

water, spring water, well water, and rain water which is the purest. Water acts as a fertilizer by absorbing the gases contained in the atmosphere, and then yielding those gases under certain conditions to become food for plants.

HEALTH IN YOUTH.—Late hours, irregular habits, and want of attention to diet, are common errors with most young men, and these gradually, but at first imperceptibly, undermine the health, and lay the foundation for various forms of disease in after life. It is a very difficult thing to make young persons comprehend this. They frequently sit up as late as twelve, one, or two o'clock, without experiencing any ill effects; they go without a meal to-day, and to-morrow eat to repletion, with only temporary inconvenience. One night they will sleep three or four hours, and the next nine or ten; or one night, in their eagerness to get away into some agreeable company, they will take no food at all; and the next, perhaps, will eat a hearty supper, and go to bed upon it. These, with various other irregularities, are common to the majority of young men, and are, as just stated, the cause of much bad health in mature life. Indeed, nearly all the shattered constitutions with which too many are cursed, are the result of a disregard to the plainest precepts of health in early life.

ADVICE TO WIVES.—A wife must learn how to form her husband's happiness, in what direction the secret lies; she must not cherish his weaknesses by working upon them; she must not rashly run counter to his prejudices; her motto must be, never to irritate. She must study never to draw largely on the small stock of patience in a man's nature, nor to increase his obstinacy by trying to drive him; and never, if possible, to have scenes. We doubt much if a real quarrel, even made up, does not loosen the bond between man and wife, and sometimes, unless the affection of both be very sincere, lastingly. If irritation should occur, a woman must expect to hear from most men a strength and vehemence of language far more than the occasion requires. Mild as well as stern men, are prone to this exaggeration of language; let not a woman be tempted to say anything sarcastic or violent in retaliation. The bitterest repentance must needs follow if she do. Men frequently forget what they have said, but seldom what is uttered by their wives. They are grateful, too, for forbearance in such cases; for, whilst asserting most loudly that they are right, they are often conscious that they are wrong. Give a little time, as the greatest boon you can bestow, to the irritated feelings of your husband.