TO GET THE MOST OUT OF LIFE.

Rev. O. B. Frothingham has an article on this subject in the *Herald of Health*, from which we quote paragraphs of excellent counsel:

Length of days is still one of the criteria of a good life, for it implies temperance, frugality, continence, regard for the conditions of prosperity. Is one desirous of obtaining this blessing? Then must he practice moderation in pleasure, cultivate the virtues of prudence and obedience, cherish simplicity, abstain from enervating vices, avoid unseemly violence, repress anarchical and tempestuous dispositions. He must study peace and good will, and thus substitute economy of force for waste, encouraging the powers that build up. Reason reinforces, passion squanders, vice destroys. To escape wear and tear is wisdom; but to escape wear and tear lays a duty on conscience and soul which the foolish cannot understand. Longevity implies material ease and comfort, admitting reasonable contentment, easy social relations, circumstances that do not rasp or fret, and to create these it is necessary that impulse should be submitted to judgment, and that reflection should be strong enough to subordinate desire.

The next condition on which the most is to be extracted from the world is that our days on earth be not only long, but happy. Freedom from misery, from sickness, perplexity, heartache and corroding care, is a condition of successful life. A miserable life cannot by any stretch of interpretation be called well used life, for misery means waste, dissatisfaction, discord. How does one make himself happy? Not by putting himself out of tune with himself and his circumstances, not by running the risk of misfortune, jeopardizing his chances of felicity. The hero may do this; the philanthropist may do it; the reformer; but these do not seek happiness. They are exceptions to the rule. We must not pitch our doctrine on the heroic key. We may be simple, lowly, wise, and say frankly the aim is to make life happy. Hence it has become a trite saying, that the people who wish to make the most of life, must practice the old childlike virtues of sincerity, veracity, consideration, kindness. They must not think of themselves first, but must be willing to believe that they can learn as well as teach, that the right to be served must be balanced by the zeal to serve.

Yet a third condition for getting the utmost out of life is, that life shall be harmless. I do not contend that it should be noble, great, magnanimous, or even conspicuously useful. But how *not to harm* the world; that is a simple thing. Do not cheat; do not lie; do not betray; do not undermine the physical or moral health; do not make light of social advantages; do not fly in the face of immutable facts; do not impugn the established principles of rectitude; do not make war on insitutions that will yield to the power of reason; throw no stumbling block in the way of your neighbor, but open paths as far as you can; multiply opportunities; increase privileges; make it worth while for people with whom you associate to say and think pleasant things of you.

[From the Mining and Scientific Press.]

THE METRIC SYSTEM.

We have prepared the following tables of the metric system, which give in a very condensed form a comparison of other measures with the metric system, by means of which anyone may institute comparisons readily and quickly. The tables are in a convenient form for reference, and are worthy of preservation. They fully explain themselves:

Deci. expresses the			10th part.
Centi.	"	"	100th part.
Milli.	"	"	1,000th part.
Deca.	"	"	10 times the value.
Hecto.	"	"	100 times the value.
Kilo.	"	"	1,000 times the value.
Myria.	"	"	10,000 times the value.

WEIGHTS.

Milligramme	Mg.	equals	.001	g
Centigramme	Cg	"	.01	g
Decigramme	Dg.	"	.1	g
Gramme	G.	"	1	g
Decagramme	Dg.	"	10	g
Hectogramme	Hg.	"	100	g
Kilogram (Kilo.)	K.	"	1,000	g
Myriagramme	Mg.	"	10,000	g
Quintal	Q.	"	100,000	g
Ton	T.	"	1,000,000	g

The Gramme equals ..... 15.434 grains.
..... .0321 ounces troy.
..... .0352 ounces avdps.
..... .0026 pound troy.
..... .0022 pound avdps.

Gramme equals weight of ..... cu. cm. of water
Kilo. " " " ..... cu. dm. of water
Ton. " " " ..... cu. m. of water

MEASURES OF SURFACE.

Centar Ca.	equals		1	sq. m
Are A.	"		100	sq. m
Hektar Ha.	"		10,000	sq. m

The are or unit of surface, is a square the sides of which is ten meters and surface 100 square meters in U. S. surface measure. It equals

155,005.	square inches.
1,076.	square feet.
114.	square yards.
3.	square rods.
.098	square rood.
.024	square acre.
.00003	square mile.

MEASURES OF LENGTH.

Millimeter,	Mm.	equals	.001	m
Centimeter,	Cm.	"	.01	m
Decimeter,	Dm.	"	.1	m
Meter,	M.	"	1	m
Dekameter,	Dm.	"	10	m
Hektometer,	Hm.	"	100	m
Kilometer,	Km.	"	1,000	m
Myriameter,	Mm.	"	10,000	m

The meter, or unit of length equals ..... 39.37 inches.
..... 3.28 feet.
..... 1.09 yards.
..... .19 rods.
..... .0006 miles.

MEASURES OF CAPACITY.

The liter, or unit of capacity, is a vessel whose volume is equal to a cube whose edge is one-tenth of a meter and capacity one one-hundredth of a cubic meter.

Millimeter,	Ml.	equals	.001	1 = 1 cu. cm.
Centiliter,	Cl.	"	.01	1
Deciliter,	Dl.	"	.1	1
Liter,	L.	"	1	1 = 1 cu. dm.
Dekaliter,	Dl.	"	10	1
Hektoliter,	Hl.	"	100	1
Kiloliter (or Ster)	Kl.	st. equals	1,000	1 = 1 cu. m.

The liter equals	61.027	cubic inches.
.....	.053	" feet
.....	8.453	U. S gills.
.....	2.113	" pints.
.....	1.056	" quarts.
.....	.264	" gallons.
.....	7.043	Imperial gills.
.....	1.760	" pints.
.....	.880	" quarts.
.....	.220	" gallons.
.....	.110	" pecks.
.....	.027	" bushels.

TABLE OF PROJECTIONS—INCLUDING LENGTH, SURFACE, CAPACITY AND WEIGHT.

MEASURES OF

LENGTH.		SURFACE.		CAPACITY.		WEIGHT.		PROPORTIONS.
						Milligramme		1,000th part
Millimeter				Milliliter		Centigramme		100th part
Centimeter				Centiliter		Decigramme		10th part
Decimeter				Deciliter		Gramme		1
Meter		**Are**		**Liter**		**Grammes**		
Decameter				Decaliter		Decagramme		10 times
Hectometer		Hectare		Hectoliter		Hectogramme		100 times
Kilometer				Kiloliter or Stere		Kilogramme		1,000 times
Myriameter				Myrialiter		Myriagramme		10,000 times
						Quintal		100,000 times
						Millier or Tonneau		1,000,000 times

LONG MEASURE.

	Miles.	Yards.	Feet.	Inches.
1 Millimeter	.....	.....	.....	.0393
1 Centimeter	.....	.....	.....	.3937
1 Decimeter	.....	.....	.....	3.9370
1 **Meter**	.....	1	.....	3.3707
1 Decameter	.....	5	1	3.7079
1 Hectometer	.....	4	2	7.079
1 Kilometer	.....	4	1	10.79
1 Myriameter	6	2	.....	11.9

SQUARE MEASURE.

	Acres.	Sq. Rds.	Sq. Yds.	Sq. Ft.	Sq. In.
1 sq. Millimeter	.....	.....	.....	.....	.0015
1 sq. Centimeter	.....	.....	.....	.....	.1550
1 sq. Decimeter	.....	.....	.....	.....	15.5005
1 sq. Meter or 1 Centiare	.....	.....	1	1	110.0501
1 Are	.....	3	28	7	97.9105
1 Hectare	2	35	11	5	35.0526
1 sq. Kilometer	247	18	8	6	121.2241

CUBIC MEASURE.

Measure of Volumes.	Cubic Yds.	Cubic Ft.	Cubic In.
1 Millimeter	.....	.....	.0610
1 Centiliter	.....	.....	.6102
1 Deciliter	.....	.....	6.1027
1 **Liter**	.....	.....	61.0270
1 Decaliter	.....	.....	610.2705
1 Hectoliter	.....	3	218.7051
1 Kiloliter or Stere	1	8	547.0515
1 Myrialiter	13	2	286.5110

LIQUID MEASURE (U. S. GALLONS.)

Measures of Volumes.	Gallons.	Quarts.	Pints.	Gills.
1 Milliliter	.....	.....	.....	.0084
1 Centiliter	.....	.....	.....	.0845
1 Deciliter	.....	.....	.....	.8453
1 **Liter**	.....	1	.....	.4539
1 Decaliter	2	2	1	.5396
1 Hectoliter	26	1	1	1.3963
1 Kiloliter or Stere	264	.....	1	1.9688
1 Myrialiter	2641	3	.....	3.6380

Measures of Volumes.	DRY MEASURE. (U. S. or Winchester bushel.)				DRY MEASURE. (Imperial bushel.)			
	Bushel.	Pecks.	Quarts.	Pints.	Bushel.	Pecks.	Quarts.	Pints.
1 Milliliter	.....	.....	.....	.0018	.....	.....	.....	.0017
1 Centiliter	.....	.....	.....	.0181	.....	.....	.....	.0176
1 Deciliter	.....	.....	.....	.1816	.....	.....	.....	.1760
1 **Liter**	.....	.....	.....	1.8162	.....	.....	.....	1.7607
1 Decaliter	.....	1	.....	.1026	.....	1	.....	1.6077
1 Hectoliter	2	3	2	1.0264	2	3	.....	.0773
1 Kiloliter or Stere	28	1	4	.2644	27	1	.....	.7736
1 Myrialiter	283	3	1	.6440	275	.....	3	1.7369

Weights.	Troy Weight.				Avd's Weight.			
	Pounds.	Ounces.	Pwts.	Grains.	Pounds.	Ounces.	Drams.	Grains.
1 Milligramme	.....	.....	.....	.015	.....	.....	.....	.0154
1 Centigramme	.....	.....	.....	.154	.....	.....	.....	.1543
1 Decigramme	.....	.....	.....	1.543	.....	.....	.....	1.5432
1 **Gramme**	.....	.....	.....	15.432	.....	.....	.....	15.4323
1 Decagramme	.....	.....	6	10.323	.....	.....	5	17.6047
1 Hectogramme	.....	3	4	7.234	.....	3	8	11.9848
1 Kilogramme*	2	8	3	.348	2	3	4	10.4737
1 Myriagramme	26	9	10	3.4874	22	..	11	22.7061
1 Quintal	267	11	1	10.874	220	7	6	8.3115
1 Millier or Tonneau	2679	2	14	12.74	2204	9	15	1.0637

*The Kilogramme is the unit of commercial weight, and 1 is 2 1-5 pounds avoidupois.

Weights.	Apothecaries Weight.				
	Lbs.	Ozs.	Drams.	Scruples.	Grains
1 Milligramme	.....	.....	.....	.....	.0154
1 Centigramme	.....	.....	.....	.....	.1543
1 Decigramme	.....	.....	.....	.....	1.5432
1 **Gramme**	.....	.....	.....	.....	15.4323
1 Decagramme	.....	.....	2	1	14.3234
1 Hectogramme	.....	3	1	2	3.2348
1 Kilogramme	2	8	1	.....	12.3487
1 Myriagramme	26	9	4	.....	3.4874

Measures of Volumes.	Medical Divisions of the Gallon.				
	Galls.	Pints.	Ounces.	Fluidrams.	Minims.
1 Milliliter	.....	.....	.....	.....	16.2316
1 Centiliter	.....	.....	.....	2	42.3161
1 Deciliter	.....	.....	3	3	3.1615
1 **Liter**	.....	2	1	6	31.6108
1 Decaliter	2	5	2	1	16.1050
1 Hectoliter	26	3	5	4	41.0585
1 Kiloliter	264	1	7	6	50.5859
1 Myrialiter	2641		14	4	25.8599