Burning of a "Fireproof" Theater.

The new year opens with a number of serious fires. One of these, the account of which has a certain air of grotesque inconsistency, occurred in Cleveland, where an "absolutely fireproof" theater was completely destroyed in three-quarters of an hour, blazing with such a fury as to set fire to a "stone church" near by, which was also burned into a useless shell. The theater was a new one, having been open only a little over two months, and is said to have been constructed with all the safeguards now regarded as necessary to complete security. The stage was separated from the auditorium by a thick proscenium-wall of brick, extending six feet above the roof; and the proscenium-arch was closed by a fireproof curtain. Brick and asbestos were used in place of wood wherever possible, and all the stair cases in the building were of stone or iron. Even the dome over the auditorium was made of sheet-iron, and, in accordance with the most recent and approved practice, an immense skylight was placed in the roof of the stage, so that in case of fire the glass would break, setting in motion a current of air from the auditorium into the stage, to carry smoke away from the audience.

In addition to all these precautions, which it must be remembered are not less valuable because they have once failed of the entire effect hoped for from them, stand-pipes were provided at various places in the theater and on the stage. The cause of the fire, according to the excellent account of the Boston *Herald*, seems to have been a leakage of gas from the meter or the pipes near it. A violent explosion took place when the janitor, carrying a lamp, opened the door of the meter room, and the flames poured out of the door and kindled some light wood-work near by. The engineer was standing close at hand, and immediately ran to the pumps and set them in motion, but in a few minutes the scenery and stage apparatus caught fire, driving every one out of the building. Although an alarm was promptly sounded, the utmost efforts of the whole city department were insufficient to control the progress of the conflagration, which raged until nothing was left of the building but the front and side walls, which, being of brick, may possibly be used again in rebuilding. The church, which was simply a combustible frame with a stone shell, suffered the usual fate of such structures under similar circumstances. This occurrence is the more interesting, as it is the first trial of the new principles of theater-building which have found currency since the terrible warnings given by the catastrophes at Brooklyn, Nice, and Vienna. It is very much to be hoped that we may have later an account of the fire written by the architect of the building, or by some other equally competent expert, which will serve to show the value, in time of actual trial, of the various precautions employed. Such an account would serve a most excellent purpose, not only in pointing out the way for further improvements in theater construction, but in showing the real efficacy of the devices, which at least deserve the credit of having probably saved the lives of the few persons who happened to be in the theater—*Amer. Architect.*

Our Little World.

Some physical results of the Java disturbance help us to understand how small the world is. Take a bowl of water, agitate the fluid in the center, and the undulations you excite propagate themselves in smooth-swelling concentric rings till they lap against the sides of the bowl. There they break, and slop up in mimic tidal waves. This is an exact illustration—*magna componere parvis*—of the oscillations of the sea reported from both hemispheres this week. The tidal irregularities, as might be expected, were most violent on the northwestern seaboard of Australia, which lies right opposite the scene of the Java disturbances. On that coast the sea retreated and advanced a hundred yards. A day or two later oscillations appeared on the Atlantic seaboard of America. The particular undulation which, on the fifth day out, slopped up on the east coast of New Zealand must have come by way of Cape of Good Hope and Cape Horn, and had nearly completed the circuit of the globe. Australia lies as a breakwater between us and Java by the direct route. It gives one a new conception of the littleness of what Henry Ward Beecher calls "this fi'penny-ha'penny world," when a man can stand on the Ocean Beach at Dunedin and watch the ripples from a splash made in the Straits of Sunda.—*Otago Times.*

Gold in North Carolina.

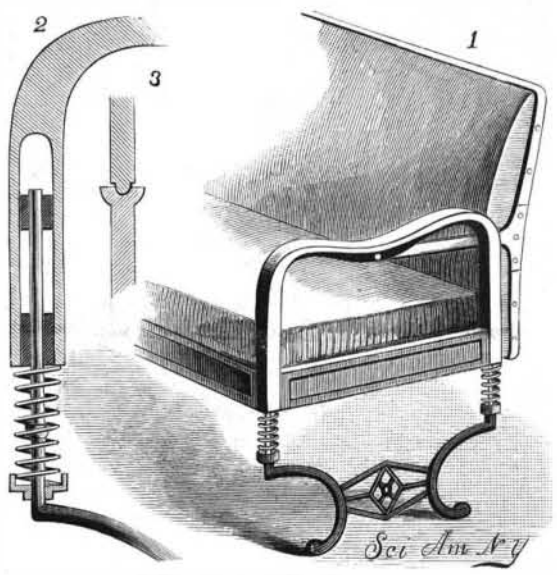
At a recent meeting of the Academy of Natural Sciences, Professor H. Carvill Lewis exhibited some remarkable gold nuggets found in Montgomery County, N. C., forty miles east of Charlotte and two miles from Yadkin River. Some of the nuggets were of great size. One of them weighed over four pounds, and contained nearly $1,000 worth of gold. It was finer than any specimen in the collection at the U. S. Mint, and was probably one of the largest nuggets ever found in eastern America. Many of the specimens exhibited were of nearly pure gold, of a crystalline structure, and of a fine golden yellow color. It was stated that in the district of North Carolina whence these nuggets were taken gold is very abundant. The larger nuggets were found in the gulleys, where they had been washed out of the decomposed rock, and it had been stated that a shovelful of dirt dug out of the hillsides anywhere in the district would pan out traces of gold. Some years ago one man took out of a hole sixteen feet square $30,000 worth of the precious metal. The quartzite containing the gold occurs in a white clay or decomposed schist.

Complimentary Words.

The *Christian Intelligencer* of this city, whose veracity has never to our knowledge been questioned, says, "The *Scientific American* is one of the first mechanical journals of the world. No paper printed anywhere," it continues, "presents a larger number of inventions or contrivances in the course of a year, describes them more clearly and luminously, illustrates them more liberally and skillfully. It is noted for the beauty and lucidity of its illustrations. We seldom take up a number which does not contain an account of some invention or contrivance suited to the outdoor or indoor wants of the farmer or gardener, described in words and in a picture that really illustrates. A long experience has carried this journal to a high pitch of perfection in such matters. Farmers generally acquire some mechanical skill, and find in such a publication innumerable valuable hints. This journal also presents constantly a variety of interesting scientific facts from every department of investigation and experiment. Such a journal also, it seems to us, gives dignity and worth to work, to mechanical pursuits, gives one broader views of their usefulness and a more exalted opinion of the grandeur of their achievements. A farmer who has a group of promising and perhaps restless boys around him would render to them, and to himself as well, a service of incalculable value by putting the *Scientific American* in their hands."

CAR SEAT.

The car seat is supported by spiral or other springs surrounding the upper parts of the seat legs, which pass into cavities in the standards of the arm rests. The legs are bent so as to form an upwardly projecting vertical part, which extends through apertures in the seat and into longitudinal openings in the standards of the arm rests. A short distance below the seat the vertical parts of the legs are each provided with a cup-shaped collar, upon which the spiral spring rests which surrounds the upper part of the leg and upon which the seat is supported. The vertical part of



ACKLEY'S CAR SEAT.

each leg is provided with a ball and socket joint (shown enlarged in Fig. 3) about midway between the collar and seat. These joints are so arranged that the upper parts of the legs can swing in the direction of the long axis of the seat, so that if a weight rests on one end of the seat the springs at that end only will be depressed and the upper part of the leg will move outward correspondingly. Other than spiral springs may be used. The vibrations and jolts of the car will be taken up by the springs and will not be transmitted to the seat. The standards of the arm rests (shown in section in Fig. 2) contain rubber sleeves, to prevent noise, and through which the upper ends of the legs pass.

This invention has been patented by Mr. William A. Ackley, of Hackettstown, New Jersey.

Gems from the Himalaya Mountains.

Professor C. U. Shepard* has called attention to the discovery of a remarkable locality for sapphire and ruby in the Himalaya Mountains. The crystals occur, with other varieties of corundum, in a schistose or slaty rock, and are associated with chlorite. The gems, which are limpid and finely colored, are also finely crystallized. The locality was discovered accidentally, but is now guarded by government troops. Professor Shepard believes that the resemblances between the mode of occurrence of these Indian gems and those found in North and South Carolina are "sufficiently important to encourage the expectation that valuable corundum gems may yet be found in the United States."

Professor Shepard is apparently not aware that a much more full account of this discovery of gems in India was published more than a year ago, by Professor F. R. Mallet, in a paper entitled "On Sapphires recently discovered in the northwest Himalaya."†

It is there stated that the correct locality is Padam, east of the village of Machel, Zanskar district, territory of Kashmir. The gems were exposed by a landslide, and occur far up on the mountain, at the limit of perpetual snow. Some of the sapphires discovered were a foot in length. A physical and crystallographic description of the crystals is given. In the center of a hexagonal prism of sapphire a cavity was found, in which were two crystals of tourmaline. Frequently the specimens are coated with a thin white mineral resembling gibbsite.

The crystals are bluish white and translucent, with transparent fine blue portions irregularly mixed. These blue portions, of course, constitute the only valuable parts of the crystals, and are carefully cut out by the lapidaries.—*Amer. Naturalist.*

Amer. Jour. Sc., Nov., 1883.

† Records Geolog. Surv. of India, vol. xv., part 2, p. 138.

Friction.

The ratio obtained by dividing the entire force of friction by the normal pressure is called the coefficient of friction, hence we may define the unit or coefficient of function to be the function due to a normal pressure of one pound:

Iron on oak	0·62
Cast iron on oak	0 49
Oak on oak, fibers parallel	0·48
" greased	0·10
Cast iron on cast iron	0·15
Wrought iron on wrought iron	0·14
Brass on iron	0·16
Brass on brass	0·20
Wrought iron on cast iron	0·19
Cast iron on elm	0·19
Soft limestone on the same	0·64
Hard limestone on the same	0·38
Leather belts on wooden pulleys	0·47
Leather belts on cast iron pulleys	0·28
Cast iron on cast iron, greased	0.10

Pivots or axes of wrought or cast iron, on brass or cast iron pillows:

First, when constantly supplied with oil	0·05
Second, when greased from time to time	0·08
Third, without any application	0·15

Electric Lighting in New York.

The novelty of the new light has worn off, and the extent to which it is being introduced as a substitute for gas is little noted except in the reports of the companies. These, however, do not always give one a full idea of the growth of the business, as so many establishments where the electric light is used generate their own electricity by dynamos worked by power on the premises. The arc light seems to have the field to itself for streets and the lighting of large areas, as the incandescent light has for shops, saloons, offices, dwellings, etc. The Edison Company are now planning two large establishments to light the field in this city, from Twenty-fourth to Fifty-ninth Street and from Eighth to Madison Avenues, to be of a capacity of 7,000 and 9,000 horse power respectively. Touching the practical effect of a heavy rain in interfering with the perfect insulation of overhead wires, an observer thus describes the appearance of the arc light at the top of the tall mast in Madison Square during a heavy storm:

"The lights danced up and down, varying with the floods of rain apparently, occasionally sinking to a dull red, and then going out altogether and leaving the wind-swept square in total darkness. Then the lights would flash out gloriously, flooding the spaces with their dazzling brilliancy and defying the elements that raved through the air. And so, up and down, the rays of the electric lights rose and fell through the tempest, and they who were fortunate enough to see the show without being exposed to the wild storm will long remember the spectacle."

The Microscope in Detecting Lard Adulterations.

The famous "lard corner" in Chicago last fall, and how the speculation came to an end and large quantities of lard were rejected as "good delivery" on account of alleged adulteration, excited a degree of interest in the public mind which has not yet subsided. If it were true, as was so strongly asserted, that an article as cheap as lard could be successfully adulterated on a large scale, people would hardly know where to stop in their suspicions of everything not strictly "home made." The principal distinguishable difference heretofore between beef tallow and lard is that the former contains rather more stearine, and this difference is so slight that there have been considerable adulterations of lard with beef fat which it has hitherto been almost impossible to determine. But on the trial of the lawsuits which grew out of this lard corner some strong and highly interesting evidence was presented as the result of nice examinations by the microscope.

In this way, by dissolving samples in ether in a test tube, which were crystallized on evaporation, and then examining them under an amplification of two hundred and ten diameters, it was found possible to detect an adulteration of lard with tallow as low as five per cent. The different forms of crystallization of lard and tallow were first discovered by Dr. P. B. Rose, of Chicago, about two years ago, but the successful application of the discovery to detect this adulteration was made by William T. Belfield, M.D., of the same city, one of the expert witnesses in the recent trial. The pure lard crystals are thin, rhomboidal plates, while those of pure tallow have curved forms somewhat like the italic letter *f*.

A BILL introduced by Mr. Vance, of North Carolina, makes it the duty of the Attorney-General to attack the validity of patents. As though enough had not already been proposed in the way of nullifying the rights of patentees, the Law Department of the Government is, by this bill, made an agent for invalidating the titles which the Interior Department, after careful examination, grants to patentees.

On the Prevention of Pneumonia.*

Every winter inflammation of the lungs destroys the lives of many persons who might have escaped if the preventive measures here advocated had been effectively practiced at the proper time.

In order to render the value of the latter more apparent, it is necessary to notice very briefly the influence of breathing on the body and on the food required for its support.

The capacity possessed by the living body to vitalize nutritive materials is perhaps its most wonderful physical endowment. Every step in this marvelous process requires the vivifying influence of oxygen. Without an abundant supply of this gas to the system through respiration, the food cannot be properly fitted to repair the wasting tissues; the body is, therefore, necessarily repaired by materials having a low degree of vitality. Again, as oxygen is the agent by which effete matters are reduced to those forms by which their complete removal from the system is facilitated, if it be not breathed in adequate amount the body becomes clogged by its own waste.

As in chemical manipulations a definite quantity of an alkali is required to saturate an acid of given volume and strength, so in the vitalization of food a definite quantity of the vital gas, oxygen, is required to enable the system to fully complete the vitalization of a given amount of food. A man of average weight requires about two pounds of solid food per diem, and very nearly the same weight of oxygen is absorbed into the blood from the respired air; therefore, we shall not be far from the truth when we assume that an atom of food requires to be acted on in the living body by an atom of oxygen in order that its vitalization may be effected.

The most important anatomical change occurring during the progress of pneumonia is the solidification of a larger or smaller part of one or both lungs by the deposit in the terminal bronchial tubes and the air cells of a substance by which the spongy lungs are rendered almost as solid and impenetrable to air as bone. The access of the respired air to the solidified part being totally prevented, life is inevitably destroyed if a sufficiently large part of the lungs be invaded. This deposit succeeds the first or congestive stage; it occurs with great rapidity: an entire lobe of the lung may be rendered perfectly solid by the exudation from the blood of fully two pounds of solid matter in the short space of twelve hours or even less. The rapidity with which the lungs become solidified accounts for the promptly fatal results that often attend attacks of acute pneumonia. If recovery takes place, the foreign matter by which the lung tissue has been solidified is perfectly absorbed, and the recently diseased portion is found to be quite uninjured.

The only natural method by which the blood can be freed from the presence of waste matter is by its oxidation, the results being carbonic acid gas that escapes by the lungs, and certain materials that are eliminated chiefly by the kidneys. But when these impurities exist in the vital fluid in unusually large quantities, or if the respiratory capacity be inadequate, the natural internal crematory operations are a partial failure.

But nature cannot long tolerate the presence of such impurities in the vital fluid; if they cannot be eliminated by natural means, they must be got rid of by means involving diseased action; therefore such material is frequently deposited in various parts of the body, the point of deposit being usually determined by some local disturbance or irritation. The liability of any person to attacks of acute pneumonia is determined chiefly by the presence or absence in his blood of the waste matter referred to and by the condition of the respiratory power. If the blood be free from any abnormal amount of such waste matter, because his respiratory capacity is up to the full requirements of the system, no cold, however severe, is competent to originate the disease. But if the blood be charged with the matter, a very moderate irritation will determine an attack.

There can be no question but that high living and sedentary habits have a strong tendency to befoul the blood. The former renders effective respiration all the more necessary for the removal from the system of whatever nutritive matter has been taken beyond the needs of the physical necessities, while the latter inevitably reduces the respiratory motions to the lowest point consistent with physical comfort.

These conditions are the active predisposing causes of acute pneumonia.

The disease is more fatal in the very young and in the aged. The mortality from acute pneumonia seems to bear a direct ratio to the respiratory capacity; in young subjects the breathing powers have not been fully developed, while in the aged the respiratory volume has been diminished by the stiffening of the chest walls and of the lungs themselves by the senile changes incident to the decline of life. Therefore we assert that the most preventive measure that can be adopted against attacks of acutepneumonia is to keep the breathing up to the full requirements of the system—a precaution specially necessary to the ease loving, high living, middle aged gentlemen who are especially liable to its attacks. The effectiveness of other preventive hygienic measures depends largely on the care expended in this direction.

A few minutes spent each day in simple but effective exercises adapted to expand the chest will in the course of a few weeks render the lungs much more permeable to air. The volume of each respiration may thus be readily increased by two or even three cubic inches of air; but if we assume that the gain is but one cubic inch, the aggregate increase in the volume of air breathed in the course of twenty-four hours would amount to about as many cubic feet. An augmentation of respiratory volume to that extent would quickly clear the blood of effete matter and notably diminish, if not entirely abolish, the liability to attacks of acute pneumonia in any one who practices such effective preventive measures.

* By Dr. David Wark in the *Evening Post*, January 8, 1884.

Inharmonious Doctors and Apothecaries.

According to a contribution of Dr. A. J. Howe, of Cincinnati, to one of our medical journal contemporaries, the doctors and druggists of that city have been having some differences. The past season has been "too healthy," and people have been "going to the drug stores for the treatment of minor ills, calling for castor oil, cathartic pills, quinine, cough lozenges, and even for salves to cure an eruption. This habit made physicians jealous of the practice druggists are doing, and they called the latter to give an account of their doings, each party choosing a committee to hold a conference in regard to the issue. The druggists claim the right to sell 'little things' over the counter, and denounce the impertinence of the doctors' interference.

"The most important thing in the whole matter is in regard to the refilling of prescriptions. Instances were cited of a recipe having been renewed thirty, forty, and fifty times, yet the writer thereof never saw the patient but once —that being at the time the prescription was written, and for which a fee of only one dollar was paid. Now, this is rather hard on the doctor, and a 'fat thing' for the apothecary, yet all things cannot be equable in this world. But if a doctor be located near a good drug store, and he send his office prescriptions there, the apothecary will, in turn, direct people inquiring for a good physician to go to the one who favors his business interests.

"It has been decided in some of the higher courts that a patient who obtains a prescription from a doctor, and pays for it, secures ownership in the recipe, and can demand it of the druggist at the time it is filled or afterward. This means that the patient owns the prescription and can have it refilled as often and at as many different places as he pleases.

"It is customary for druggists to keep the original prescription on file, and to give a copy, if called for, to the one having it filled, but this is not in keeping with the letter of the law. He should, when the prescription is demanded, put a copy on file and deliver the original to the party having it filled."

Diphtheria Cured by Blue Gum Steam.

Dr. Murray Gibbes reports thirty-seven cases of diphtheria claimed to have been cured by saturating the atmosphere of the room in which the patient was placed with the vapor of the eucalyptus globulus. The atmosphere must be constantly loaded with steam, and the vapor of the eucalyptus is obtained by pouring boiling water on the dried leaves. To assist nature in throwing off the membrane, Dr. Gibbes uses a solution of steel and glycerine, with which he brushes the throat when the membrane is loose enough to come away easily. Dr. Mosler, in 1879, spoke strongly of the value of eucalyptus inhalations in severe cases of diphtheria. —*London Medical Record.*

Yellow Fever by Mosquitoes.

Dr. Carlos Finlay, of Havana, maintains that it may be communicated from one individual to another through the agency of mosquitoes. He has seen under the microscope spores and filaments of a particular nature on the sting of one of these insects that had just bitten a patient suffering from yellow fever, and thinks that the germs may undoubtedly be introduced into a healthy individual by the bite of a mosquito. He recalls the fact that these insects were remarkably numerous in Philadelphia at the time of the great yellow fever epidemic in 1797, and states also that the same conditions of temperature are necessary for the life of the mosquito as for the existence and spread of yellow fever.

How to Stop a Stye.

Dr. Louis Fitzpatrick writes to the *Lancet* that he has never seen a single instance in which the stye continued to develop after the following treatment had been resorted to: The lids should be held apart by the thumb and index finger of the left hand, or a lid retractor, if such be at hand, while the tincture of iodine is painted over the inflamed papilla with a fine camel's hair pencil. The lids should not be allowed to come in contact until the part touched is dry. A few such applications in the twenty-four hours are sufficient.

"FEED a cold and starve a fever" is an old adage, and one which most people still believe in. Dr. C. E. Page, however, writes in the *Popular Science Monthly* of an opposite method. He speaks of achieving great success by confining himself to two light meals, or even one meal a day, for the prevention and cure of colds, and has tried it himself in some most remarkable ways, such as "rising from bed on a cold, rainy morning, and sitting naked for an hour, writing, and then put on shirt and trousers only, the shirt almost saturated with rain and the trousers quite damp, from hanging by the window—these and similar experiments I have tried repeatedly, but without catching cold; I become cold and become warm again, that is all." This may be fun for the Doctor, but we hardly think the amusement of a character likely to become popular. What an enthusiast can do to demonstrate a theory hadan even more remarkable exemplification in Dr. Tanner's fasting forty days

Cheap and Good Food.

T. R. Allinson, writing to the London *Times*, says: Allow me to bring under the notice of your readers some experiments I have just concluded to solve the difficulty of feeding our poor in London and elsewhere. The cry is that food is so dear that the poor can scarcely live. This cry is true if they want to live on luxuries, but if they will live on wholesome, but plain and healthy fare, they can do so for very little. A little over a month ago I determined to give up all expensive articles of food and live almost as cheaply as possible. Having left off flesh foods for nearly two years, and lecturing frequently on the question of food, I knew what to select. Looking over my food accounts I found milk, butter, eggs, and cheese, with tea and coffee, were fairly expensive articles, and none of them necessary, so I gave them up for a time to see results. On October 19 I began my experiment; my weight was then 9 stone 8 ounces. I continued this purely vegetarian diet for a month, when my weight was 9 stone 3 pounds 12 ounces, or a gain of 3¼ pounds. My friends said I looked well; I felt well, and did my usual work the same as ever. I walked from 10 to 15 miles daily, seeing patients or taking exercise. Here is an account of my dietary, which cost me little more than sixpence a day, and I could easily live for less without luxuries: Breakfast consisted of a basin of porridge, made from a mixture of oatmeal and wheatmeal, which I found more palatable than either singly. This I usually ate with bread to insure thorough insalivation. Then came bread fried in refined cotton seed oil, or fried vegetable haggis. For drink I had a cup of cocoa or fruit sirup, with warm water and sugar. The cocoa used was an ordinary one with plenty of starch in it, which makes a thick drink, and no milk is then required. Dinner consisted of a thick vegetable soup and bread, potato pie, savory pie, vegetarian pie, vegetable stew, stewed rice and tomatoes, etc. For a second course I had bread plum pudding, stewed rice and fruit, baked sago, tapioca and apples, stewed prunes, figs, raisins, and bread. Tea meal consisted of bread and jam, stewed fruit, or some green stuff, as watercress, celery, tomatoes, etc. I had only three meals a day, and frequently, when very busy, I had only two, and a cup of cocoa and a biscuit for supper. I always use the whole-meal bread, as it is laxative and contains a good deal of nitrogen, which is thrown away with the bran. The cotton seed oil is a cheap and good cooking oil, and is impossible to detect. This diet I continued for a month, and now I only take the animal products when out, not having them at my table.

Now compare this diet with one of flesh or a mixed one. The latest analysis shows flesh to contain from 70 to 74 per cent of water, the dry residue being very rich in nitrogen, and it contains a little carbonaceous or fatty matter. Hence, to live on meat alone, as much as 8 pounds a day is necessary. Then there are to be considered the diseases of animals, which are communicable to man if that flesh be not thoroughly cooked all through; and as very few of our animals live a perfectly natural life, most of them are more or less diseased, especially the fat ones. The excess of nitrogen taken into the system in eating flesh meat has to be got rid of by the liver, kidneys, and lungs; hence, these organs are overtaxed, and much disease is the consequence. In fact, were it not for flesh food we doctors should have very little to do. Man living in towns cannot afford to eat much flesh, because he does not get sufficient exercise and oxygen to burn up the excess of nitrogen. If he does eat this flesh, and if he eat much, then he must suffer from many complaints, such as indigestion, bilious attacks, congested liver, hæmorrhoids, gastric catarrh, and other gastric troubles. If the habit be continued in, gall stones or urinary calculi may follow, or rheumatism and gout. Then the kidneys become diseased, and more work is thrown on the heart, which becomes also diseased; the end is death by one of the lingering diseases which shows a diseased organ somewhere. Even epilepsy and many nervous diseases are aggravated by flesh. Cancer is on the increase, and, from some observations I have made, it may be indirectly traced to flesh. Consumption has only a remote connection with flesh, it being due chiefly to want of fresh air. Vegetable food is cheap, contains an abundant supply of nutriment at first cost, and our systems are so formed as to use it with least expenditure of vital force. We use no cruelty in obtaining our food, and can easily see if it be wholesome or in a rotten state.

By means of our diet much disease is prevented, and even most chronic cases of present disease can be alleviated by it. If we want a cheap dietary we have the following foods to choose from: Wheat, oats, barley, maize, rice, sago, tapioca, semolina, hominy, peas, beans, lentils, etc., which are all concentrated foods and very rich in nutriment. Potatoes, parsnips, beets, carrots, turnips, onions, cabbage, sprouts, etc., give variety, bulk, and flavor; to these may be added the sweet herbs for making savory dishes. Apples, pears, currants, gooseberries, plums, strawberries, rasps, blackberries, and other fruits, with melons, peaches, grapes, etc., are high priced but wholesome fruits. The dried fruits, as dates, figs, apple rings, currants, raisins, etc., are cheap and good. To these may be added tinned goods. Thus one can see the immense variety of tasty things we have, and these to suit all purses. We can add to these milk, butter, cheese, eggs, and honey, which are got without killing animals. But if we take animal food, then fish is least injurious, then beef and mutton, while veal, pork, game, etc., are very indigestible, and ought to be avoided.—*Knowledge.*