

whether the children come in the morning bright and fresh from the long night's sleep, the morning bath and the simple breakfast, eaten leisurely and with the enjoyment that secures good digestion; or whether the child is always allowed to sit up late for exciting pleasure, to dress and eat its breakfast in a hurry of fear, lest it should be too late for school, and arrive there with jaded body and mind to undertake tasks which are trifles for its healthier comrades, while he or she broods down under them, to add another to the long list of invalids accreditable to the public school system. To accomplish even this simple home duty towards the great national work of public education, a woman needs more than mere motherly love and good intention. She needs educated intelligence herself and a careful preparation for her work. She must have an acquaintance with school life, as well as home life, and a knowledge of their mutual relations.

It is often lamented that the female teachers in our public schools change so often because they leave school to be married; but I believe that this is far from being an unmixed evil, but that on the contrary this fresh young element has its value in the schools, if it work under competent direction and supervision, and that whatever evil arises is more than compensated by the knowledge of the schools which is thus gained by the future mothers of the community, who can exercise so powerful an influence upon education. Even the physical inheritance of children is improved by the education of the mother, and her three years of teaching, which is the average of a New-England school teacher's experience, and often the most valuable preparatory years of her life. An English writer on statistics shows that 24.87 per cent. of the children of the illiterate mothers die in the first year, while only 14.65 of the children of mothers having some education die during the same period. In considering these numbers we must allow for the fact that the illiterate class includes the pauper class, who actually suffer from physical want, yet still this large difference of ten per cent. is very suggestive.

—Professor Ferrier, of King's College, London, who has made the phenomena of sleep a special study, recently said in a lecture thereon that anything which has a tendency to extract blood from the brain favors sleep. Exercise does this, because the moment the weary muscles are at rest the blood rushes to them to repair their loss, and is absorbed by them. Digestion and hot drinks produce the same result by drawing the blood supply from the brain to the stomach. Conversely, anything that stimulates the brain, such as sights, sounds, thought, or anxiety, will keep a man awake. If we, therefore, wish for a refreshing slumber, we must begin by avoiding care and anxiety, and take sufficient bodily exercise to induce the necessary muscular exhaustion. With regard to the length of sleep, Dr. Ferrier holds that the heart is not in a state of constant, but of rhythmical activity, a term of action being followed by a pause of rest, during which the heart is to all intents and purposes asleep. In fact, if the pause of the heart are all summed up, it will be found that it rests or sleeps eight hours out of the twenty-four, the sleep being in the proportion of one-third as compared with the hours of action or work. Eight hours are consequently sufficient for the adult.

*Blinders in Speech.*—It was a Scotch woman who said that a butcher of her town only killed half a beast at a time. It was a Dutchman who said that a pig had no marks on his ears except a short tail. It was a British magistrate who, being told by a vagabond that he was not married, responded, "That's a good thing for your wife." It was an English reporter who stated at a meeting of the Ethnological Society, there were casts of the skull of an individual at different periods of adult life, to show the changes produced in ten years; though Dean Swift certainly mentions two skulls preserved in Ireland, one of a person when he was angry and the other of the same when he grew to be a man. It was a Portuguese mayor who enumerated among the marks by which the body of a drowned man might be identified when found, "a marked impediment in his speech." It was a Frenchman, the famous Carlini, who, contentedly laying his head upon a large stone jar for a pillow, replied to one who inquired if it was not rather hard, "Not at all for I have stuffed it with hay." It was an American lecturer who solemnly said one evening, "Parents you may have children; or, if not, your daughters may have."

In commenting upon the penetrating power of different colored lanterns, the *Popular Science Monthly* describes experiments recently made at Trieste. Half a dozen lanterns with

carefully selected glass, and all furnished with oil and wicks of the same quality, were lighted on the beach, and then observations were made by a party in a boat. At the distance of half a league, the dark blue lantern was invisible, and the deep-blue one nearly so; hence it appears that blue lights are not adapted for use in lighthouses or as signals. Of all the colors the green was visible for the longest distance, with the exception of the red, which ranked next to the white in power of penetration. The conclusion is that only the green and the red are suitable for signals; and the green light the Trieste observers only recommend for use in conjunction with white and red lights, inasmuch as, when viewed from a short distance, an isolated green light begins to look like a white one.

*Small conveniences.*—It is quite astonishing how much comfort and satisfaction results from little causes. A box, bag, drawer, or basket for needles, thread, scissors, thimble, buttons of all sizes, tape, strings, wax, etc., saves a multitude of steps, and saves time, and a vast amount of patience, for men-folks dislike to wait while such articles are being hunted up. Neatly trimmed lamps are another convenience, though some prefer to trim them just before lighting, as they become dusty before evening. This can be obviated by twisting a piece of paper funnel-shaped, so as to cover the chimney and burner, or if durability is preferred, covers made of fancy paper with strips of gilt to cover the seams and edges, are very pretty. The stocking bag or basket, with different coloured balls, and different sizes of needles, can be hung away under garments, and is always ready for use and not in the way. A place sacred to pens, ink, paper, envelopes, and pencils, where one can jot a thought without getting riled in spirit looking for material, thereby becoming debtor to our fellow-man for defrauding him of the useful idea that circumstances evolved for his benefit, comes under this head. Book-shelves are another really sensible article, and if never so cheap are an ornament. Any store-keeper would reserve for you the pieces upon which cloth is wound, for the shelves; a piece of strong twine filled with spools will complete it. Stand the books edgewise, so that the titles can be read without needless handling. Lamp-lighters saving the disagreeable smell of matches; an old basin with a mop or brush for stove-blackening; a can or jug, with scissors, rags and kerosene, for lamp trimming, are convenient, and essential. Save everything. No matter if it be old-fashioned, or you are tired of it. Lay it away, and in a year or two it seems fresh and do a good service in another form, and save a few pennies, which put with other little savings will buy a nice book or pay the subscription for some desirable publication. I do not mean the inconvertible odds and ends that accumulate in a house, and fill it up needlessly, as some are, merely because they possess a passion for saving all things, but only such as taste and judgment can convert into useful and ornamental articles.—*Maine farmer.*

*Be Kind to the Aged.*—Age, when whitening for the tomb, is a worthy object of reverence. The passions have ceased—hopes of self have ceased. The old linger with the young—and, oh, how careful should the young be to reward them with tender affection and with the warmest love, to diminish the chill of ebbing life. The Spartans looked on reverential respect for old age as a beautiful trait of character. Be kind to those who are in the autumn of life, for you know not what sufferings they may have endured, nor how much of it may still be their portion. Do they seem unreasonably to find fault or murmur? Allow not your anger to kindle against them; rebuke them not, for doubtless many have been the crosses and trials of earlier years, and perhaps their dispositions, while in the spring-time of life, were less flexible than your own. Do they require aid? Then render it cheerfully. Forget not that the time may come when you may desire the same assistance from others that you render them. Do all that is needful for the old, and do it with alacrity, and think not hard if much is required at your hands, lest when age sets its seal upon your brow, and fills your limbs with trembling, others may wait unwilling, and feel relieved when the coffin has covered you forever.

*Birthdays.*—Almost every schoolboy is familiar with the picture of Horace bustling about round his altar of turf with his little censer full of frankincense and his bottle of old wine, keeping high festival and holiday on the fated Calends of March. The exuberant geniality of the little poet led him to celebrate two birthdays every year, taking as an excuse for the second feast his miraculous escape from a falling tree. A more