

PLEASANT HOURS

A PAPER FOR OUR YOUNG FOLK

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A SUMMER PICTURE.

THERE is a breath of summer in our illustration that brings rest and gladness to the heart as we look upon it. It recalls green fields, cool waters, mountain breezes and tree shadows.

To our young readers, it means romping on the fresh, green grass with no danger of coming across the sign "Keep off the grass" wherever they turn their eyes; riding upon sweet-scented loads of hay; hunting in the woods and meadows for flowers of every hue; splashing in the cool waters; in fact, what does it not mean to boys and girls who have experienced the delights of country life in the summer time? To those who have not no words would convey an adequate idea as to what those pleasures are. I only hope that all such may soon see and know for themselves.

One boy of whom I know, coming into the country for the first time, upon being asked what his impressions were, said to me, "Oh! I have never seen anything like it, only in pictures." He said that the thing which impressed him most was the amount of sky which he saw. It was so wonderful to him. He has enjoyed many happy hours in the country since then, but he can never get over his feelings of awe at the sky.

You who have country homes or who can afford to spend your summer in the country, can you not give at least one heart a taste of its beauty and freshness?

HEALTH IN SUMMER.

We have now reached the hottest part of the year, and the beginning of the season when old and young are peculiarly liable to sudden and malignant disorders. Modern science holds that these diseases are propagated by germs, which are developed by heat. Find-

ing a congenial place of growth in the blood and tissues of the human body, the parasites multiply and affect the working of our organs, injuriously, sometimes fatally.

It is a part of the same theory that a weak or previously diseased body is

food. A vigorous and healthy stomach may digest these germs as well as any other vegetable or animal matter, while a sluggish stomach may give them time to establish themselves in their new quarters.

Possibly this may not be the true

some food only, and by drinking water which has not been polluted.

Furthermore, we know that those who enjoy the best general health are not those who are strongest of muscle, or those who have just the right amount

of flesh are less frequently attacked than are others, and that when attacked, they are better able to overcome disease. We also know that violent exertion, resulting in excessive bodily heat, predisposes one to disease.

At the time we write the dreaded cholera has not made its appearance in this country, or in any part of northern Europe. Upon all former visitations it has begun its deadly work in the early spring, or even in the winter. Consequently we may hope that this time the pestilence will not cross the Atlantic, or at least that it has postponed its malignant work among us until another year.

But cholera is not the only disorder to be guarded against, and by taking regularly, every summer, the proper precautions against the ordinary summer diseases, we shall be better prepared for defence against cholera, if it should come.

The rules are very simple. First, as to food. It should be thoroughly cooked, so thoroughly that if it contained any disease-germs, they would be destroyed. Perfectly ripe fruit that has not begun to decay is also approved, but it should be carefully avoided upon the first appearance of an epidemic disease.

Probably more evil is done by our drinks than by our food. Alcoholic drinks will not contain any disease-germs, but they stimulate the stomach, and when the inevitable reaction comes the body is less able to resist the attack of disease. To be avoided always, it is particularly necessary to avoid them in the summer. Unless one is sure that the water supply used



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a more inviting field for the ravages of disease-germs than is a healthy body. Let it be supposed, for example, that the seeds of disease enter the body through the mouth, and are swallowed, either with impure water or with the

explanation of what we observe, but whether it is so or not, the lessons of experience are not less clear or decisive. We do know it as a fact that certain diseases may be almost certainly avoided by the strict use of whole-

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