



**CONSTANCY IN LOVE.**—The love that endures is independent of all outward and material circumstances, it can be killed only from within. In spite of all who disbelieve in the virtue of humanity and the continuance of love, no one need doubt who looks round in the world he knows. For we all number among our acquaintances, old couples who have weathered the storms and out-riden the tempests of domestic life, who have long been safely anchored in the harbour of mutual love, mutual friendship, mutual esteem, and so have become one mind and one life, their love lasting to the end.

**CORSETS AND THE HEART.**—In order to ascertain the influence of tight clothing upon the action of the heart during exercise, a dozen young women consented, this summer, to run 540 yards in their loose gymnasium garment, and then to run the same distance with corsets on. The running time was 2 mins. and 30 secs. for each person at each trial, and, in order that there should be no cardiac excitement or depression following the first test, the second trial was made the following day. Before beginning the running, the average heart impulse was 84 beats to the minute; after running the above-named distance, the heart impulse was 152 beats to the minute, the average natural waist girth being 25 inches. The next day corsets were worn during the exercise, and the average girth of waist was reduced to 24 inches. The same distance was run in the same time by all, immediately afterward the average heart impulse was found to be 168 beats per minute. When I state that I should feel myself justified in advising an athlete not to enter a running or rowing race, whose heart impulse was 160 beats per minute after a little exercise, even though there were not the slightest evidence of disease, one can form some idea of the wear and tear of this important organ, and the physiological loss entailed upon the system of women who force it to labour over half their lives, under such a disadvantage as the tight corset imposes.—*Scribner's Magazine.*

**HOME MANNERS.**—A gentle old couple were on their way to church last Sunday in the horse-cars. Neither the husband nor wife will see seventy again. The car was full, so far as seating capacity went. There were young men and maidens as well as old men and women. An elderly lady entered and looked timidly for a seat. The first person, indeed the only one, to offer her one was the gentleman old enough to have been father to any one in the car. "My husband never can sit while a lady stands" whispered his wife to a neighbour. Gradually the car filled up solid, after the fashion of American cars. Still the young men and the maidens, unabashed, kept their seats, while their seniors swayed with the turning of the car as it wound its crooked way to the region of the "Back Bay churches." "It was not so when we were young," continued the oldtime wife: "we were not even allowed to sit if our older sisters were not provided with seats." There was, perhaps, more form and ceremony then than necessary; but the result of that attention to manners was the "gentleman of the old school" whom once in a while we still see lingering among us, a delightful reminder of what might be again, with a little more care. Literature, a poor but widely read type of it, is responsible for some of the flippant manners of American youth. But, as the home must be credited with the merit of inculcating good manners, so the lack of courtesy must be a reproach to home training.—*Boston Paper.*

**PHYSICAL TRAINING AND BRAIN WORK.**—Physical training is of vital importance. The exercise that is best adapted to develop all parts of the body in a natural, healthy manner is *domestic labour*. It is always at hand; it can be taken regularly every day, and there is such variety that

almost every muscle can be exercised. House-work should never be considered menial or degrading; it is nature's laboratory in which the girl may obtain not only the best physical development but most valuable knowledge that will fit her for the practical duties of life. This training may be supplemented by other kinds of exercise, such as walking and out-door sports. The very general introduction of foreign help into domestic service has proved most unfortunate for the health of American women. Closely connected with this neglect of physical training at home is an evil of great magnitude—that is, supreme devotion to brain-work. The practice, pursued very generally at the present day, of confining the girl in school or seminary for a series of years consecutively, is attended with most serious evils. In the language of a popular writer, "it is educating our girls to death." While we would not discard education in all its various departments, extending to the highest culture, we maintain that it is no advantage or blessing if it is to be obtained at the expense of the physical system. There are other parts of the body besides the brain that need faithful training. The highest accomplishments and mental acquisitions will not compensate for impaired constitution and ill health.

#### MY SWEETHEART.

I have a little sweetheart  
And he has such yellow hair,  
I know it's only sunshine,  
That's caught and tangled there.

His cheeks are two wild roses,  
His eyes so soft and blue,  
And full of smiles and laughter,  
And full of loving, too.

Sometimes he leaves his playing  
And leans against my knee,  
His childish toys forgotten,  
To bring a kiss to me.

Why is it that I love him?  
Oh, surely you must know,  
That I'm my sweetheart's mother—  
That's why I love him so.

GRACE H. DUFFIELD.

#### THE CULTURE OF CELERY.

BY W. S. TURNER, CORNWALL, ONT.

A great deal has been written on this subject in this Canada of ours, and there seems to be a general belief that it is quite a serious undertaking to grow celery to perfection.

Now I want to show in my humble experience, at least, this is not the case, for it is as easy to grow as any other vegetable, has fewer insect enemies, and, what is not of the least importance to those who have a small area of ground, *it can be grown as a second crop.*

For instance, I have grown 700 heads in the space of less than 100 square feet, and nearly all as a second crop.

Where there is command of any quantity of water, as is common in any of our large towns (for quite a number of places are now supplied with water-works), it is a still greater advantage—though I would here correct a very common error that some new beginners are apt to fall into, and that is this, that celery, being naturally a water plant, you cannot give it too much. This is a great mistake, for you can actually drown it out, kill it with kindness, "drown the miller," as the Scotch folks say. For instance, the past season has been exceptionally wet in Stormont Co., there has been very little need of artificial irrigation, in fact, the plants have appeared to be at a standstill for weeks at a time, the water from the heavy rains sometimes filling the ditches between the rows and inducing rot among the plants. If my garden had not been well drained I would have lost a large number of heads; even as it was, my celery was not so large as in former years when there was an average rainfall.

Having bored your readers thus far, Mr. Editor, I will proceed to show the *modus operandi* of starting the seed and follow the plants right up to harvest time.

I always grow two kinds at least, viz., fall and winter celery. The White Plume for fall, and Henderson's Pink, or Sutton's Sulham Prize, for winter use. The White Plume is of beautiful appearance and is greatly in demand on account of its earliness and beauty. It will keep good up to Christmas, but the pinks or reds are superior to it in flavour and will keep all winter. There is a new candidate for public favour named Nelles' Self-Blanching; it has been grown by Mr. John Croil, one of our directors, and he pronounces it of excellent flavour.

I sow the seed in boxes in the house about the middle of March or the first of April. A raising box cut down to about five inches deep is about the handiest size. I usually put some fine garden soil in the cellar for the purpose in the fall just before the winter sets in. I then fill the box with soil to within an inch of the top, and if you are not careful at this stage you will lose more than half your seed, for celery seed being very small, it is apt to get too deep and either gets lost entirely, or comes up so spindling and weak as to be comparatively worthless.

I sift the soil for the upper part of the box, compact it moderately and see that it is even. Now, sow the seed in rows two inches apart, and the rows half an inch wide, press the seed lightly with a piece of board the size of the box, then sift a very thin sprinkling of soil over the seed. If possible I get a little moss off the cordwood pile, dry it, and rub it fine through the hands, and scatter a thin layer on top, then water with a fine sprinkler and put it in a sunny window.

The seed will be about ten days or two weeks in germinating. It is then necessary to watch and see that the sun does not injure the shoots at this stage, as they are very tender. If the sun is too strong, shade them a little till they get stronger.

When the second leaf appears, I take the box and put it into a moderated hotbed, and, as the warm weather comes, from there into a cold frame, and gradually harden them off till they will endure the weather without any protection. When the plants get about two inches high, prick them out five or six inches apart into a bed, or between the rows of beets, carrots, or anywhere so that you can cultivate them with a hand-weeder, or scratch among them with an old three-pronged table fork; keep them well watered, and by the 1st of July they will be fine plants with good roots to them. By this time our early vegetables, such as peas, beets, lettuce, beans, early potatoes, and even old beds of strawberries have had their season, and we can make good use of the ground for our celery.

Now get two garden lines, and put them about twelve inches apart, the length you want to make your rows, having your rows four feet apart, dig your trench between the lines and about nine or ten inches deep, now put your four inches of good old manure, and with your garden fork dig it under and mix well with the soil, put an inch or two of soil over this, and your trench is ready (which by this time is not much of a trench after all) for the plants. Now take your garden trowel, cut round your plants, and put them in about the same depth as they were before moving, they will hardly know they have been moved; though it will do them good to have a little watering at this stage, and whenever they get too dry. They will appear to be at a standstill for quite a while after this, but they are forming new roots all the time, and getting ready for business later on. As you cultivate and scratch among them, bank them up a little at the same time by taking hold of the plant in your left hand, and drawing the earth around them with your right; you do this so as to prevent the soil getting into the heart. If you want extra fine celery and clean also, tie a soft string loosely round the plant when it is about half-grown; this will keep the leaves together and expedite the banking-up business considerably. If you are limited to room you may have your rows closer, and after the celery is about three-quarters grown, place boards close on each side of the rows, and put stakes behind to keep them up. The celery will bleach just as well as if banked up to the tops, as all that is required to whiten celery is to exclude the light.