## Sximutitir Gegmetican.

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oix Readers are specially requested to notify the
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 recommends bing and important gingerbread, nuts, chocolate, raisins, and dried prunes, and for beverages, cold tea, cold coffee and either red or white wine. On a stiff day's mountaineering it is ' usual to take five meals-some light refreshment at 2 or $3 \mathrm{a} . \mathrm{m}$. before starting, such as a cup of bouillon or of bread and milk; three meals out of doors, composed
of such articles as those enumerated above; and a good dinner on returning in the evening. The writer recommends climbers "to eat as much as possible on the way up" and to drink as little as possible between meals. Drinking glacier water is to be avoided, and on the Swiss mountains it should not be forgotten that many tempting-looking streams will be found to be polluted by cattle, perhaps at some point higher up and out of sight.
Under the heading of "Hints Medical and Surgical" Dr. Wilson gives some simple but sound and valuable advice. Mountain sickness must be combated by

The sufferer is not likely to be affected more than once in the same season. Snow blindness may be prevented by wearing colored spectacles, and if it occurs, should be treated with a solution of cocaine and chloride of zinc. Sunburn may be prevented by the application of ointments or powders, lanoline and oxide of zinc being especially valuable. Frostbite may be combated by rubbing the affected part with snow and then wrapping it in cotton wool or flannel. Exhaustion nday be obviated by small quantities of easily digested food and a glass of champagne. Sprains are best treated by heat to the part and afterward rest. Blisters on the feet may be prevented by soaping the insides of the stockings and rubbing the parts with spirit lotion. We might pursue this fascinating subject further but must pause for the present. Mountaineering possesses a curious and unique charm for those who have once felt its attraction. Year by year the same persons return to the same Alpine haurts to find the same charm in peak and pass and valley. "Age cannot wither nor custom stale their infinite variety." Especially to the brain worker is mountaineering to be commended, but let him see that he recognizes and accepts the conditions of the sport, and that he does not mar a most delightful pastime by ignorance or temerity. - The Lancet.

Success of the Long-distance Telephone System.
The Western Electrican says : The recent storm that wept over the East and South was the cause of much distress to telegraph companies, and, in view of the severity of the storm and the wide latitude which it covered, it is not surprising that communication between different sections of the country should have been temporarily severed. The newspapers were among the principal sufferers, and it was impossible for a time to ascertain the extent of the calamity. The service between New York and Chicago was completcly prostrated, and Western papers were unable to obtain news or send dispatches to the East.
The Chicago Evening Post, however, hit upon the idea of using the long-distance telephone lines, and three columns of news was received in this manner from the New York representative. It is a subject of congratulation for the telephone company that its wires sustained the strain which practically destroyed the telegraph companies' lines.
Construction is responsible for the endurance of the telephone lines, which are built with a view to resist storms, so that they may always be relied upon. The New York-Chicago line is 950 miles long, and is built in the most substantial manner. The poles are of cedar and chestnut, 35 feet and upward in length and averaging about 45 to the mile, making the total number of poles 42,750. They are braced in every way that will tend to add to their stability. The hard-drawn copper wire used weighs 435 pounds to the mile, and the circuit contains 826,500 pounds of copper, or about four times more than would be used for ordinary telephone service in that distance. The line has been in successful operation since last October. Prior to that time the limit of successful transmission did not exceed 500 miles. Now every principal city between Boston and Milwaukee is included in the system.
At present the company is building south from Chicago to Cincinnati, and an office has just been established at Dayton, O. That the long-distance telcphone is a practical success and of exceptional value in emergency cases, or where quick personal communication is desirable, there is no room for doubt.

## Ferment of the Pineapple.

Mr. R. H. Chittenden has a paper in the Transactrinns of the Connecticut Academy of Arts and Sciences (1893, p. 281) in which he states that the ripe pineapple contains a very powerful proteid-digesting principle, and that the juice also possesses in a remarkable degree the power of curdling milk. The juice appears to contain three distinct proteids. Two of these are separable from the acid juice by heat alone, one at about $75^{\circ} \mathrm{C}$., the other at $100^{\circ} \mathrm{C}$., while the third is not coagulable by heat, but is precipitated by acetic acid and potassium ferrocyanide. The proteid-digesting power of the juice is manifested in fluids of all reactions, acid, alkaline, and neutral, the ferment being in this respect a trypsin rather than a pepsin ; it acts, however, most strongly in a neutral solution. The proteolytic erment may be separated from pineapple juice by saturation of the neutralized fluid by sodium chloride or magnesium sulphate, the former being the preferable method. It appears to be a mixture of a globulin and a proteose.

THE Broadway cable cars, New York City, are ighted with ordinary coal gas, instead of petroleum. The gas is first condensed. In the big power house on Sixth Avenue the gas is first run through a condensing engine, which forces it into a boiler-shaped steel receiver. From there it is drawn, as required, through pipes into the car house adjoining on Seventh Avenue, where the holders underneath the cars are charged. Each holder carries enough of the gas to charged. Each holder
light a car twelve hours.

