Didst lonely beat The vacant shores and speechless solitudes With sliver feet.
Through the great eons wandering forlorn As rose and fell like vacant flames, lone morn And evening dim, Ere light had grown articulate in love, Or allence knew
Herself as worship. Then didst thou ever move
Beneath the blue
And incommunicable myslery, About thy shore;
A visible yearning of the earth and sea,
That ev. rmore Flung out white arms to catch at some far good

And thou, man's prototype in varying moods, .

That still reforms.

Yet unfulfilled, And falling sobted and sank in solitude With heart unstilled;
A voice that ever crying as of old With hollow tongue reverberate foretold -Ellice Hopkins. A life to come.

HEREDITY AND INSANITY.

W. W. Golding, M. D., superintendent of the government hospital, read the following address to teachers before the National Educational association at a recent session:

GENTLEMEN:-You take the mind young and fresh in life's morning and send it, aspiring to become godlike, on its upward flight; I receive it torn and bleeding as it comes fluttering down; is there anything in common between our studies that I should ask you to pause for fifteen minutes in the important labors of your session to listen to me? I doubt it, unless you consider it in the light of too, how a sage physician, by a sudden flash of sunlight thrown from a mirror upon an idiot boy in a darkened room. awakened a gleam of intelligence, disclosing a mind where it had hitherto been supposed to have no existence, I

might have still kept eloquent that drivelling tongue; and so I am here. From my standpoint the first mistake that we make in the education of the young is that we do not pay sufficient school that she requires, but the gymnasium, the rest of long vacations in the summer fields, with nights of repose unsay, in answer to this newspaper dictum, briskly and boil for fwo or three minutes and serve while warm with sugar, or still a neaping teasphon in or hour togother, and pour into the boiling milk; stired and serve while warm with sugar, or still and serve while warm with sugar warms while I know offtimes your brigh; scholar is is a perfectly well established fact in better, maple syrup.

To have been some man's delight,

than brilliancy of mind. air summer schools; even in our climate ago, it is true now. We say this child will not do so. we should be gainers with more of the does not learn because he has no head, Steak Pie out door life of the old Greeks; I wish but the real trouble is the father was we had again the forum and the grove of acephalous before him? what a thousand Academia; in such schools our children pities such a father ever had a son; the would gain in vigor to more than fool-killer was an important agent in the counterbalance their loss in the exact twilight dawn of civilization which we over them on both sides; then roll up methods of book teaching. Yes; the ad- miss at its noonday. From Lycurgus to each slice of beef. Put into a saucepan vance in all kinds of knowledge is some- Christianity is an immense advance; he a layer of bacon, then the rolls, and just thing wonderful. They tell me it is nec- carel for the race and forgot the individenough water to cover them; simmer essary that my son should begin at ual; but may we not be in danger of for- gently until tender, but not overdone, the age of seven to fit for college, if he is to enter Harvard; it is true he begins is to enter Harvard; it is true he begins the individual? Christianity came down ready a pie-dish lined and bordered with to shed his milk teeth at that time, but from heaven with its divine mission to paste, put in the meat and a few hardhe will only see of Harvard the outside of the buildings, for, college or no colist that "the meek shall inherit the pour it over the meat, cover with paste, lege, I do not intend to make him the earth," but should we not draw the line and bake in an oven. last of my race. You say, and probably at defectives, and stop the intermarriage truly, that the student now must know of the insane? more when he enters college than I did | Impress upon those who look to you I ever have since. And what do you accomplish by crowding all this accumulation of wisdom into one little brain? imitate the divine compassion, they will do well to of this theory is reached when the old shall, as they value the integrity of the lady of eighty-five, the aged patroness tion, you have intensified the nervous action, but you have not enlarged the lit is time that the laws which govern miration because—at a little distance—

have moved forward the limit of the in- Ah, what a moral teacher vice becomes, to prevent wrinkles-her eyelashes are dividual life. For thirty centuries, and when we see its last stages in a hospital! stained, her figure is "made." She is I know not how much longer, the Sometimes I think I will open a school, false all over. Now, is this admirable? Psalmist's three score years and ten have for, though I am but little of a preacher Would not a little honest old age and Psalmist's three score years and ten have been the inexorable horizon of earthly existence; we cannot change this, but we do practically extend it by enlarging its vista; our life keeps quick step to the wonderful march of science; we ride with the storm, we write with the lightning, we paint with the sunbeam; everything is by the instantaneous process. As Poe said of the singer Malibran, "She crowded ages into hours; she left the world at twenty-nine, having existed her thousands of years." I grant you, if thousands of years." I grant you, if this were the final age, nothing could be more desirable; if this was the closing scene and no coming time, no children the wind; "ah, what shall the harvest those Louis Quinze heels, which make to inherit our exhausted vitality and to be?"

the neurotic disorders now makes one of the largest works in a physician's library. It is an age spendthrift alike in martyrs" some souls will hereafter stand two and the great result is obtained. If brain and material. Of the heat and whose lives, like their devotions, have the figure of the would be beauty is not power that have been slowly accumu-lated in the coal measures through the been that the inherited taint of their corset maker" will supply her with a noceons of geologic time, which would last blood should die out from the world with careful consumption for myriad with them. And we have seen in them "fine her down" by degrees. If her generations, we take 2 per cent. for our only single men and women, who being purpose, sending the remaining 98 per cent. for our purpose, sending the remaining 98 per cent. to be dissipated in warming interstellar space. To the charge of wasteful expenditure, modern science answers that herit their many virtues. But perhaps classed as an instrument of torture. This future generations can make available the Great Teacher saw those lives other-the energy of the tides and keep warm wise, and had such in mind when He said by electricity stored up in reservoirs for our instruction the words that we not to interfere with the comfort of one's whose feasibility is even now being deare inclined to hurry over as we beauty sleep. Once enameled always monstrated. They will need it, for the read, "And some have made themenameled. The professed beauty can ruthless destruction of the forests will selves entuchs for the kingdom of only afford to be yellow, grey and unwood fire. Yes, power is convertible into everything short of mind, but that yes, as we use language, there is such a is just as well, having once begun to at-I doubt. The "Promethean heat" once thing as inherited disease; it is a sin to exhausted, the vital energy of a race de- conceal it; to deny it is a crime. stroyed, science, that tells us so much, The fifteen minutes, for which I thank knows of no way to restore it, and his- you, are over. This is, indeed, a weird her nose and her finger tips? It is diffi tory points us only to the Huns and paper for teachers, as much out of place the Goths.

The danger to our civilization to-day Mariner to the wedding guest; but if lies in the direction of nervous exhaus- you censure it from the educational tion. I know that those who believe that standpoint, my apology must be that I we are just on the dawn of an intellect- have erred with the old Athenian teacher ual and a material millenium will smile who exhibited a drunken man to his chilat this, and they will tell you dren as a temperance lecture.

that never in the history of the world was there a higher FARM AND HOUSE NO. manhood, or a time when the individual man was so grandly cared for and had world, in its successive epochs of civilization, has always shown a culmination of prosperity and an intellectual blos- by the small plow or cultivator can be soming just before its decline. Witness surely relied on. the Augustan era and that age of gold, of Spanish conquest and renown. This is the age of brain; the marvelous discov eries of science are utilized to intensify our struggle for wealth, for vantage ground, to make all the universe tributary to the little span of our human life. The iuxuries of the last generation have become the necessities of this; wealth is planted ground. only relative, and power never brings strain, and woe to the brain that goes

halt or maimed into that battle. Do you say this is the mere vagary of an alarmist, the Cassandra-like cry that a fifteen-minutes recess. How shall I finds no believers? Ah, but while it was teach the teachers? The germ in the infinite decrees that Cassandra cellent dressing for melons of every should not be believed in that fated city. education, and I question if the inexor- none the less did the divine afflatas comable law in nature which we know as that of "the survival of the fittest" will her forebodings true. Do not undernot, in spite of any or all education, stand me to mean that our school educasend a considerable per cent. of weak brains to moulder and become moss- even for any considerable part of what grown within asylum walls. This we are pleased to call the spirit of the seems but a reasonable deduction from times; but what I do say is that it is the the facts within my own observation; duty of the teacher, instead of drifting bur then I reflect that the sources of with the tide and accepting the tenden- green to exterminate the canker worm, life and reason are not in our hands; I cies of the age as something inevitable know how a little more or a little less of and not to be overcome, to stand up in that subtle something we call common | the dignity of his great office, and of his | disappeared. sense makes the difference between the manhood, and call a halt to this onwise man and the fool; remembering, rushing madness, and to so instruct the repeated experiment and long observatake our places, those who "shall be of potatoes not only requires less labor

In truth, we are sponsors for the future as well as possessors of the present, realize what teaching in the hands of a and are morally bound to transmit this master may accomplish, then, standing earth, which is ours to-day, and the vigor among the melancholy ruins where my studies bring me, I think that perhaps a hold, unimpaired to those who in the eggs, one and a half pints of milk, one different education would have spared a endless procession shall come after us, as cupful of hot boiled rice. Sift the flour, father's anguish for his only son, could the miller may use the water in the river salt, sugar and baking powder well toother, but has no right to divert the channel or poison the stream.

This brings me to what I have to say on heredity, a subject which concerns you as educators in the broadest sense. not of children alone but of communiattention to the temperament of the ties. Just now, for the purposes of a child; we are not all cast in the same certain trial, the newspapers, those blind mould, even if we do bear the same im- Samsons in the cause of popular educaage. This lethargic youth, whose men- tion, have given out that there is no such tal integuments are like the wrappings thing as hereditary disease, that the of a rhinoceros, needs all our goading most emident experts have so stated. -a brain fever is hardly possible to Well, what my brethren who stand away such an organization; but this girl, with up at the head of the class did say, tryclear skin, spare neck, intellectual fore- ing to be very exact in the use of lanhead, and speaking eyes, whose lessons guage, feeling that they were under are always perfect, whose answer antici- oath, was, that the tendency to insanity pates almost your very thought, whose was hereditary, not the disease itself. nervous susceptibility quivers through "The rose by any other name"-but in every fibre if she fancies your reproof of common parlance we say, and properly farina and corn starch were unheard of the above mentioned blockhead is meant say, hereditary disease; and where a delicacies. Boil one quart of fresh butfor her—it is not study out of great truth is involved we cannot afford school that she requires, but the gym- to be misled by any subtleties of exact a heaping teaspoon ul of flour together, such an oasis in a desert of abounding medical science, and is recognized as Profitable Crop-Amateurs in farming

when I graduated, and, I may add, than for instruction and guidance that, while It is a question whether beauty, like eranium, or, if you have the chances are you have done so at the expense of the physical vigor.

But you say by your education we not enlarged the heredity were taught in schools other than medical. Sins against the physical no less than those involving the moral nature are far reaching in their effects.

It is time that the laws which govern the would pass for thirty. Proudly her "makers-up" point out how this effect is produced; her hair is false, her skin is enameled—besides being "tightened"

Why their name is legion. A treatise on pect to recover Love from his blindness, and dreadful meaning. Any one who defuture generations can make available the Great Teacher saw those lives othernot even leave them the luxury of a heaven's sake." Too much already the curled in secret. She finds herself

with its detention as that of the Ancient

FARM AND HOUSE NOTES.

Stubble-On land rich in vegetable such possibilities as at present. The matter the stubble had better be burned. Drouth-As a protection against drouth, the constant stirring of the soil

Sulphur-Remember to sprinkle the

Useful-Young chickens can be made useful in a garden at insect catching as long as they do not scratch the newly-

Hay-Grasses intended for hay should content; there is a constant increment of be cut when they are in bloom. Cut earlier there is too much shrinkage. Cut la er the hay is less digestible. Melons-Potash, whether in the shape

of ashes from burned wood, or in the Orchards-A successful orchardist

ing or mulching. Paris Green-A member of the West-

ern New York Farmers' Club sprayed his orchard with a solution of Paris and reports that the apple aphis, which formerly infested his trees, had entirely

Potatoes .- An Ohio farmer says that coming generation, the youths who shall tion have satisfied him that flat culture kings hereafter," as to lead them into a than hilling, but produces heavier crops made by genuine artists, who understand their of equally good quality, and this whether the season be wet or dry.

Rice Waffles .- One quart of flour, half a teaspoonful of salt, one teaspoonful of to turn his wheel and pass it on to an gether, rub the butter into the flour, beat the eggs well separately, and add the stiff whites last of all.

Prune Pudding. -Scald one pound of French prunes, let the swell in the hot water till soft, drain and extract the stones, spread on a dish and dredge with flour; take a gill of milk from a quart, stir into it gradually eight tablespoonfuls of sifted flour; beat six eggs very light and stir by degrees into the remainder of the quart of milk, alternating with the batter; add prunes, one at a time; boil two hours and serve with wine sauce

Buttermilk Pudding-Although from its consistency this can scarcely be called a pudding, still it is a very nice dessert. and was eaten by our grand mothers when

dullness that there is alstrong temptation such by the profession, and that, are constantly asking agricultural papers to the teacher to give him free rein; acting as the remote cause, hered- which are the most profitable crops to hence it often occurs that your valedic-torian is never heard of afterwards. It ably more to do with the tion. Almost any crop well cultivated is staying power that you want more developement of insanity to-day than all under suitable condition pays a profit. the assigned immediate causes put to- The safest rule in going to a new locality Are we not asking too much of our gether. "Visiting the iniquities of the or engaging in a new business is to do as children? Lay the foundations broad— fathers upon the children unto the third those round you are doing. The crops the broader the better-in physical and fourth generation" is not a mere grown in a locality are pretty sure to health, and let the mental growth be metaphor of oriental language, it is a succeed there; others, however, profit—
in Paints. Oils and Glass, Doors, Windows and

Steak Pie-Cut a tender steak into thin slices and sprinkle them with a little finel-chopped mushroom, onion and parsley; season well with pepper and parsley; season well with pepper and

Beauty Bought in Shops.

No, you do not need to remind me how the pretty boots look so bewitching. Figure to yourself what it must feel like to call us anything but blessed.

In a bookstore, the other day, the first volumne that met my eye was "A New Form of Nervous Disease." New form?

No, you do not need to remind me how easily, when its passions are involved, the world forgets the lessons of its philosophy, and as a physician I do not expense on your nose. That pretty old-fashion ex-pression has now taken a new

statute is too long for beauty, she may remedy this by wearing what is mildly teno to the matter, to perfect her beauty. Why not make use of the marvels of modern inventiveness-remodel her ears,

theory out to the full .- London World. VALUE OF THE SUNFLOWER .- Agriculturists claim it to be the best egg-producing food known for poultry, keeping them in a thriving condition and largely increasing the production of eggs. Every poultry raiser who tries it will find that the seed is the best food known for glossing the plumage of fowls, and is almost indispensable to those who want to fit their birds for exhibition to the best advantage. The Russian sunflower is easily raised, requires very little care, can be grown in fence corners or other places difficult to cultivate. Its production of seed is immense, yielding often at the rate of 100 bushels to the acre. It eggs of a setting hen with sulphur.

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cult to say why she should not carry her

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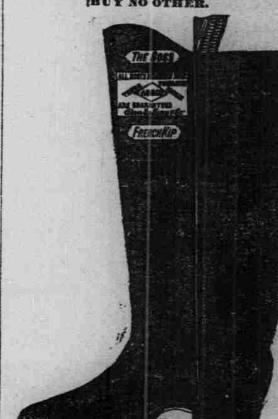
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