

Children should not lie on feather-beds. It is more conducive to their health and growth that they should lie on rather hard beds. They should not occupy the same bed with an aged or sickly person. An old person thereby gains strength ; but the health of young children is gravely compromised.

ARTICLE II

HYGIENE OF BREATHING.

Q. What is the first act of life ?

A. It is that of respiration. Respiration is the inhaling and exhaling of air by motion of lungs.

Q. What are the organs of breathing ?

A. The nostrils, the mouth, and the skin which covers the body.

Q. Of what is the air which we breathe composed ?

A. It is composed of 21 per cent of oxygen and 79 per cent of azote, with which are mixed a thousandth part of carbonic acid and vapor in variable quantities. Oxygen and azote constitute the air indispensable to life. The other elements