

Hints For Brain-Workers.

"You can get a good deal of work out of a horse," remarked a plain farmer, "if you only take good care of him." The same observation might be made of the brain, for apart from natural endowment and long, severe training, physical conditions, now, perhaps, in our power, will wonderfully affect, sooner or later, both intellectual vigor and achievement in the world. When the lamented Garfield had become weakened in body, how quickly the mind lost its energy and even became clouded!

It is very important, therefore, that brain-workers early learn the influences which they may bring to bear with happy results upon their mental energies—influences which are as certain in effects as is a reduction of the temperature to the freezing of water. Such knowledge faithfully used, would remove much suffering from the literary class and prevent a diminution in power of useful lives, which is, alas! so often deplored.

For good mental work the body must be in vigorous health. A strong digestion is the citadel of physical strength. It "holds the fort" against many enemies. A Georgian recently remarked, concerning Gov. Stephens, "he has withered limbs, but a good digestion." Here is the secret of his active career as statesman and writer. The water turns the mill, and good blood carries repair to the tired brain. Hence, all the circumstances of perfect digestion, as wholesome food—proper quantity—thorough mastication, exercise in the fresh air, abstinence from the use of intoxicating drinks (may we not add of tobacco also,) should receive careful attention.

Many with good health leave an active pursuit, like farming, and begin a course of study with no apprehension of the laws by which health had previously (although unconsciously) been maintained. Hence these laws are now sadly violated, and soon cherished plans of life may be thwarted. An able divine remarked in our hearing, that, when he began his studies, a physician, a friend of the family, gave him good advice. He followed it, and always maintained excellent health. Blessed are the young possessed of such friends or of faithful teachers who will erect the danger-signal in the right place.

Thought is healthful, and vigor of

body and activity of mind may run parallel through a joyous, useful life. He whose expenditures are more than his income, will reach bankruptcy sooner or later; but he who adjusts resources and expenses properly may avoid disaster. So let repair succeed the waste of brain-energy, and the later organ will maintain its vigor, and there will be ever a good quantity of reserved nerve-strength, so convenient to possess in this busy life of ours. Happy is he who hears every call of duty joyfully, and whose pleasure is in mental activity, and who, yet, is so fortunately balanced that the quiet voice of nature calling for rest or for recreation is quickly heard and instinctively responded to. Such a soul must be free from the clangor of ambition and of other unholy passions. Grace—as well as knowledge—is needed to save us from perils and make life rich in joy and in usefulness to men.—*Ex.*

THE LARGEST TELESCOPE.—The largest telescope in existence will soon be completed for the Russian Government by the firm of Alvin Clark & Sons, of Cambridge Mass. This largest of all glasses is for the Russian Observatory, at Polkovo, which was founded in 1839 by Czar Nicholas. In 1878 the Government authorized the astronomer, Otto Struve, to draw upon the treasury for whatever sum might be required. The grinding of the new lens has now been proceeding for twelve months, and it is expected that it will soon be completed. The length of the Polkovo telescope will be forty-five feet, and the diameter of the object glass will be 30 inches. It will be mounted on a lawn to the southwest of the observatory. It is estimated that this new lens will practically bring the moon within a distance of thirty-eight leagues from the earth.—*Ex.*

GIRARD COLLEGE.—From the report of the Superintendent of the Board of City Trusts, it appears that the estate of Stephen Girard has increased to an assessed value of ten and a half millions of dollars, and the real value is about \$15,000,000. The income of last year was nearly a million, of which \$468,000 was expended in the support and improvements of the college. The entire expenditures for the year were \$994,000. There are about eleven hundred orphans now in attendance at the college, and there are five hundred applicants

who could not be received. It is proposed to enlarge the accommodations during the year to admit all these, and also to introduce a system of technical instruction to teach the boys useful trades.—*Ex.*

The intellectual training in our schools and the civilization that would come to stay, that would make itself permanent, must commence by a realization of the idea that intellectual development must be full-sided, must be honest; that acquisitiveness is an unblest evil whenever and wherever it leads a people to pursue possession by any means that are not as thoroughly honest, true, and right toward one man or all men, as deeply binding in obligation to humanity, as ever were the ideas of duty to God. The business side of intellectual development must be elevated to a degree that will make it scorn a dishonest penny.—*Ex.*

Obituary.

Mrs. Rebecca Vann, wife of W. T. Vann, died at her mother's residence near Salem, Oregon, Feb. 2, of Consumption, aged 33 years, 7 months and 11 days. Mrs. Vann was the daughter of K. S. and Delilah Osborn. She leaves a husband and five children an aged mother, two brothers and two sisters and many friends to mourn. May God bless the dear little children thus left—without a mother's care.

Come up higher said the Master
I have need of thee
From that world of parting and disaster
Faithful spirit thou art free.

Died, Feb. 10, 1883, at his house in Linn county; Mr. Isaac Blevens, aged 84 years and 27 days.

Father Blevens was born in Morgan county, Tennessee, in 1799. When a few years of age, his parents moved to Kentucky. He was married Sept. 1833, to Miss Eliza Maupin. He went from Kentucky to Missouri in 1840 and in 1850 came to Oregon and settled on the claim in Linn county, where he died.

Though a believer in the truths of the Bible, he never made a public profession of his faith till about four years since, when under the simple, yet powerful preaching of Bro. J. B. McCorkle, he submitted to take Christ's yoke upon him and by the assistance of Bro. J. E. Roberts was "buried by baptism into death," and has since indeed worked a new life of faith in the Son of God. He had the respect and confidence of those who knew him. His family (four sons) had years since gone from beneath the parental roof, and are honorable and respected citizens in the communities in which they reside. His aged consort is left to mourn his loss. May the consolation of him who said "I will go to prepare a place for you" support her in these declining years and comfort those bereaved ones in the loss of a husband, father and friend.

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