

USEFUL INFORMATION.

IN ESCAPING from a fire, creep or crawl along the room with your face close to the ground. Children should be early taught how to press out a spark when it happens to reach any part of their dress, and also that running into the air will cause it to blaze immediately.

BED CLOTHES.—The perfection of dress, for day or night, where warmth is the purpose, is that which confines around the body sufficient of its own warmth, while it allows escape to the exhalations of the skin. Where the body is allowed to bathe protractedly in its own vapours, we must expect an unhealthy effect upon the skin. Where there is too little ventilating escape, insensible perspiration is checked, and something analogous to fever supervenes; foul tongue, ill taste, and lack of morning appetite betray the evil.

LYING WITH THE HEAD HIGH.—It is often a question amongst people who are unacquainted with the anatomy and physiology of man, whether lying with his head exalted or even with the body is most wholesome. Most, consulting their own ease on this point, argue in favour of that which they prefer. Now, although many delight in bolstering up their heads at night and sleep soundly without injury, yet we declare it to be a dangerous habit. The vessels through which blood passes from the heart to the head, are always lessened in the cavities when the head is resting in bed higher than the body. Therefore, in all diseases attended with fever, the head should be pretty near on a level with the body; and people ought to accustom themselves to sleep thus to avoid danger.

RULES OF CONDUCT.—We cannot do better than quote the valuable injunctions of that excellent woman, Mrs. Fry, who combined in her character and conduct all that is truly excellent in woman:—1. I never lose any time; I do not think that lost which is spent in amusement or recreation some time every day; but always be in the habit of being employed. 2. Never err the least in truth. 3. Never say any ill thing of a person when thou canst say a good thing of him; not only speak charitably, but feel so. 4. Never be irritable or unkind to anybody. 5. Never indulge thyself in luxuries that are not necessary. 6. Do all things with consideration; and, when thy path to act aright is most difficult, feel confidence in that Power alone which is able to assist thee, and exert thy own powers as far as they go.

Words.—Soft words soften the soul. Angry words are fuel to the