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EGGS AS FOOD.

The journal of chemistry says that eggs, at average prices, are among the cheapest and most nutritious articles of diet. Like milk, an egg is a complete food in itself, containing everything necessary for the development of a perfect animal, as is manifest from the fact that a chick is formed from it. It seems a mystery how muscles, bones, feathers and everything that a chicken requires for its perfect development are made from the yolk and white of an egg; but such is a fact, and it shows how complete a food an egg is. It is also easily digested, if not damaged in cooking. Indeed, there is no more concentrated and nourishing food than eggs. The albumen, oil and saline matter are, as in milk, in the right proportion for sustaining animal life. Two or three boiled eggs, with the addition of a slice or two of toast, will make a breakfast sufficient for a man and good enough for a king.

According to Dr. Edward Smith, in his treatise on "Food," an egg weighing an ounce and three-quarters contains 120 grains of carbon and seventeen and three-quarters grains of nitrogen, or 15.25 per cent. of carbon and two per cent. of nitrogen. The value of one pound of eggs as food for sustaining the active forces of the body, is to the value of one pound of lean beef, as 1584 to 900. As a flesh producer, one pound of eggs is about equal to one pound of beef.

A hen may be considered to consume one bushel of corn yearly, and to lay ten dozen or fifteen pounds of eggs. That is to say that three and one-tenth pounds of chemistry corn will produce when fed to a hen, five-sixths of a pound of eggs, but five-sixths of a pound of pork requires about five pounds of corn for its production. Taking into account the nutriment in each and the comparative prices of the two on an average, the pork is about three times as costly a food as the eggs, while it is certainly less healthful.

An Eastport, Me., suicide left a paper giving his reasons for bidding this vain world adieu. He was a strict constructionist of the scriptures, and, among other points made, writes as follows: "It is said, 'If thine eye or arm offend thee cut them off.' My whole body offends me." The quotation is not accurate, but the logic appears to be pretty sound, if such sayings are to be taken literally. He was evidently a fastidious person. He declared: "The heat and the cold bid me go. The pains of disease and bodily imperfections bid me go. The offensive odor in every breeze bids me go. The unpleasant sounds that are constantly occurring bid me go from them. I hate the things and ways and works of the world and of men." And finally, with an extraordinary spasm of common sense, he says: "I love the whole world, and think I can benefit it most by leaving it." The last seems to be best reason of them all. Pity that many others who would most benefit the world by leaving it would not come to the same conclusion.

How strange that many people would rather suffer a long time, believing they were recovering by scientific skill so-called, than be cured—of rheumatism for instance—quickly by common sense—and St. Jacobs Oil. We take the latter plan and article, and observe too that the Rt. Rev. Bishop Gilmore indorses the remedy.

The Peruvian syrup has cured those who were suffering from dyspepsia, debility, liver complaint, boils, humors, female complaints, etc. Pamphlets free to any address. Seth W. Fowle & Son, Boston.

How a Man Walks.

One of the most remarkable things about a man's walk, says *Science for All*, is the diagonal movement which characterizes it. The hands and feet may be regarded as forming the four corners of a parallelogram, and the diagonal limbs are, of course, the right arm and left leg and left arm right leg. By "diagonal movements" is meant that the diagonal limbs during locomotion always swing in the same direction. The arms swing by the body like a couple of pendulums, and with a speed which entirely depends upon the rate at which he is walking. The athlete, anxious to complete the given number of "laps" in a mile or a couple of miles in trying to outstrip his competitor, swings his arms to and fro with a quickness which corresponds to the motion of his swift feet; the business man also swings his arms with a motion which, if not so quick, exactly times with the motion of his legs. Now, if the motion be even carefully observed, it will be found that the right arm swings forward at the same time as the left leg, and when the right leg is advancing it is the left arm which accompanies it. This diagonal movement of the limbs is the natural method adopted by man when walking, and it is the first and most apparent fact that one ascertains in studying human locomotion.

Discouraging Litigation.

An Act Providing for Taxing Prosecutors with Costs and Disbursements of Criminal Actions when found to be Malicious or without Probable Cause:

Be it enacted by the Legislative Assembly of the State of Oregon: Section 1. The name of every person who voluntarily appears before any justice of the peace or grand jury to prosecute any person in a criminal action, either for a misdemeanor or felony shall be endorsed upon the complaint, information or indictment as private prosecutor; and if it shall be found by any justice or court trying said action or hearing said proceedings that the prosecution is malicious or without probable cause, said fact shall be entered upon record in said action or proceedings by said justice or court.

Sec. 2. Upon making the entry prescribed in section 1 of this act the justice or court must immediately render judgment against the private prosecutor for the cost and disbursements of the action or proceeding, which may be enforced by execution, in the same manner as a judgment in the civil action.

Approved October 20, 1882.

There is an oleomargarine, or vulgarly speaking, a bull-butter manufactory in San Francisco, which is advertising largely its wares, and the dairymen who make butter from the milk of cows have called a convention to meet in San Francisco, for the purpose of agreeing not to sell their butter to those who sell oleomargarine. The last legislature passed a stringent law to prevent fraud and deception in the manufacture and sale of butter and cheese, in which it is provided that each package or roll of any manufactured article having the semblance of butter or cheese not made from cows' milk shall be stamped in large letters with its proper name under a heavy penalty, so that oleomargarine cannot be sold for butter without the risk of fine and imprisonment.—*Sacramento, California, Bee.*

WHAT WAS HIS CREED?

His charity was like the snow—Soft, white and silent in its fall. Not like the noisy winds that blow From shivering trees the leaves—a pail For flowers and weed Drooping below. "What was his creed?" The poor man knew.

He had great faith in loaves of bread For hungry people young and old. He loved to share his cup and crust With all mankind who need it. In time of need A friend was he. "What was his creed?" He told me not.

He put his trust in Heaven, and he Worked well with hand and head. And work he gave to charity Sweetened his sleep and daily bread. Let us take heed For life is brief. "What was his creed?" What was his belief?

A Clever Claim.

The Garfield board of audit received the following "claim" last week from New York:

To Jonathan Sage, Jr., Jr.
To anxiety caused by president's illness..... \$1,000 00
To extra papers purchased..... 2 00
To wear and tear of brain caused by the suspense..... 97 00
To abrasion of my soul caused by the affair, \$500 less 40 per cent..... 30 00
To 17 opinions on the president's recovery, at \$1..... 17 00
To sundries..... 20 00
Total..... \$1,574 50
Less 1 per cent. for cash..... 15 74

The letter proceeds: "In this I have only charged what a wealthy person who did not dispute the charges would be willing to pay. Please send me a check for amount of bill, or I will take instead, government bonds at par."

If the board of audit refuses to respond probably Mr. Sage, Jr., will sue the Garfield estate. He has as good a claim as a great many that have applied for relief or compensation to that board. And by the same rule some fifteen or twenty millions of American citizens might send in their little bills to be audited by the board and paid by the government.—*Rochester Herald.*

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MOTHERS, READ.

GENTS:—About nine years ago I had a child two years old and almost dead. The doctor I had attending her could not tell what ailed her. I asked him if he thought it was worms. He said no. However, this did not satisfy me, as I felt convinced in my own mind that it was. I gave her a teaspoonful in the morning and another at night, after which she passed seventy-two worms and was a well child. Since then I have never been without it in my family. The health of my children remained so good that I had neglected watching their action until about three weeks ago, when two of them presented the same sickly appearance that Fanny did nine years ago. So I thought it must be worms, and gave them a box of Dr. C. C. McLANE'S VERMIFUGE between four and five days, and another at night, but they passed forty-two and Johnny passed sixty worms. The result was so gratifying that I spent two days in showing the wonderful effect of your Vermifuge around Ulton, and now have the worms on exhibition in my house.

Yours truly, JOHN PIPER.

The genuine DR. C. C. McLANE'S VERMIFUGE is manufactured only by Fleming Bros., Pittsburgh, Pa., and bear the signatures of C. C. McLANE and Fleming Bros. It is never made in St. Louis or Wheeling. Be sure you get the genuine. Price, 25 cents a bottle.

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