

(a gas so necessary and beneficial to health), but give out at night a poison is exhalation.

EARLY TO BED AND EARLY TO RISE

is an old, but a good saying. Early rising cannot be too strongly insisted upon; nothing is more conducive to health and thus to long life. A youth is frequently allowed to spend the early part of the morning in bed, breathing the impure atmosphere of a bedroom, when he should be up and inhaling the balmy and health-giving breezes of the morning. If early rising is commenced in childhood it becomes a habit, and will continue through life. A boy ought on no account to be roused from his sleep; but as soon as he is awake in the morning he should be encouraged to rise. Dozing—that state between sleeping and waking—is injurious; it enervates both body and mind and is as detrimental to health as dram drinking. But if he rises early he must go to bed betimes; it is a bad practice to keep him up until the family wishes to rest. He ought to seek his pillow by nine o'clock and should be asleep soon as he awakes in the morning.

The number of hours of sleep required will depend upon the exercise he takes, but, on an average, he should have at least eight hours every night.

CHOICE OF PROFESSION OR TRADE

If a youth is delicate it is a common practice among parents either to put him to some light indoor trade, or if it can be afforded, to one of the learned professions. Such a practice is absurd and full of danger. The close confinement of an indoor trade is highly prejudicial to health. The hard reading requisite to fit a man to fill, for instance, the sacred office, only increases any delicacy of constitution. The stooping at a desk, in an attorney's office, is most trying to the chest. The harass, anxiety, disturbed nights, interrupted meals, and intense study necessary to fit a man for the medical profession is still more dangerous to health than either law, divinity, or any indoor trade. If a boy is delicate or of consumptive habit, an outdoor calling should be advised, such as that of a farmer, a tanner, a