

Good Health.

Typhoid Fever.

If you knock a man down, he may rise up again, but after two or three such knockings, he loses the power of rising. In ordinary fevers the system has a recuperative power, especially when the weight of the malady has been removed by suitable medicine; but when that recuperative power is lost, the system will not rise to health, although medicine has done all that was expected from it, and the patient dies. This inability may exist in all forms of disease. "Typhoid" means "like typhus," and typhus itself means "torpor," a kind of sleep or death. There is a growing tendency in all diseases "to take on the typhoid type," which simply means that the constitutions of the people are growing weaker and weaker, less and less capable of resisting the onsets of disease; hence a less amount of sickness kills more than formerly; and added to this, physicians of every grade have observed that their patients can't bear as large doses of medicine as heretofore; and the tendency is to give less and at longer intervals, and wait and see "what nature will do." The practical use to be made by the reader of these facts is to habituate himself to a greater watchfulness against the causes of all diseases, and to a greater care of himself when he is sick; and this care should be observed in three main directions:

- 1. In recovering from any form of disease, keep abundantly and comfortably warm.
2. Stidiously avoid taking cold.
3. Watch against over-exercise for several days or weeks.
4. Eat very moderately and at regular intervals, of plain, nourishing food.
If these four things are observed, relapses would be rare, and the patient would be saved. The most difficult of the four is to avoid eating too much; there is special danger of yielding to a craving for some particular kind of food. We know an estimable lady who was happily recovering from an attack of typhoid fever, but she had such a strong desire for a sweet potato that it was allowed her; in less than an hour the symptoms became unfavorable and she died the next day.
The sleepiness or stupor arises from the fact that the brain, and thence the whole nervous system, is oppressed by the disease; it is weighed down; can't act; goes to sleep and dies! - Hall's Journal.

A MAN DIES OF THE HICCUPS.—One of the most singular cases of death that ever came within our province to mention, is that of Milton W. Blair, of Louisiana county, who died last week in a town in California, of the hiccups. Mr. Blair is an old merchant of Louisiana county, but has not been engaged in business for a number of years. He has been residing near Morning Sun since retiring from bus. Last fall he was attacked with a fit of hiccoughing, which continued for some weeks, with scarcely any intermission. Becoming alarmed at the long continuance of the spell, Mr. Blair came to Burlington to consult with a doctor, who, after treating him awhile, declared he could give him no relief. From this city he proceeded to Chicago, and consulted the best medical authorities there, who did all in their power for him, but could not relieve him. By their advice he went to California, accompanied by his sister, thinking that the change of climate would help him; remaining in that State to the time of his death, hiccoughing almost continually, and having but few intervals of rest. The continued strain and distress wore him to a mere shadow of his former self, and last week his sister telegraphed to friends and relatives in this and Louisiana counties that he was dead, and she was bringing his remains on for burial. - Burlington (Iowa) Hawkeye.

WALKING exercise, as a means of health, is the most practical and universally available of all other forms; it promotes the activity of the circulation; it enlivens the spirits; exhilarates both body and brain, and, not least, it costs nothing. But to take a lively, active, brisk, cheerful walk, which infuses a new energy into the whole being, there should be a well-fitting shoe, and feet undeformed by corn or bunion, or other distortion; but, standing at any point on Broadway, and taking the first hundred persons over twenty years of age, for examination as to the condition of the feet, we may feel very sure of not finding half a dozen which are natural. It fairly makes one shiver to look at the exposed foot of any adult—ugly protuberances, tony excrescences, turned-in nails, piled-up toes, and skin all mottled and scarred by excessive binding or ill-fitting shoes. All inciting us to pity human nature, if not to despise it, for unreasonably submitting to the numerous evils arising from the unnatural conditions referred to.

THE DURATION OF LIFE.—The following facts on the duration of life appear in a German paper: In ancient Rome, during the period between the years 200 and 300 A. D., the average duration of life among the upper classes was 30 years. In the present century, among the same classes of people, it amounts to 50 years. In the sixteenth century the mean duration of life in Geneva was 21.21 years, between 1814 and 1833 it was 40.68, and at the present time as many people live to 70 years of age as 300 years ago lived to the age of 43.

DOMESTIC ECONOMY.

The Art of Cooking—No. 2.

FRYING.—That part of cooking is not as difficult as it is generally believed, and properly fried objects are good and do not taste greasy. To fry requires care, and nothing fried will taste heavy if it has been dropped in fat properly heated and in enough of it to immerse the object. When an object tastes greasy, it is not because it has been fried in grease, but because there was not enough of it, or because it was not properly heated, or, if heated enough, it closes the pores of the object and carbonizes the exterior, so that it cannot absorb any.

ROASTING.—When an object is placed on the spit according to directions, remember that it cannot be basted too often. The time necessary for roasting a piece of meat, or anything else, depends as much upon the fire as upon the nature of the meat. Meat especially requires to be placed very near the fire at first, and then put back by degrees. There is nearly as much difference between roasted and baked meat as there is between broiled and fried meat. It is generally admitted here that English roast beef is so superior to American roast beef that it cannot be compared to it. It is not in the quality of the meat that the difference lies, but in the process of cooking. Meat cannot be roasted in an oven, be it in an ordinary or in a patented one. That peculiar flavor in roasted meat is produced by the air coming constantly in contact with the heated meat while revolving on the spit. Cold roast meat, when desired to be served warm, is enveloped in a buttered paper and placed on the spit just long enough to warm it.

SEASONING.—This is the most difficult part in the science of cooking. To season is not difficult, but to season properly is quite another thing. It is not only necessary to know well how to fry or roast a piece of meat or anything else, but to know how to season it, to be able to judge what quantity and what kind of spices can be used to season such or such a dish, to what extent all the spices used agree together, and what taste and flavor they will give to the object with which they are cooked; for, if not properly used, they may just as likely destroy the taste and flavor of the object as improve it. Some dishes require high and much seasoning, others just the contrary. With a good fire and a good spit it is not necessary to be a thorough cook to roast a piece well, but the cook is indispensable to mix the gravy or sauce with the proper seasonings.

Simmering.—Simmering differs from boiling only in the amount of heat allowed under the boiler, kettle, or pan. To simmer is to boil as gently and slowly as possible.

Stewing.—To stew properly it is necessary to have a moderate fire and even as possible. A brisk fire would cause much steam to evaporate, which steam is the flavor of the object stewed.—The Housekeeper.

An emulsion of raw meat is advised as a nutritious form of diet for convalescents. Eight ounces of raw meat, with two and a half ounces each of sweet and bitter almonds and white sugar, are beaten together in a mortar until completely homogeneous, the almond having first been blanched. The compound may be beaten up with egg or milk and water in any consistency.

To CLARIFY DRIPPING.—Put the dripping into a basin; pour over it boiling water, in which a teaspoonful of salt has been dissolved, and keep stirring the whole to wash away the impurities, let it stand to cool, when the water and dirty sediment will settle at the bottom. Repeat this operation at least twice with fresh water. When cold, remove the dripping from the water and melt it into jars.

SHEEP'S TONGUES IN SAVORY JELLY.—Skin the tongues, lard them, and cook them until they are quite tender in good veal broth, or any white stock. Take out the tongues, boil down the liquor to a stiff, clear jelly, and pour enough of it over them to cover them. To be eaten cold.

SILVER CAKE.—Two and a half cups of flour; half a cup of butter; two cups of sugar; three-fourths of a cup of sweet milk; white of eight eggs; two teaspoonfuls of baking-powder.

CROQUETS.—Take any cold meat, mince it fine; put in an onion chopped fine. Moisten with gravy, make into balls with yolk of an egg and flour, and fry in hot fat.

HORTICULTURE.

A Freak in the Flower World.

The flower of a Calla lily has been sent to the office of the RURAL PRESS as a curiosity. To all appearance, and as far as a careful investigation with good authorities goes, it is a freak of nature in the vegetable kingdom. It is kindly sent by W. T. Baily, assistant assayer of the mint, and as is understood, this Calla is from a plant at his house, 1519 Sacramento street.

That the peculiarity of this flower may be fully understood, we will explain that the three principle parts of a flower, like the Calla, are called in botany the stem, the spathe and the spadix. The spadix is the yellow, granulated column that rises from the base of the floral envelope. This envelope, or white flower leaf, or bract, is technically called the spathe.

Now, according to all descriptions and engravings of numerous authorities consulted, and according to the experience of numerous persons of whom inquiry has been made, we find no account of any separate species of Calla which has

A Double Spathe. Yet such is the case undoubtedly with the flower sent us. In the specimen under consideration there is but one spadix crowning the stem, but it has a definite and distinct spathe or white flower leaf, on each side of it, one curving to the right and the other to the left. Will not any florists who may have met with the same peculiarity in Callas, have sufficient interest in the subject to inform us if it is a common occurrence?

De Candolle merely hints at what may be a solution of the difficulty in his work on the Philosophy of Plants. In describing a spathe in general he says it may consist of one or more bractes, or bracts, but he does not assert that the Calla lily may have the two bracts. Still his assertion may give the true solution without making it necessary to call the double form a separate species. To study up of botany it may be of interest to know that the Calla belongs, according to Lindley to the order Orlanthaceae, or Orlanthids. Its full botanical name is

Calla Aethiopsica, Or Ethiopian Calla, and it was introduced into England from the Cape of Good Hope, in 1731, nearly one hundred and fifty years ago. It grows wild on the island of St. Helena. May 25th, 1875. J. W. A. W.

A Large Cranberry Farm in Wisconsin.

The Baraboo Republic mentions the existence at that place of an incorporated stock company, composed of Samuel Klaber, of Madison, and Terrel Thomas and G. A. Sumner, of Baraboo, with a capital of \$25,000. The company have purchased 1,405 acres of land in Jackson county, and intend making of it a cranberry farm. The most of the tract is a natural cranberry marsh. About seventy acres of the margin, together with an island within the marsh, are covered with pine timber. They propose erecting a building for the sorting, cleaning, and packing of berries, and leading to it will build a railway running diagonally through the tract, with branch leading to the distant portions. For the flooding, a number of flooding dams are to be provided, which will be supplied from a neighboring creek, under a law of the State which permits the use of the water of streams for agricultural purposes.

ANSWERS TO CORRESPONDENTS.

In answer to "Alphabetical," in your last issue, for a remedy for consumption in its first stages, I can recommend Dr. Pierce's "Golden Medical Discovery," if taken according to directions, for it has been thoroughly tried in my family, and the results were glorious. "Alphabetical" must not expect one bottle to do the work—my wife took three bottles before she could discover any change, but after the third bottle every dose seemed to strengthen the lungs, and now she is well and hearty. If "Alphabetical" will write to me I will get witnesses to the above.

HENRY H. M. PATTON. Lawrence, Marion County, Ind. -Cincinnati Times, Feb. 4, 1875.

For Coughs, Colds, Bronchitis and all affections of the Lungs, take Ayer's Cherry Pectoral.

S. F. MARKET REPORT.

GENERAL MERCHANDISE.

WEDNESDAY M., May 26, 1875.

Table listing various commodities such as Flour, Sugar, Coffee, Tea, and other goods with their respective prices.

Table listing domestic produce including various types of Beans, Corn, Potatoes, and other agricultural products.

DOMESTIC PRODUCE.

WEDNESDAY M., May 26, 1875.

Table listing domestic produce including various types of Beans, Corn, Potatoes, and other agricultural products.

LEATHER.

WEDNESDAY M., May 26, 1875.

Table listing various types of leather and their prices.

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We invite the acquaintance of all parties connected with inventions and patent right business, believing that the mutual conference of legitimate business and professional men is mutual gain. Parties in doubt in regard to their rights as assignees of patents, or purchasers of patented articles, can often receive advice of importance to them from a short call at our office. Remittances of money, made by individual inventors to the Government, sometimes miscarry, and it has repeatedly happened that applicants have not only lost their money and their inventions also, from this cause and consequent delay. We hold ourselves responsible for all fees entrusted to our agency. The principal portion of the patent business of this coast has been done, and is still being done, through our agency. We are familiar with, and have full records, of all former cases, and can more directly judge of the value and patentability of inventions discovered here than any other agents. Situated so remote from the seat of government, delays are even more dangerous to the inventors of the Pacific Coast than to applicants in the Eastern States. Valuable patents may be lost by the extra time consumed in transmitting specifications from Eastern agencies back to this coast for the signature of the inventor.

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