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#### A SENSIBLE CELEBRATION---WHAT WAS DONE IN NEW YORK CITY.

The people have very good cause to congratulate themselves over the very sensible manner in which the Centennial anniversary was celebrated. In this city-and the same appears to have been the case generally elsewhere—the tendency to abandon the Chinese method of signifying rejoicing by hideous noises of fire crackers, torpedoes, pistols, and similar ear-splitting contrivances, and to substitute therefor the silent but more eloquent display of banners, flags, and illuminated lanterns was plainly manifest. By what process of election, during the early history of the nation—unless we mingled ideas of **G**uy Fawkes' day, derived from the mother country, in a very uncomplimentary manner with our national holiday—we were ever induced to adopt the fire cracker as a symbol of joy, must remain a mystery. Suffice it, however, that the popular predilection for the noise nuisance is on the wane; and we may hope, in each recurring holiday, to see the inherent taste of our people exemplified by new and beautiful decorations, and all classes gratified, instead of a few finding pleasure in a species of amusement of which the annoyance of others and the endangering of life and property are the too common

Those who can recall the illuminations of New York city during the war, after Union victories, or her magnificent outhurst of patriotism, demonstrated by draping almost every edifice in bunting, shortly after the rebellion broke out, say that even these demonstrations were exceeded in grandeur by the display made recently in New York. For weeks past the dry goods stores have been filled with national flags by the million. It would seem as if manufacturers of cotton goods and delaines have, of late, made nothing but the stars and stripes, or red, white, and blue fabrics. For the first time we saw an innovation in the shape of American flags of bunting, 9 and 10 feet in length, and also smaller silk ones, entirely printed on a single piece. It certainly is a curious fact that, during the immense demand for flags in the war time, no one produced them in this way, and that, with the exception of the cheaply printed affairs for children, there were no flags made except those sewn together piece by

Foreseeing the prospective demand for lanterns and lights, for illuminating purposes, a variety of ingenious contrivances were devised. There were lanterns made of pasteboard, in flower pot shape, with holes covered over with colored paper in fanciful designs. Inside of these, instead of a candle, was a little cup, full of a composition of tallow and wax, in which a wick floated. The cup had a long handle, and was made of tin or other cheap metal. The light emitted was equal to that of two or three candles, and the contrivance was far more safe than the latter. Another form of lantern was a large black box which fitted on the window sill. Each box had three or four colored disks let in apertures in it, so that a house, having boxes at all the windows, looked as if in each window there were balls or globes of colored fire. We noticed two or three ingenious devices for holding flagstaffs at an angle in windows, which were quite new, and which met with a ready sale,

Not only on the great thoroughfares, but even in the most unfrequented streets, up in the windows of crowded tenements, on the roofs of street cars, on the heads of horses, on vehicles, on apple stands, on nearly everything, the national colours appeared. Whether it was only a penny paper print of the fiag fastened to the dirty walls of some rookery, or the magnificent designs worked in embroidery on the elegant mansions in the fashionable quarter, the patriotic feeling was everywhere manifest. On the night of July 3 came the culmination. From river to river, from Harlem to the Battery, New York fairly blazed. High up on the topmost pinnacle of the great Western Union Telegraph building, an electric light threw its beams far up Broadway and across therivers to Brooklyn and New Jersey. On Union Square, the central point, the lofty buildings which surround it were outlined with myriads of brilliantly colored lanterns; while just before midnight a procession of some fifteen thousand men, carrying torches, paraded the principal streets. At midnight the vast concourse had gathered in Union Square; and as the hour was reached, the thunder of a heavy gun from one of the forts in the harbor pealed over the city. At that instant a myriad of rockets shot up from the square. The chimes in all the churches, the steam whistles of the factories, the cannon in the forts burst forth in a chorus of rejoicing. The music dozen regiments, the hundreds of members of the choral societies and the vast crowd of spectators joined in the anthem; and thus, with a celebration worthy of herself as the metropolis, New York welcomed the advent of a new

## DO NOT GET COOL-HEALTH HINTS FOR THE SEASON.

"Is this paper out of its senses?" we can hear the reader exclaim, as he casts a wrathful glance at the vagrant mercury, rambling among the nineties. "Do not get cool, when the sun is scorching and there is no breeze, and the pavements are almost red hot?"

Hasten slowly, good reader. We do not object to refrigera tion of oneself when it is done censibly, but the trouble is that the majority of persons throw common sense aside with their heavy undergarments. There is a prevalent, though none the less stupid, notion that colds, and pleurisy, and pneumonia, and like maladies are peculiar only to winter and early spring, but the facts are that it is slightly easier if anything to incur these diseases with the thermometer at ninety, and infinitely more difficult then to get rid of them, possible, an additional shade, as a thin umbrella when walk

unless dealt with promptly. Therefore we believe that 'don't get cool" is sound advice, for it is better to endure the heat while well than to endure it while sick and debili tated. We recently met with some of those axiomatic sayings of the late Dr. W. W. Hall (who recently died a victim to a malady against the contraction of which he most persistently warned others), written many years ago, but always timely. We have not room for all, but the substance compressed into a paragraph will serve our purposes. If on any occasion, he says, you find yourself the least bit noticeably cool, or notice the very slightest disposition to a chill running along the back, as you value health and life, begin a brisk walk instantaneously, and keep at it until perspira tion begins to return: this will seldom fail to ward off a summer cold, which is more dangerous than a cold taken in winter to all persons having the slightest tendency to consumption. If you have walking and riding to do, ride first, because if you walk you may get overheated; and then, when you ride, you may be exposed to a draft of air likely to be followed by a chill, a cold, pleurisy, or lung fever, which is pneumonia.

Not a summer passes but that the papers report numerous deaths from drinking ice water by overheated people. For purposes of quenching the thirst, water not cooled to a very low degree is much less harmful and more grateful; but if icy cold water be taken, safety lies only in drinking slowly Take one swallow at a time, remove the glass from the lips, and count twenty slowly before taking another. It is surprising how little water will quench the thirst when thus drank. Soda water is a favorite beverage, and bears about the same relation to cool spring water as candy does to bread. It does not slake the thirst as well as water, and, besides, one is apt to drink too much of it.

When you reach home after a day's work, tired and weak perhaps with an undefinable feeling of lassitude or depression, don't attempt to raise your spirits by drinking ice water, however thirsty. A cup of hot tea may be wisely taken by most persons, but does not agree with all. The heat is of more value than the tea itself, but both combined act beneficially on most persons. The degree of debility and downward progress of the system is arrested by the warmth of the water and the stimulating quality of the tea, until strength begins to be imparted to the system.

Never take a nap in the daytime uncovered. Many lie down for a few moments, merely to gain a brief rest, without intending to go to sleep. Too often, however, on waking up, a chilly feeling admonishes one that he has taken cold, which may be the precursor of serious illness.

Both comfort and cleanliness are subserved by wearing woolen gauze next the skin. Furthermore, this fabric prevents the sudden cooling of the body and absorbs the perspiration. Colds are caused by the temperature being too suddenly lowered. Woolen fabrics worn next to the person prevent this, as we have said, and at the same time obviate the disagreeable feeling of dampness felt when linen, especially, is next the skin. All garments worn during the day should be removed at night and thoroughly aired and dried. All changes from a heavy to a lighter clothing in summer should be made at the first dressing in the morning. It is safer to wear too much clothes than too little, especially for children, invalids, and old people.

We will relax our negative advice in one case, and then only in a metaphorical sense: in other words, in hot weather keep cool, don't worry. Persons who allow themselves to become mentally exhausted, by anxiety or strain of any kind, are particularly liable to sunstroke. It is a foolish popular idea that this terrible malady is due to the concentration of the sun's rays on the head. Persons are frequently struck, as it is termed, in the night, but are more apt to be so late in the afternoon, when the system is depressed by the heat and nervous exhaustion. The way to avoid sunstroke is to order one's doings so that vitality shall not be lowered, and the conditions favorable to the disease superinduced. A sunstroke, if not fatal, leaves the patient less able to endure mental or physical work ever after, and requires from him constant care against pulmonary disease or a second visitation. Avoid worrying the brain and an undue exposure to the sun, and, more important still, do not depress the system and lower the bodily temperature by the use of miscalled "stimulating" alcoholic drinks. To sum up all in one sentence: Do nothing to lower the normal bodily temperature. No matter how hot the weather, the temperature of the healthy body is invariable at 98°. Cooling below this is not refrigeration but depression, no matter how it is produced; of the national air was played by the united bands of a and depression means loss of vitality, proclivity to disease,

> Since the above was written, a report of the sanitary committee of the Board of Health of this city has been made, in which it is said: "Sunstroke is caused by excessive heat. and especially if the weather is 'muggy.' It is more apt to occur on the second, third, or fourth day of a heated term than on the first. Loss of sleep, worry, excitement, close sleeping rooms, debility and abuse of stimulants predispose. It is much more apt to attack those working in the sun, and especially between the hours of 11 o'clock in the morning and 4 in the afternoon, On hot days wear thin clothing. Have as cool sleeping rooms as possible. Avoid loss of sleep and all unnecessary fatigue. If working in doors and where there is artificial heat, see that the room is well ventilated.

> "If working in the sun wear a light hat (not black, as it absorbs heat) and put inside of it, on the head, a wet cloth or a large green leaf; frequently lift the hat from the head and see that the cloth is wet. Do not check perspiration, but drink what water you need to keep it up, as perspiration prevents the body from being overheated. Have, wherever