

Wash the head, frequently and thoroughly, with water and the best toilet soap. *Never* use "bears' grease," or any other grease, and avoid all dyes for the hair and beard.

The teeth should be brushed after every meal, and particles of food lodged between them should be removed with a sharpened quill. Prepared chalk is a good tooth powder. So is a nice grade of soap. A little salt will make the teeth very white. This should not be used often, and the mouth should be thoroughly rinsed with water after it has been applied. If the stomach is disordered, the teeth will often be injured by an acid reaction. To prevent this, rinse the mouth quite often with a solution of common baking soda, using a teaspoonful to a glass of water. Also take proper remedies to correct the action of the stomach.

Have the teeth examined once in three months by a competent dentist, and when there are indications of decay have the cavities promptly filled. The loss of the teeth will cause a great deal of pain, and be very likely to lead to indigestion and serious illness. Children should be taught to take care of their teeth, and a dentist should be employed to fill any cavities which may appear. If attended to soon enough, all the teeth can be preserved until old age. But the majority of young people do not commence the work of preservation early enough. They wait until the teeth are too badly decayed to be filled and then have to lose them. It pays to have a dentist examine the teeth often. He can detect the beginnings of evil, and save teeth which would be lost if the owner relied upon his own powers of observation.

We have elsewhere alluded to the great importance of keeping the cellars and all the surroundings clean, and need not dwell upon it here. DR. BOWDITCH has said, and the experience of the past has proved him correct, that "all filth is absolute poison" to the human system. Either in the air we breathe, the food we eat, the water we drink, or through the pores of the skin, this poison may enter the body and carry on its ruinous work.

SUFFICIENT SLEEP is one of the most important requisites to secure health and vigor of body and mind. During sleep the repairing of the waste of the body and the brain is going on and rest is secured. If the period allotted to sleep is too short, the work is imperfectly performed, and weariness during the day is the result. The candle of life is being burned at both ends. If the habit of taking too little sleep becomes fixed, sickness, perhaps insanity, will result. Many a man has died in youth or middle age who would have lived many years longer if he had taken more time for sleep, and many a farmer's wife has gone to the INSANE ASYLUM, or an early grave, because the ceaseless round of duties which she tried to perform left too little time for sleep. Multitudes of children are being injured in body and mind by a lack of sufficient sleep. Their parents teach them that it is a sign of laziness to lie long in bed. No greater delusion was ever accepted by mankind. Shorten the hours of sleep and you thereby sap the very fountains of vital power. Unless preceded by early retiring, early rising is a slow, but sure, form of suicide. Better do without food than without sleep, if both cannot be secured. The greatest workers in the world are often great sleepers. We know of a brilliant clergyman, who performs an immense amount of labor, who sleeps twelve hours out of the twenty-four. The most vigorous men take an abundance of sleep. Some people need more sleep than others. Probably the majority require eight hours. Many need ten hours, and some even twelve hours, sleep out of each twenty-four. Each individual must be a law to himself. If he needs but eight hours sleep he should take only that amount,