

THE OVER-WORKING OF BOYS AND GIRLS.

IT is generally conceded that on the whole in civilized countries there is too much actual work and too little time given to the CULTIVATION of the mental and physical faculties. We propose to consider this subject now only as it relates to the young, of both sexes—girls and boys. There is a vast amount of discomfort, lifelong misery and disease caused by physically over-working the young during the growing period. Not only is this the case in factories and large manufacturing establishments, but in private homes, and in town and country. Parents often thoughtlessly—ignorantly, give their children tasks of physical labor out of all proportion to their tender years. We could call to mind many instances of stunted, defective bodily development from over work, both on the farm and in mechanical trades, and know of a number of poor little men and women, especially the former, still young yet prematurely old, who never had a real childhood of play, but were worked—overworked—right on from their eighth or tenth year of life. The children of large, vigorous parents often grow only into small, ill-developed creatures from overwork alone. But few parents would thus afflict their little ones if they knew or could foresee the probable serious consequences. The work may be too severe, or, being much less severe, be too long continued. No more serious error can be made than to work a young child continuously all day at even light work. The depressing mental effect, too, is sad to contemplate. A writer in a medical exchange says: "A man of excellent parts was wont to say to his son, a lad of eight years, 'Now I am going away, and I want you to work at this job steadily till I return, to-morrow night. You need not hurry, but you must keep right at it. I want you to learn to work like a man, to work alone, and stick to it all day. I don't want a boy of mine to grow up to be shiftless.' Misguided father! He loved his boy, and meant to be kind to him; but he could not have taken a surer way to make him hate work,

as well as to do him actual physical injury. "The deluded parent, a man of prodigious strength, supposed he was taking a course to make his delicate boy strong and hardy! But the physical hardship was not the severest thing to be borne. If the father could have experienced for one hour the feelings of loneliness, of despair, that came over that lad as he realized the utter impossibility of fulfilling his father's expectations, he would have yearned with pity, if he had not been cured of his preposterous theory."

We trust this may be read and thought over seriously by thousands of parents who, although they may actually need, or think they do, the help of their young sons and daughters, will pause and compare their own strength with that of their children, and work them only in accordance with their years. Parents should remember, too, that a large part of the strength of the growing organism is demanded for growth and development, and must not be all expended in work. How often we hear it said by a proud parent of perhaps but a half grown lad, "Oh, he can do as much work as a man." But, parents, remember, if he does this continuously before he becomes a fully mature man, he does it at the expense of his future welfare—his future vigor, health and happiness. Spare the children then from real work as much as possible. Childhood is the time for play.

OLD PLATED WARE, especially forks and spoons, become, through long use, almost void of silver covering, and many of these goods are made of such metal that the acids of foods act upon it, dissolving it and giving rise to actual poisons, such as salts of copper or lead, in the food—poisons, indeed, which are highly injurious to the health, but acting in a most insidious manner.

SILVER PLATING can now be done at so reasonable a price that families would therefore promote their health, in avoiding the risks of poisoning, by having all old plated or "silver" ware re-plated occasionally, as the best silver plating will, of course, wear off in time.