asking;
Take hold of something—whats'er you can.
Don't turn aside for the toiling or tasking;
Idle, soft hands never yet made a man.
Grasp with a will whatever needs doing;
mill stand ready, when one work is done,
Another to selze, then still pursuing
In duty your course, find the victory won, Do your best to-day, your best to-morrow; Don't be afraid of a jest or a sneer; Be cheerful, hopeful, no trouble borrow; Keep the heart true, and the head cool and

If you can climb to the top without falling
Do it. If not, go as high as you can.
Man is not henored by business or calling:
Business and calling are honored by mon

Sea Water Temperatures.

It will be a matter of great interests to those visiting the Atlantic seacoast for its surf bathing to note the temperatures which usually prevail in the sea water during August. Of course, old habitues of the seaside resorts know something of this from experience, but the actual thermometrie observations will be appreciated that the heavenward journey must have even by them. For several years the sorely tried the archangel, and Count Weather Bureau has been taking observations at a number of coast stations, which suffice to determine approximately the thermal character of the sea from Florida to Maine. An analysis of these observations in isolated patches in gardens but in shows the following results. The fields and in ridges, as if they were no average of maximum temperature of the water in the months of July and August respectively is at Jacksonville, Fla., 87.75 and 88.25 degrees; at Charleston, S. C., 86.00 and 87.25 degrees, at Wilmington, N. C., 85.50 and 83.50; at Norfolk, 81.00 and alternations of color, both among the 82.25; at New London, Conn., 70.66 and 74.00; at Wood's Holl, Mass., (near Nantucket), 76.25 and 75.25; and at Portland, Me., 60.25 and 60.50 degrees. A very noticeable fact, apparently established by these data, much more either fail to come to the is that the sea water bathing the coast and inlets all the way up to wasted. The entire produce of the Tekne, Portland is slightly warmer in August than in July, the greatest differences noted being found at New London, where the August temperature is three and a half degrees higher than that of the preceding month. If we tabulate all the observations from Jacksonville to Portland, the average temperature for July is 78.24 degrees, against 78.85 for August. These figures, it must be remem-

bered, represent the maxims of heat in the bottom waters, varying in depth at different stations. But, as in the two summer months named, there are but few decided variations in the warmth of the water slong our Atlantic shores, and fewer and lesser changes in August than in July, the above figures sustain the comparison just made between the temperature of the sea in these two months. The average temperature of the water on the Guit and South Atlantic coasts for the same months is, judging from these Signal Service investigations, slightly above the average temperature of the air, while on the Middle Atlantic and New England coasts the while the deliciously fresh air is redolent water is slightly cooler than the air. The official observations are made at and divided from the Timele valler by the Timele valler by the following: Purchase at the continued until the support of about the bottom, or a few feet below the surface of the sea, so as to prevent the thermometer from being affected by the san's rays, and to insure recording the water temperature alone.

The records here furnished ought to suffice to guide physicians in determining the effects of surf bathing on the delicate patients, and suggest to any thoughtful visitor at the shore the period in which bathing is likely to be most salutary and beneficial. The internal temperature of the human body in ordinary health is, physiologists tell us, from 98 to 101 degrees; and it is capable, without much thermal variation, of enduring very much higher and very much lower temperatures in the air. But. when immersed in water, its ability to bear heat or cold is very greatly diminished, so that water falling below 70 degrees of the thermometer becomes unfit for many bathers, the time. "I have bought and sold whether in quest of pleasure or

It is, therefore, well to note, in this connection, the minima of heat as numerically deduced from the official signal service observations already cited. The lowest August temperatures of the water at Nor- men who came to watch and inspect them; fork average 72.00 degrees; at New London, 65.25, and at Wood's Holl, Mass., 69.00. There are no reports for Cape Cod and the Jersey Beach, but it is probably safe to assume that the waters on the latter are seldom. if ever chilled below 70 degrees in August, and that on the east sides of Cape Cod and thence to Newport it is rarely that the August sea temperature falls below 69 degrees.

A series of extended observations has been made off the coast of Scotland, showing that the average temperature of the Atlantic water is all the year round one degree higher than that of the air, and three degrees higher around the outlying northern islands. Considering the immense and increasing use made every year of our Atlantic surf wa ter, it would be well to test it with the thermometer daily at all the sea bathing points on the coast .- Philadelphia Ledger.

SELECTING MEAT. -It is always important to know how to choose meat in buying. Ox beef should be of fine grain or fibre, the flesh or lean of a bright red color and firm; the fat white, and distributed throughout the lean; it should not be yellow or semi fluid. If the meat a entirely lean it will be tough and its itive power low.

Yeal is dry if fresh. It should be use grained. If the meat is moist and Mutton should be of a clear, deep k tint; firm and with a liberal supply Fine wether mutton may

d by the presence of a small of fat upon the upper part of the It is more nutritious than ordinary out, and the darker its tint the finer rk, if caten at all, should be of a pink tint, and the fat very firm. If or if the fat is yellow the ment

The I and of the Rose.

It is probably not generally known that the region in which Genaral Kourkho has been lately operating with his Cossacks is the land whence by far the greatest quantity of attar of roses comes to Western Europe. Kasanlik, the name of which has often figured lately as a point of strategical importance, is also a center of one of the most remarkable species of horticulture, or rather agriculture, to be found in the whole world-Around it, or near it, are the districts of Cirpan, Giopea, Karadshah Dagh, Kojun-Tope, Yeni Saghra, all of which are devoted to this peculiar husbandry. The Mussulman tradition sssigns the origin of the rose to the night of Mohammed's journey to heaven. The white roses sprang from the drops of sweat which fell from the bleased forehead of the prophet himself in the toilsome ascent; the sweat of Borak, the miraculous animal he rode, gave birth to yellow ones, while the celestial drops which fell from Gabriel were the source of the red The appearance of the neighborhood of Kasanlik would favor a suspicion Von Moltke, who was well acquainted with Bulgaria and Balkans, has styled the valley of the Tundia "The Cashmere of Europe, the Turkssh Gulistan, the

land of roses." Roses are not grown there as with us. better than potatoes. It would be difficult to imagine anything more charming than the appearance of those rose fields, and any painter who should attempt to reproduce this picture would assuredly be charged with exaggeration. But it would be impossible to catch the infinite roses themselves and the green leaves of the shrubs. Hundreds of millions of rose leaves strew the ground, and are use less for the chief object in view. calculated that about one-fourth of the leaves are lost in this way; perhaps as requisite perfection or are unavoidably or region of which Kasanlik is the center, is estimated at about eight hundred or nine hundred kilogrammes (from one hundred and ninety-five to two hundred

and twenty imperial gallons) of rose oil.

The wealth of water in the valley is prodigious; springs are not only numerous, but most abundant in yield. There is a general system of irrigation, which, remembering that the country is Bulgaria and not Lombardy, is admirable The whole valley was a picture of prosperity, the result of natural fertility, carefully nurtured by human industry Where roses are not cultivated, heavy crops of maize are gathered, and along the slopes and down by the waterside are numerous herds and flocks. Kasalink itself is a town of ten thousand inhabitants, and is surrounded by magnificent walnut woods, which are also a source of

commercial industry. Von Moltke speaks of the situation as one of the rarest beauty. Many of the trees, he says, cover an extent of one hundred feet with their spreading branches, while countless wild pigeons believed it his duty to make known which ran near by, filtered through into fill the woods with their cooing. The to the public the process which he this shaft, and washed away all trace of murmuring or the rush of waters is heard in every direction; the sky itself presents perpetually changing aspects by fed upon hard boiled eggs crushed reason of the surrounding mountains; and divided from the Tiunda valley by a druggists some of the very best quality range of hills, is Eski-Saghra, a town of of cayenne pepper, ground very finely eighteen thousand inhabitants, also a notable industrial center., the best silk bread macerated in well water, and press and the finest wheat in Turkey being it together so that it will crumble, produced in the surrounding district. With such diligent husbandmen, a moderately fair government would soon red. This kind of food should be given make the whole of Southern Bulgaria the to the bird only before and after moultrichest and most productive country in ing. It is well to add that it would be a

of the United States is that freedom from authority of the Les Mondes. a host of minute and distressing regulations which weigh with almost crushing force upon the inhabitants of France and Germany. In England, too, the petty rules and laws are almost suffoca-It is their uselessness against which the American rebels, but when he ventures to remonstrate in Europe, he encounters only cold indifference or open hostility. He is looked upon as nore or less inimical to order because he does not believe in being ordered all houses in my time," said a charming American lady to an agent of the Parisian Gas Company, "with much less trouble than you have made me pass through simply for introducing gas pipes | cried afther me, an' now you have me into my apartment." There were ever so standin' up to the neck in a pond; the many papers to sign; there were men eaints an' angels won't have me wid them who came to watch other men, and other an' I can't get hearin' the music, nor and the fuss became intolerable. One day an Englishman living in a quiet street in Paris, took a fancy he would like to keep a pig in his back yard. What was his amazement on discovering that permission must be had from certain municipal authorities before the animal could be maintained on the premises. Off he went grumbling, like the true Englishman he was. He was sent to one office where he had to sign a little paper and pay a few sous; then to another, where he had to get some one's signature and disburse more sous. Then he was directed to yet another administration, where a stamp was placed on the document, which now began to look as im portant as a commission from the President of the United States. By this time the Englishman was wild with rage. "Look here," he said at the fourth and last official bureau to which he was sent, "do you think this paper will be valid unless we have the pig's signature on it?" "Oh, perfectly, sir," answered the employe, who was too polite to allow that he understood the joke, but who could scarcely repress a smile. It took more paper and stamps to house and protect that pig than it did to write the Declaration of Independence.—Edward King in Boston Journal.

The Petersburg, Va., Index-Appeal says. It is our deliberate opinion that the recent reported interview between General Lee and a Chaplain of the United States Army, after the surrender at Richmond, is made up of whole cloth, and has a very small basis, if any, of truth to

The conjuring materials taken from Georgia negro consisted of goose quills filled with broken needles, a vial of iron rust, the feathers of various birds and a snake skin. The negroes of his neigh-borhood had long believed in and feared his power of working mischief with

There is one hill in this life, that no draw himself needlessly en mound called the grave.

Bret Harte.

Mr. Harte was born fifty years ago in Albany, where he passed his boyhood without any special promise of future genius. The discovery of gold in California was followed by a wave of emigration from all the States east of the Rocky by this wave and carried in 1854 to the mining, at school teaching, and other employments, but with no conspicuous success, and finally drifted to San Francisco. When the Overland Monthly was founded in 1868, he became its editor and principal contributor. The popularity which his stories obtained through the Eastern States induced him to quit California and seek a residence on the Atlantic coast, and so in the course of time he crossed the Sierras and made his way toward the rising sun.

The diffidence which is a part of Mr. Harte's character is shown in a little incident of this Eastern journey. There then existed in Chicago a magazine known as the Lakeside Monthly, and many of the enterprising merchants of that flourishing city were desirous of inducing Mr. Harte to assume the editorial control of the publication. When it was known that he was on his way eastward they determined to entertain him, and accordingly arranged a public din-ner on a grand scale. The Mayor and leading citizens, with their wives and daughters, were to be there, and the dinner was intended to fill a bright page in the history of Chicago, The invitation was given and accepted, and for several days little else was talked of except the forthcoming banquet. The party assembled at the appointed time; the dinner was ready, and so were the diners. But the guest came not, and when a carriage was sent to find him he could not be found. Mr. Harte was allowed to prosecute his journey without efforts at his detention. His objection to be lionized cost him on that occasion no less a sum than \$10,000; a check for that amount had been made out as a present, a bit of backsheesh which might add to the inducements to remain in Chicago, though involved him in no obligation whatever. It was lying under his plate, and would have proved an agreeable zakushka, the little appetizer which the Russians swallow before the soup is served.-London World, Aug.

Red Canary Birds.

At the London Exhibition of 1872, Mr. Bembrose, of Derby, exhibited some red canary birds. The birds received no prizes, however, as the jury had their oubts as to the origin of their color and believed them to be dyed. The following year, at the exhibition held at Whitthe red canaries were recognized as a new variety and they became all the rage. In numerous controversies Mr. Bembrose had given his word of honor that the color of his bird was not due to been obtained through a special mode of feeding. But as a friend to whom he had communicated his secret had abused his confidence and sold it, the author has | doned. Later the water of the river, according to him, that the birds are up with the crumbs of common white the hole, until there was a vast chasm of for each meal mix some of it with stale not form a paste. Instead of bread, the white of an egg may be used if preferwaste of time to experiment on any other canaries than those of the Norwich breed EUROPEAN PETTY REGULATIONS .- One or on birds that are not of a very dark of the chief blessings of being a citizen strain. This statement is made on the

IRISH FOLK-LORE.-Mary O'Brien, of Portarlington, lost her only son, a little boy of eight years old, and although her priest told her that he was gone straight to heaven she wept and would not be comforted. The lights were put out in her cabin, and she lay wakeful one nigh the tears dropping ceaselessly on her pillow, when a light that was not of this world shone in the miserable place, and she saw her son standing beside the bed, in the fine white shirt she had buried him in, which seemed to cling to him as if wet. Willy, is it you, my darlin"?" sobbed the mother. "Oh, mother, you're a bad mother to me," said the boy. "I was very happy in heaven, out you cried and seein' the lights of heaven. Stop your cryin,' mother, and I'll be happy again. The vision faded, and Mary O'Brien dried her eyes, and from that time until the day of her death was never seen to shed another tear.

Quarreling.

There are some natures so harmoniously balanced as to be naturally averse to incidental and abnormal excitement. There are others, again, in a state of perpetual and sudden altercation, flying to extremes, especially in emotional directions. But the vast majority of people hover between these two poles, and, especially in the matter of quarreling, abandon themselves to cir-

mstances. Now if it could only be well understood that quarreling is, as we may say, always a blunder, and that it is almost invariably avoidable, it is clear that a little precaution might remove, to a great extent, this trouble from life. It takes two to make a quarrel, and you may re-

fuse to quarrel if you like. The more you quarrel the more unlike ly you are to convince your opponent that he is is in the wrong. nature of quarrels that both disputants imagine they are in the right. Recrimination never contains argument that has the least effect, and the only result of the quarrel is to waste a large portion of time in profitless irritation and to injure

The tendency to let any dispute drift into a quarrel is very much a matter of habit, but it is a habit that may be greatly modified, if not greatly cured. We should teach ourselves, to begin with, that moderation in language and temper is evidence, not of weakness of While a character, but of the reverse. dispute is yet in embryo moderation and self control may remove it, but when it passes that stage—when it is developed into a quarrel—then all hope of setting the matter to rights is at an end. The prudent person will now simply with-draw himself from the affair, instead of needlessly embittering himself in a use-

Good Night Words.

The last waking thoughts of a child have a peculiar power over his mind and heart, and are influential in fixing his impressions and shaping his character for all time. When he turns from play and playmates, and leaves the busy oc cupations of his little world to lie down Mountains, and Bret Harte was caught by this wave and carried in 1854 to the new El Dorado. He tried his hand at mining, at school teaching, and other How glad he is to kneel cold neglect. by his mother's knee in prayer, or to have his father kneel with him as he prays. How he enjoys words of approval or encouragement when they precede the good-night kiss from either

parent. With what warm and grateful affection his young heart glows as he feels the tender impress of his mother's hand or lips on his forehead before he drops asleep. How bright and dear that home seems to him at such an hour. sorry he is for every word or act of unkindness, which he then recalls from his conduct of the day. How ready he is to make new resolves and purposes of better doing in the future. Whatever else a child is impatient to grow away from, he does not readily outgrow the enjoyment of his kind mother's good-

As long as she is willing to visit his bedside, and give him a kiss with a loving word just before he goes to sleep, he is sure to count that a priviledge of his home as something above price, and without which he would have a sense of bad luck. And at no time is he more sure than then to be ready to do whatever his mother would ask of him; and at no time do her tender words sink deeper into his heart, or make an im pression more abiding and influential But many parents lose sight of truth Their last words at night to their children are by no means their pleasantest.

Indeed, there is, perhaps, no one thing in which parents more commonly err than in impatient or unloving words to their children when the little ones are going to bed. The parents are tired, and their stock of patience at the lowest. the children are not quiet and orderly and prompt as they should be, the parents rebuke them more sharply than they would for similar offences earlier in

Too often children go to bed smarting under a sense of injustice from their parents, and brood over their troubles as they quiet down to sleep, so that their little hearts are embittered and calloused through the abiding impressions of the wrong they have suffered, or the harshness they have experienced while they were most susceptible to the influence for good or ill.

A MOUNTAIN MYSTERY .- Up to the 23d of August the mystery over the sinking mountain is still unsolved, unless the explanation given by Mr. Stephenson, an old and accomplished scientist, is the true one. He has lived in the gold bear ing section ever since the first white met any fraudulent processes, but had really came here. He says that he distinctly remembers that about 40 years ago shaft of a mine was run under the edge of this mountain and afterward abanused to obtain his results. It appears it. It is a very rapid, swift mountain stream, and he supposes that it has gradnally washed out the shaft and enlarged bread and dusted over with cayenne a half mile long, and fully as broad and one-third of the mountain was eaten away, and it then tumbled into the chasm. It seems almost incredible that this could be true, and yet it is the only explanation offered. This Mr. Stephenson holds would account for the continued sinking of the broken mass, as he holds that the river is still eating it away. Thousands of persons have visited the scene, and many superstitious fears have been raised on account of the fall of the mountain. The whole gold bearing section is full of violent streams, falls and cascades, and there are some few subterranean streams of considerable size. - Special to Courier Journal.

> HELMINTHOLOGY .- Of late years no de partment of natural history has attracted more attention than that of the study of internal parasites in man and other animals. To the great multitude and variety of creatures thus found, associated by one common habit of life, have zoologists given the general name of Helminths, which are a peculiar fauna des tined at some time in their lives to occupy an equally peculiar territory. That territory is the wide-spread domain of the interior of living animal hodies to which, alas, poor humanity forms no exception. It is unpleasant to think that we may at any time become a prey to these dangerous and mischievous depredators. We were lead to these reflections by a recent visit to Dr. Van Denberg's office when he had just completed the expulsion of 670 worms from Mr. Lehman, who stated that he had suffered for 12 years. They were all small, about one and a half inches in length, excepting one-a nondescript about three inches long, an attrocious rascal of forbidding appearance. Dr. Van Denberg is the great worm exterminator of the century. Read his advertisement in another col-

> AN ENTREPRISONG PORTLAND FORM. - Coggins & Beach, at No. 65 Front street, have an advertisement in to-day's paper, to which we invite the attention of our readers. This firm has the agency for Averil's Mixed Paint for Oregon and Washington Territory, and are prepared to fill orders at San Francisco prices. They are also selling San Francisco Rubber Paint, which has acquired a wide reputation as a good article. This firm earries a large steck of doors, sashes and blinds, in which I'ne they have an immense trade and are therefore able to give low rates to customers. Contractors and dealers in the country are requested to send for their list of prices, which will be furnished on application.

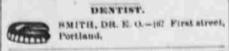
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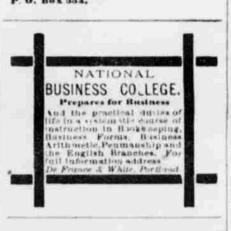
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Would inform the sich generally that about 40 years autorizive practice of medicine and surgacy in finite and surgacy in finite and the United States of which 20 have been in California, has, by chose observation and great experiments come to the constraint there are more acute and about discasses by worms, hymbolide, astronomic or other species of entours. The public generally, or the performint at large, are not array of the immediate of policies who are treated by estimate physicians for this, that, or such a complete, without any which II the disease has been understood, a few desses of the Van Desploys Severelan Worm Bernally would have beneath about the current became and the constraint, and have as well and a surgacy street the competition and harders are diseased a large variety of California roats and berlie, which he analyzer are consciously any that he has discovered in a representation of the conscious and the conscious and the conscious and the conscious of the following disease.

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A Large Tracup Full of Worms Expolish.

This is incertify that Dr. Van Denbergh expelled a large less up full of worms from m. some measuring eight to ten inches in length, and new I hed like a new man again. I reside on Twenty second street, between E and F. Fortland, Oregon.

A. Lymnan.

Over \$000 Worms Expetted.
One bottle of iv. Van Denbergh's Worm Syrap expelled over 200 worms from my son 12 years of age.

E. S. Garrerra, 59 Salmon street.
PORTLAND, May 21, 1879.

PORTLAND MAY 21, 1879.

Marder Will One.

One bottle of Dr. Van Den Berga's Worm Syrup expelled over 2000 worms from my son Louis, and had the effect of curing him of Nervous Spaces. I reside on Eighteunth and one half street between P and Q.

Portland Onthon June 24, 1879. A Life Saved when Death Seemed Inevita

This is to certify that I had been linguing for fifteen years with a complication of chemoic downers and for mouths combool to my hell without receiving any being the complex of the comp months conflicted to try bed without receiving any benealt from many aminuted decimal who altered ma fives up to die by the physicians and up frame. I was taken to by J. P. P. Van Duchergh senior office Na. 201 Nixth street. B. F. manine in stand or walk above, after a close and careful examination De. V. and all my almosts and someony were strated by a specie of words.

I to my and no friends repaire the becter explications me over 2,000 and damped expresses the becter explicit from me over 2,000 and damped more within two hourse with died with on the actual will be a sole to walk alter the damped more within two hourse and the two weeks after the up to be a sole to walk and died with on the actual will be 1 days after wards and two weeks after the up to a new expellent within the weeks after the up to be a new expellent to when the two the saidtest freathers to be J. P. P. Van Duchergh's so sing my life is considered by mysoil and triancle a mire of:

E. D. LOYINE.

I contly that the above facts are true and I have known Mr. E. B. Lorino for a number of years during has already.

Office six boards street, San Practices.

Da. J. P. P. Van Danaman. Done for I doesn it my duty to make the following statement. For the had three nears I have been suffering with ecceleric growing duty to mean the patients statement for for the three search have been suffering with eccentary growing pains and a quierring semantime in my stemment, also pain in my close and beart, my from would not digent, and I was an extreme that it was with differently I result follows my compation, which has been been been in Sadets for the past that years, as a printensi decided. In fact, from from the combart pain and insert, I had waited to a new chartest any benefit, and believing there was on help without any benefit, and believing there was on help for me but to linger on units double would relieve one of any suffering. Some of my freshold to be an expense of my freshold thought I had worms, and had better one for Yao Dechlorigh. It is taid one at some fall worms were the cause of all my trushies, as he gave too for any trushies, as he gave too for every the cause of all my trushies, as he gave the first entail produces, and in about loar facility worms, from one hours to over any other had include lating into a cay from one that day, and the following their scene and member had in a late to the lating their scene and member had in a late of the same had been also the same had been completed that members and all gains, and also gaining a rangell Ham do the training them.

Another Maughter

I would state to the public that I have been affloted for about tou years and dowtoring for nearly every complaint with many reputed good phy ians, without any relief, until I committed I'm Van Den Bergh, Sr., who said worms were the cause of my complaint. Hy taking five of his worm powders I passed 670 worms on five hours. They are about one and a quarter inches ; length. Now all my allments and pains seem to have left me altogether. I reside at No. 127 Heark street. Josep. Ponts. 180, On., August 2d, 1879. Joseph Lennas.

his Hundred and Eighty-Three Worms Expelled.

After suffering for 12 years and lying in one hospital for three months, and being stuffed and spected with morphine and drugged by many hydrouses for this, that and such complaints, till I consulted Dr. Van Denbergh, of No. 212 First street, Portland, He said it was worms which caused all my misery, and after taking 10 of his small worm powders, I passed 663 horrible look ing worms, some measured one and one-half inches in length, by three-eighth of an inch in thickness. I reside up stairs, at No. 211 First thickness. I research trees, Paren B. Encason.

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