so severely ugly as those of the conventional types so common in New England towns. We mean, first, the square box, the perfectly cubical shape of which is relieved only by a little cupola perched mathematically in the middle of the roof, looking as useless as it is out of place; second, the innumerable attempts to duplicate the Athenian Parthenon, by



A MODEL COUNTRY RESIDENCE