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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.

Those who can recall the illuminations of New York city during the war, after Union victories, or her magnificent outburst 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.

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.

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 flag 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.

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 refrigeration of oneself when it is done sensibly, 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,

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 debilitated. 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.

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.

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.

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.

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.

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 possible, an additional shade, as a thin umbrella when walk