

SAN LUIS OBISPO MISSION.

The early Catholic fathers who established the first civilized settlements in California, having plenty of time before them, with no railroads, telegraphs, expresses or mails, to hurry them up, took their time in selecting the sites upon which to build their missions. That they exercised care and judgment in the selection is manifest from the fact that to-day the remaining missions are centered in localities where climate is good, soil is excellent, and the surroundings are pleasant.

The early missions formed centers around which gathered the people of the country. Near by they cultivated small patches of ground or tended their flocks and herds. The mis-

The place has much the appearance of the old Mexican towns, the old cathedral, and many other adobe houses still standing. It is the center of a wool and wheat country and is now one of our thriving towns, being the only one of any size between Monterey and Santa Barbara. A great many native Californians still live in the vicinity of San Luis Obispo, and perhaps there is no better town in the State to study the types of the race.

MAN AND HIS FOOD.—Of course, various conditions of life, climate and locality, have to do with the quantity of food. Thus, an idle person can get along very well with two and three-quarter ounces of nitrogenous food and 20 ounces of carbonaceous food (flesh and cereal or vegetable food), when, if the same individual were walking or in active out-door life, double



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sions were more numerous in the southern part of the State, and wherever the sites were, there would be formed inviting surroundings, and advantageous topographical features for such centers.

The padres were well aware of the advantages of the sea ports, and established missions at San Diego, Los Angeles, Santa Barbara, San Luis Obispo, Monterey and San Francisco. In some cases, as at Los Angeles and San Luis Obispo, the locations near the ocean not being agreeable, they wisely put their buildings back from the sea, but still near enough to reap the advantage from proximity to a sea port.

The style of all their buildings was the same: plain adobe structures, with red baked tile roofs, and a surrounding veranda, the church roof being higher than the other one-story buildings, and having a walled enclosure attached to it. The engraving shown herewith, representing the San Luis Obispo Mission, will give a good idea of the style of building. San Luis Obispo is nine miles from the harbor, and is connected by railroad.

this quantity might be used. Perhaps the Esquimaux represent the heaviest feeders in the world, for Parry tells of a young native who devoured in 24 hours 9½ lbs of sea-horse—half raw, half cooked—17½ lbs of ship-bread, 1½ pints of water, not counting grog and spirits. Both Sir John Ross and Dr. Hayes, from personal observations, declare that the daily ration of an Esquimaux may range from 12½ to 20½ lbs of flesh food. On the other hand, it is quite remarkable how small a quantity of food a man may eat and still retain his health, though, as to the point of mental vigor engendered by scanty fare, that is another question. Cornaro, who wrote a treatise on long life, subsisted for 58 years on 12 ounces of vegetable matter, and 14 ounces of wine per diem, while another case is cited of a man existing for not quite 20 years on 16 ounces of flour per diem, made into some kind of pudding.

Work is being resumed on a large number of the Big Cottonwood mines which have been lying idle since last winter.

THE INDIAN GOLD MINES.

We have before this noted the fact that a number of companies had been organized in London to work certain gold mines in India. Although nearly a year has passed since the formation of these companies, it is only now that some of the results have been made apparent. One of the companies has brought some gold to London, taken from quartz they found lying at the surface of the mine. This result was due to the circumstance that the company, in taking the property, also secured some antiquated machinery manufactured on the spot, which, however, has proved useless for modern requirements. It was sufficiently good, however, to make a preparatory trial, and accordingly 44 tons were passed through the stamps, the result being a yield of 1½ ounces to the ton; 25% more would have been saved, but for the defective appliances used for its treatment, but enough remained not merely to produce the specimens exhibited, but to encourage the company to proceed with vigor with the erection of their machinery and the development of their mines.

The two bars which arrived at Southampton, weigh 40 ounces, and would realize between £3 15s. and £4 per ounce. It appears to be gold of a very good character, and free from impurities, somewhat darker in color than that in the Australian sovereigns. A larger quantity of quartz would have been treated, but the machinery, as might have been expected, broke down. The new machinery includes 20 stamps, which will treat some 30 tons a day. This news will be of interest to all the shareholders in Indian gold mines, and will come as a relief to them. If 1½ ounces per ton can be realized with machinery of primitive description, and from the surface refuse of the former workers, it is only reasonable to suppose that appliances of the latest description, and quartz taken from the deeper workings, will produce a result far more satisfactory.

TREATMENT OF SUNSTROKE.—The peculiar atmosphere of California admits of much more exposure to the rays of the summer sun than can be endured in the Eastern States. But it is still well to know what to do in case of sunstroke, as prompt action is generally necessary to avoid serious results. An exchange says: In case of sunstroke, loosen the patient's clothes and bathe the head and entire body with cool water, and with moistened hands rub the extremities, the neck, and the whole length of the spine, rubbing in a downward direction to draw the blood from the head. As soon as boiling water can be obtained, put a dry blanket round the body, then ring flannels from the hot water and apply them quickly to the region of the stomach, liver, bowels and spine, over the blanket; also, immerse the feet in hot water, or wrap them in hot flannels as far as the body. Rewring the flannels once every five or eight minutes for half an hour or more, then remove them and apply cold water in the same way, either by cool towels or sponging with cool water; dry well and rub the surface lightly and briskly with the hand until a glow is produced. As soon as the patient can swallow, give him hot water to drink, and plenty of it, with occasional bits of ice or sips of cold water. Often, of course, the attack is so slight that so thorough treatment is not necessary.

BLACKING PIANO-FORTE KEYS.—A good black ink is as effectual as any stain to blacken the sharps of a piano. It is, perhaps, not generally known that, though made of ebony, these keys always require staining, as true ebony is rather brown than black, and full of a yellowish grain. Old keys are probably saturated with grease; they should therefore be treated with potash first.—*English Mechanic.*