

Then supper was announced, and, fired by the spirit of the occasion, we dauntlessly (albeit shuddering) partook of viands whose like we had never met with on land or sea. And it may as well be added, that it would not to us be a matter of poignant regret, if we never either looked upon, smelled, or tasted their like again. However, we had rounded up our trip delightfully by assisting in a genuine adventure, and the aroma of a love affair was about us. We had not exactly *been* the rose but we had been *near* the rose, and the whole affair had been charmingly *under* the rose, so our souls were satisfied, even if our physical requirements were not. There was a tinkling, old fashioned piano in the ladies' parlor, which looked as though it might have ornamented the cabin of the ark, and on this the landlady's little daughter played for us during the progress of our "Barmecidian" repast. Later, we amused ourselves by testing the excellence of its ancient keys, and managed to be pleased in spite of the knowledge that the entire family and the family's retainers were collected *en masse* at the cracks of the doors, drinking in our conversation, our garments, and in fact, all our "points."

It was late—*very* late—before our Teutonic hostess, with smiling mien, offered to show us our rooms! Therefore we accepted her advances with the more alacrity, going to the unknown with a childlike faith in her integrity, which, viewed by the light of future events, seemed to us pathetic in the extreme. But over those rooms, and what remained of that baneful night, we will draw a merciful veil.

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It would scarcely be correct to state that we *awaked* at dawn, for the process of awakening was wholly unnecessary, but we descended from our rooms and attempted to partake of breakfast, in a sadder and wiser frame of mind than that we had carried up-stairs with us some hours before. The bride and groom were not visible, and we imagined that already they had departed; but at any rate, we saw them not again.

The remainder of the day was spent in anathemas, resolutions to keep our night's resting-place a secret from our friends at the garrison, and in enjoying what still remained of our trip to be enjoyed.

We traversed various discouraging bits of boggy land for the sake of seeing the ruins of old Fort Calhoun, which unfortunately were "conspicuous by their absence," when by dint of much exertion we arrived upon their site. We encountered still more treacherous sloughs of despond rather than forego the sight of Stillwater, Horseshoe, and Moore's lakes (pretty bits of shady, pond-lily embroidered water, which, however, were scarcely rare enough to repay us for our pains)—had one more jolly picnic luncheon, and returned home in the afternoon. We were rather earlier than we meant to be, but happily were just in time to escape a tremendous thunder-storm, which, if it had descended while we were still "*en voyage*," would certainly have afforded Mr. X—a delightful opportunity, after all, for saying "I told you so!"



FIFTEEN RULES FOR THE PRESERVATION OF HEALTH.

1. PURE atmospheric air is composed of nitrogen, oxygen, and a very small proportion of carbonic acid gas. Air once breathed has lost the chief part of its oxygen, and acquired a proportionate increase of carbonic acid gas; therefore, health requires that we breathe the same air only once.

2. The solid parts of our bodies are continually wasting, and require to be repaired by fresh substances; therefore, food, which is to repair the loss, should be taken with due regard to the exercise and waste of the body.

3. The fluid part of our bodies also wastes constantly; there is but one fluid in animals, which is water; therefore, water only is necessary, and no artifice can produce a better drink.

4. The fluid of our bodies is to the solid in proportion as nine to one; therefore, a like proportion should prevail in the total amount of food taken.

5. Light exercises an important influence upon the growth and vigor of animals and plants; therefore, our dwellings should freely admit the solar rays.

6. Decomposing animal and vegetable substances yield various noxious gases, which enter the lungs and corrupt the blood; therefore, all impurities should be kept away from our abodes, and every precaution observed to secure a pure atmosphere.

7. Warmth is essential to all the bodily functions; therefore, an equal bodily temperature should be maintained by exercise, by clothing, or by fire.

8. Exercise warms, invigorates, and purifies the body; clothing preserves the warmth the body generates; fire imparts warmth externally; therefore, to obtain and preserve warmth, exercise and clothing are preferable to fire.

9. Fire consumes the oxygen of the air, and produces noxious gases; therefore, the air is less pure in the presence of candles, gas, or coal-fire than otherwise; and the deterioration should be repaired by increased ventilation.

10. The skin is a highly-organized membrane, full of minute pores, cells, bloodvessels, and nerves; it imbibes moisture, or throws it off, according to the state of the atmosphere and the temperature of the body. It also "breathes," as do the lungs (though less actively). All the internal organs sympathize with the skin; therefore, it should be repeatedly cleansed.

11. Late hours and anxious pursuits exhaust the nervous system, and produce disease and premature death; therefore, the hours of labor and study should be short.

12. Mental and bodily exercise are equally essential to the general health and happiness; therefore, recreation and study should succeed each other.

13. Man will live most healthily upon simple solids and fluids, of which a sufficient but temperate quantity should be taken; therefore, strong drinks, tobacco, snuff, and opium, and all mere indulgences, should be avoided.

14. Sudden alternations of heat and cold are dangerous, especially to the young and the aged; therefore, clothing in quantity and quality should be adapted to the alternations of night and day, and of the seasons. Drinking cold water when the body is hot, and hot tea and soups when cold, are productive of many evils.

15. Moderation in eating and drinking, short hours of labor and study, regularity in exercise, recreation and rest, cleanliness, equanimity of temper, and equality of temperature, are the great essentials to that which surpasses all wealth—health of mind and body.