

Take Care of Your Health.

A Boston merchant in "lending a hand" on board of one of his ships on a windy day, found himself at the end of an hour and a half pretty well exhausted and perspiring freely. He sat down too. The cool wind from the sea was delightful, and, engaging in conversation, time passed faster than he was aware of. In attempting to rise, he found that he was unable to do so without assistance. He was taken home and put in bed, where he remained two years; and for a long time afterward, could only hobble about with the aid of a crutch. Less exposures than this have, in constitutions not so vigorous, resulted in inflammation of the lungs, "pneumonia," ending in death in less than a week, or causing tedious rheumatism, to be a source of torture for a lifetime. Multitudes of lives would be saved every year, and an incalculable amount of human suffering would be prevented if parents would begin to explain to their children, at the age of three or four years, the danger which attends cooling off too quickly after exercise, and the importance of not standing still after exercise, or work, or play, or of remaining exposed to a wind, or of sitting at open window or door, or of pulling off any garment, even the hat or bonnet, while in a heat. It should be remembered by all, that a cold never comes without a cause, and that in four times out of five, it is the result of leaving off exercise too suddenly or of remaining still in the wind, or in a cooler atmosphere than that in which the exercise has been taken.

The colder the weather the more need is there, in coming into a house to keep on all the clothing, except india-rubber or damp shoes, for several minutes afterward. Very few rooms are heated higher than 65°, when the thermometer is within 20° of zero, while the temperature of the body is always at 98°, in health; so if a man comes into a room which is 30° colder than his body, he will often cool off too rapidly, even if the external clothing is not removed.

It is not necessary that the perspiration be visible; any exercise which excites the circulation beyond what is natural, causes a proportional increase of perspiration, the sudden checking of which induces dangerous diseases and certain death, every day.—*Hall's Journal of Health.*

Why It Points Northerly.

A San Francisco gentleman lately wrote to the superintendent of the United States Coast Survey, Prof. C. T. Patterson, asking the reason why the magnetic needle points north. In reply Prof. Patterson wrote as follows, and possibly many more than the original inquirer may be glad to read his simple statement of the facts of the case:

The reason why the needle points in a northerly direction is that the earth itself is a magnet, attracting the magnetic needle as the ordinary magnets do; and the earth is a magnet as the results of certain cosmical facts, much affected by the action of the sun. These laws have periodicities, all of which have not as yet been determined. The inherent and ultimate reason of the existence of any fact in nature, as gravity, light, heat, etc., is not known further than that it is in harmony with all facts in nature; even an earthquake is in perfect harmony with, and the direct result of, the action of forces acting under general laws. A condensed explanation in regard to the needle pointing to the northward and southward is as follows: The magnetic poles of the earth do not coincide with the geographical poles. The axis of rotation makes an angle of about twenty-three degrees with a line joining the former. The northern magnetic pole is at present near the Arctic circle on the meridian of Omaha. Hence

the needle does not everywhere point to the astronomical north, and is constantly variable within certain limits. At San Francisco it points about seventeen degrees to the east of north, and at Calais, Maine, as much to the west. At the northern magnetic pole a balanced needle points with its north end downward in a plumb line; at San Francisco it dips about sixty-three degrees, and at the southern magnetic pole the south end points directly down. The action of the earth upon a magnetic needle at its surface is of about the same force as that of a hard steel magnet, forty inches long—one strongly magnetized—at a distance of one foot. The foregoing is the accepted explanation of the fact that the needle points to the northward and southward. Of course no ultimate reason can be given for this natural fact any more than any other observed fact in nature.—*Ez.*

Plagiarism—What Is It?

It would be well, before the discussion goes farther, for some one to clearly define what constitutes plagiarism? What is the mission of a book, a magazine or paper? Is it not to impart thought? Is not the vast proportion of the thought of the age an accumulation? Who is original in the absolute sense? Malone tells us that many of the plays of Shakespeare are, in large part quotations; that in the first three parts of Henry IV. he found one-third of the lines quoted from previous writers word for word. Says Emerson: "Investigation hardly leaves a single drama of his [Shakespeare's] absolute invention." The plot of "Paradise Lost" was, in great part, borrowed. Byron, for "Manfred," was largely indebted to Goethe. Several of the parables and sayings of our Savior had been previously uttered. Emerson observes, "Plato, like every great man, consumes his own times." Hence his contemporaries tax him with plagiarism. . . . When we are praising Plato it seems that we are praising quotations from Solon and Sophron, and Philolaus. Be it so. Every book is a quotation; and every house is a quotation out of all forests, and mines, and stone quarries; and every man is a quotation from all his ancestors."

Discovery gives no right of possession to truth. When a man masters a truth, it is his. If he digests and assimilates food, it becomes part of his physical organization. That food which lies in his stomach unassimilated, although in him, is not part of him. The same law holds as to the mind. An unmastered truth is not part of a man's system of truths, and if he utters it, he but gives forth an echo; but if he masters, digests, assimilates it, it is henceforth his, as much as is the wheat or the beef he ate yesterday, and which has become part of his physical organization. A mastered truth will bear the stamp of the individuality of the man who has mastered it, nor is it likely, when he gives it utterance, that he will clothe it in the language of any other man.—*Homiletic Monthly.*

The Four Friends.

"Lovely and pleasant in their lives, and in their death they were not divided." This sentiment, from David's lament over Saul and Jonathan, might have been appropriately inscribed on the granite cross which marks four graves in Virginia. The occasion of the monument is thus told:

In 1833 four gentlemen entered their sons at a boarding-school at Cokesbury, S. C. They had been for years intimate friends and clergymen in the Methodist church.

These boys remained at this school, room-mates and class-mates, for two years, and entered Wofford College, standing relatively first, second, third, and fourth, in a large class.

They remained at the institution four years, were room-mates all the

time, graduating relatively first, second, third, and fourth.

They then entered a law-office at Spartanburg, and studied law under the same chancellor.

The war broke out, and at the call for troops they all entered Jenkin's rifle regiment from South Carolina; and were messmates in the same company.

Being near the same height, they stood together as comrades in battle in their regiment.

At the second battle of Manassas, August, 1862, a shell from the enemy's battery fell into the ranks of this company, killed these four boys, and none other in the company.

They are buried on the battle-field, and sleep together in the same grave.

Their names were Caper, McSwain, Smith, and Duncan, and they were the sons of Bishop Caper, Rev. Drs. McSwain and Smith, of South Carolina, and Rev. Mr. Duncan, of Virginia, the last being a brother of Rev. Dr. Duncan of Randolph-Macon College.

The grave is marked by a granite cross, and inclosed with an iron railing.—*Methodist.*

Improvements in Modes of Travel.

At the beginning of this century a passenger—more correctly, traveler—starting from New York Monday forenoon could, with good luck, arrive in Boston Friday afternoon, having stopped all night at New Haven; New London, and Providence. The fare for the trip varied from \$15 to \$18, and there was an additional outlay required of from \$5 to \$6 for board and lodgings; that is, the trip took up four days of time and called for an outlay of from \$20 to \$24. After the war of 1812 there was an improvement, and the time between this city and Boston was cut down to about two days, and the cost of the journey to \$14. In 1817 the fare between New York and Philadelphia was \$10, and between New York and Albany by boat \$7, and the average time twenty-four hours. A route was that year opened between Philadelphia and Quebec, the distance 700 miles, fare \$47, and time required to make the journey 163 hours. In 1826 the Boston newspapers recorded the circumstance as one worthy of special comment that New York papers had been received in that city in twenty-four hours after the date of their publication. In 1828 the time required to make the journey between these two cities had been reduced to twenty-one hours, the route being from this city to Providence by steamboat, and from thence to Boston by stage. But in winter these trips were frequently given up in consequence of stormy weather, and those who wished to avoid danger and be certain of their movements still preferred the overland route. In 1832 there were two regular stage lines between this place and Boston, but competition had reduced the fare. The slow line made the distance in about fifty-two hours, and charged for passage \$7.50, while the fast or mail line took its passengers through in about forty-five hours, and charged them \$8.50 a trip. Since then railways have brought the journey within the compass of a few hours, and it is by no means improbable that the time may yet be materially reduced.—*Scientific American.*

—One of the most curious railroads in the world is the ten-inch gauge road, running from North Billerica, Mass., to Bedford, a distance of about eight and a half miles. There are eleven bridges on the road, one of which is over a hundred feet long. The rails weigh twenty-five pounds to the yard. The cost of the road was about \$4,500 per mile.

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