

THE NECESSITY OF PLENTY OF SLEEP.

A writer in *Scribner*, considering "The Relations of Insanity to Modern Civilization," speaks of the loss of sleep as a prominent cause of insanity. He says: "During every moment of consciousness the brain is in activity. The peculiar process of cerebration, whatever that may consist of, is taking place; thought after thought comes forth, nor can we help it. It is only when the peculiar connection or chain of connection of one brain-cell with another is broken and consciousness fades away into the dreamless land of perfect sleep, that the brain is at rest. In this state it recuperates its exhausted energy and power, and stores them up for future need. The period of wakefulness is one of constant wear. Every thought is generated at the expense of brain-cells, which can be fully replaced only by periods of properly regulated repose. If, therefore, these are not secured by sleep; if the brain, through overstimulation, is not left to recuperate, its energy becomes exhausted, debility, disease, and, finally, disintegration supervene. Hence, the

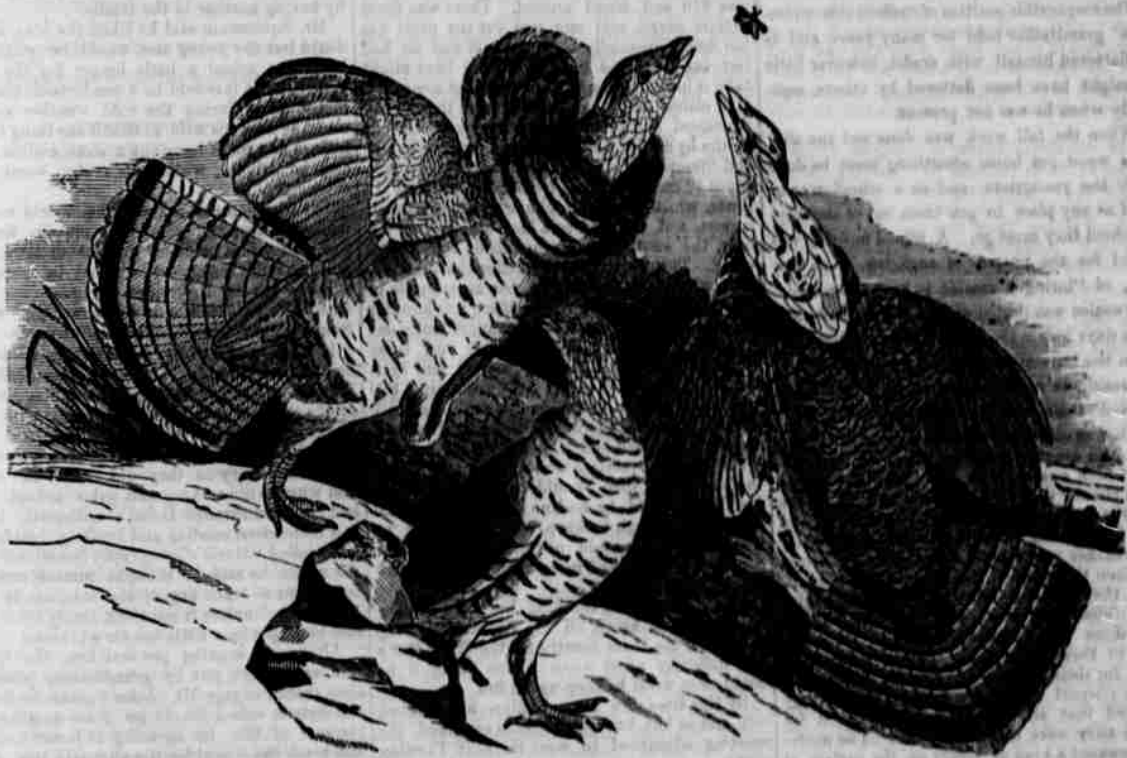
SANITARY USES OF GUNPOWDER.—A correspondent writes us from the Sandwich Islands saying that during a long life spent in tropical fever districts he has been able to escape infection and miasma by the use of gunpowder, supplemented by a few simple precautions against sudden changes of temperature, sunstroke, bad water and the like. He uses no water that has not been boiled and afterwards kept from air contact; but his main reliance is upon the practice of burning a thimbleful of gunpowder in his bedroom and very small quantities in his trunk, wardrobe, etc., so as to keep his clothes in an atmosphere feebly charged with gunpowder gas. In Madagascar, Reunion, Mauritius, the east coast of tropic Africa, and other fever-smitten lands he has found such simple means a sure preventive of epidemic and epidemic diseases, and has thereby been often brought to the philosophic reflection that gunpowder is destined to invert the aim intended by its fabrication.—*Scientific American*.

SINGULAR CASE OF POISONING.—The *Sutter Banner* says that three children of James C.

RUFFED GROUSE.

The bird of which we give an engraving on this page will be recognized by our Oregon and Northern California readers as a denizen of their thickets. Many others will also remember it the object of their gunning in the Eastern States. The grouse, although one of the most widely distributed birds in the United States, seldom, if ever, so far as we know, appears in lower California. It is known as the "partridge" in the Middle States and the "pheasant" in the Southern States.

WHAT MIGHT HAVE BEEN.—In a report just forwarded to the Secretary of the Interior, Gen. Fremont says: It is interesting to speculate on what might have been, had this southern line been already built before the war. True to the instincts of commerce the northern road has swept round through California and is entering Arizona from the west, while other great roads



THE RUFFED GROUSE.

story is almost always the same; for weeks and months before the indications of active insanity appear, the patient has been anxious, worried and wakeful, not sleeping more than four or five hours out of the 24. The poor brain, unable to do its constant work, begins to waver, to show signs of weakness or aberration; hallucinations or delusions hover around like floating shadows in the air, until finally disease comes, and—

"plants his siege
Against the mind, the which he pricks and wounds
With many legions of strange fantasies,
Which in their throng and press to that last bounds
Confound themselves."

BENEFITS OF LAUGHING.—"He who laughs can commit no deadly sin," says the mother of Goethe. "I am persuaded" said Sterne, "that every time a man smiles—but much more so when he laughs—it adds something to his fragment of life." Douglas Jerrold, the prince of modern wit, exclaims: "Let materialists blaspheme as gingerly and acutely as they will, they must find confusion in laughter." And yet laughter is akin to weeping, for true humor is closely allied to pity, paradoxical as it may seem.

Gray, residing near Yuba City, came near poisoning themselves during the week by chewing the inside bark of the common black locust tree, several of which their father was trimming. The children, aged respectively three, six and nine years, had picked up the twigs, and stripping the inside bark from them, chewed it, swallowing some of the juice. Soon after they were attacked with vomiting, and after thus relieving their stomachs, sat around in a kind of dazed condition, conscious, but with an evident wish to be undisturbed. Dr. Hamlin was called in, and under his ministrations they have about recovered. The fact that poison exists in this tree will doubtless be news to many of our readers, and we publish this that others may exercise care in its handling.

The "Agricultural Report," just issued, gives the average price of the cotton crop for the whole country at 84 cents per pound. Value of the crop for 1878, \$194,700,000. Average price of tobacco, 5, 6 and 10 cents per pound. Total crop for 1878, estimated at 303,000,000 pounds, worth \$22,000,000.

are converging into it from the east and north. Arizona is the natural gateway of commerce and travel between the States east of the Mississippi, and California and the Pacific Ocean. Fronting on Mexico it is in position to profit by any developments which may result from the awakened interests of our merchants and manufacturers in the trade of that country. You will remember that before our civil war, Congress had directed examinations for an overland route to the Pacific, to be made on four different lines between the 32d and 46th parallels, and upon comparison of results by the War Department, the 33d parallel was declared the best. A bill was accordingly framed adopting this line; and with a large grant of lands and money had already passed the House and was about passing the other, when events occurring in Texas were announced in Congress, and the line of the road thrown to the north. Passing together through this gateway of Arizona the united road will enter Mexico by a trunk line, which will be nourished by ten millions of people and the sea of Guaymas, while the branches penetrate the States.