

AGREEABLE NEIGHBORS.

'You don't know what a beautiful new carpet the Henleys have bought,' said my wife as I came in to dinner; 'and it cost only a dollar a yard. It is worth almost as much again as when new, and we paid a dollar and a half a yard. Carpets are much cheaper now than they were when we bought ours,' I replied, a little coldly.

'Very much indeed,' replied my wife, expressing herself warmly. 'She is one of the most agreeable women I ever met—a perfect lady in her manners. She appeared quite pleased with my visit, and has promised to return it, and also to introduce Mr. Henley. They have everything very handsome in the parlor. Black walnut chairs, beautiful sofa, and a splendid marble-top centre table. On the sideboard they have some magnificent vases of wax flowers, baskets of wax fruit, and the most charming ornaments you ever saw. On the mantel they have some smaller ornaments, a time piece, and a pair of elegant candelabras at each end.' As my wife said this she glanced toward the mantel and sideboards of our own plainly furnished parlor. 'I really think we might afford a pair of candelabras,' she suggested to say, 'they are so ornamental, and only cost (?) fifteen or twenty dollars.'

That they forthwith concluded to buy them. 'It is just the thing!' said my wife, 'seeing the really handsome and becoming looking bonnet on her head, and looking 20 per cent younger and prettier. Now, don't you think so dear?' 'I do, indeed,' I could not help saying, and with a warmth of manner that greatly pleased my good wife. 'I should have wanted a new bonnet in a few weeks,' said my wife, 'and must have paid at least ten dollars for one neither so handsome nor so good as this; and as they were selling off, I could not let such an opportunity escape for securing a bargain like this.'

'I had nothing to advance by way of objection, another fifteen dollars were supplied for shopping purposes. This time the linen and flannel were forthcoming. Thus began my wife's acquaintance with her agreeable neighbors, Mrs. Henley. From that period money went more rapidly. It cost for shopping purposes alone just double what it had done before. My wife's appearance and that of our two little ones was certainly much improved, and so far this was agreeable enough, but it could not help feeling that it was all costing too much. I found that instead of saving a few dollars to lay up at the end of the month, I hadn't a cent. Of course all was not spent in shopping; but what was true in the clothing department was true in every other department. Before the Henleys had been our neighbors six months various ornaments made their appearance on our sideboards, and our mantel displayed a beautiful pair of candelabras, besides other little nicknacks which had hitherto been considered as superfluous. Mr. Henley, whose acquaintance my wife had insisted I should make, I found an intelligent, agreeable man, and frequently spent a pleasant evening with him. As for the ladies, they saw each other daily; and from the first week of their acquaintance the ideas of my wife began gradually to enlarge, and her taste to become refined. The thought of economy gradually faded from her mind. Mrs. Henley became her model, and Mrs. Henley's ideas of things her ideas. She used every season to put up a few jars of preserves, the cost of which did not exceed a few shillings. But, this, the first season of her acquaintance with Mrs. Henley, she was visited with a regular preserving mania. Quinces, peaches, pears, and plums, and I don't know what besides, were boiled down in the best double refined loaf sugar, and sealed up in glass jars, the number of which I will not pretend to give. And so things went on for more than a year, my deposits in the savings bank steadily decreasing until I had not two hundred dollars left. I now began to feel really serious, and to wish that Mrs. Henley had been married to the man in the moon. About this time the new carpet was bought. It looked very fine. I had to acknowledge that. But the chairs and plain black walnut table appeared rather ashamed of themselves in such genteel company. 'Mrs. Henley says four chairs will never do,' observed my wife. 'We were looking at some excellent black walnut horse hair chairs this morning, they were only thirty-one dollars the half dozen, and we paid, I think it was, twenty-one dollars for these cane-bottomed ones with chintz seats. It's a pity we hadn't bought black walnut horsehair chairs at first. But those will do very well for the bed-room, and those now in the bed-room may be disposed of to advantage to the person who has the horse hair chairs for sale. At least, so Mrs. Henley says. When my wife got a thing into her head, or rather Mrs. Henley had crammed anything into it, there was no getting it out. After she had said this I saw the new chairs in our parlor. This was in imagination; but the real vision soon came. Another draw upon my deposits in the savings bank furnished my wife with the means of gratifying her desire to have a set of horse-hair chairs, and with them came the desire for other things. Mrs. Henley had pronounced them beautiful, but suggested that there was still something wanted to complete the effect. There must either be a sofa table or centre-table with a marble top; and she thought that our sofa did not exactly correspond with our carpet or chairs; and suggested a fashionable couch. 'Mrs. Henley is very kind in her suggestions, I could not help saying, a little sarcastically. My wife did not like this at all, and met it with a warm defence of her agreeable neighbor. I was silenced. No more was said about couch or table for more than a week, when my wife, with the aid of her friend, informed me that she had discovered the very thing that was wanted in a handsome sofa table, the price of which was only twenty dollars; and as there was a pair of them, and the Henleys had bought one of them, I couldn't object. Carpets, chairs and sofa table were rather costly articles, which, together with sundry other purchases too numerous to enumerate, had made quite a distinct impression upon the little sum I

SEASONABLE HINTS.

New to Keep Healthy in the Dog-Days. (By a London Physician.) This 'seasoned' reminds me that a few practical suggestions, as to how to live in hot weather might be of value to the readers of the Free Press. Sunstroke is a preventable disorder, mainly caused by excessive heat, improper food, interperance, foul air, loss of rest, and any kind of prolonged excitement; also a neglect of the skin, and sometimes we have a predisposing influence. As a general rule sunstroke attacks those exposed to the direct effect of the sun, more particularly on the third or fourth days of a heated term. With but little care and attention to a few rules, sunstroke—even among those whose occupations expose them to a great heat—ought to be a very rare occurrence. In the first place, people as a general thing eat too much meat during the hot months. I have known many families who feed their children while yet quite young, on salt bacon, salt fish, fat gravies, butter and such complications of dishes, flavoured with hot condiments, and it is a great wonder that not more die during the heated term. Those people who are piercing rays of the sun, can, at least, avoid all such articles of food which have a tendency to fire up the system, and then, in the next place, everything should be carefully avoided that tends to check perspiration. In fact when the skin becomes dry persons may drink water until they perspire in a free manner. When the skin is in good working order, there is not much danger of becoming overheated. Hence a daily bath may be just the thing. This is one of the most important ways from becoming overheated. A straw hat is a very good covering for the head, and a good plan to keep the head cool is to wear a leaf previously dipped in water in the crown of the hat. Every opportunity should be taken to remove the hat when in the shade, as the fresh air cools the head and removes any tendency there may be to a slight congestion of the brain. All strong drink should be avoided without exception. The use of alcoholic beverages has a greater influence to overheat the body, by producing fevered action of the heart, than all she predisposing causes together. It is a safe rule never to drink ice water, yet those who are in the habit of drinking ice water it will not hurt so much as those who only occasionally use it. Another pernicious habit which people have, is to drink ice water immediately after eating fruit. For example, a young fellow with his sweet-heart goes to the ice cream saloon, and not unfrequently they eat a dish of strawberries, a dish of ice cream, and then drink a glass of ice water. Such violations of nature's laws will produce congestion of the stomach, and the body becomes overheated by increased activity of the whole vital organism of the intruder, and now this feeling of heat is attributed to the hot weather, when it comes from a want of knowledge of physiology. Great care should be taken as to the quality of the food used. Partially decayed fruit, berries and vegetables are more frequently the immediate cause of a large number of the cases of diarrhoea and digestive troubles that people suffer so from during the hot summer months. Fruits and berries, if not a ready sale is had, after a few days begin to decay, and rather than lose them the vendor puts the price down in exact ratio as the decaying process progresses, and those who can ill afford to pay a big price for fresh and sound fruit, buy the cheaper, and this is one reason why among a certain class of people a greater percentage of derangements peculiar to summer is found than among those who avoid this kind of diet. Musk-melons and watermelons may be very pleasant to the taste, especially when on ice, but unless perfectly ripe and fresh are often the source of much trouble. To persons when very thirsty, and as a rule in very hot weather, lemon and water is a very pleasant drink. The ordinary lemonade, made with sugar, is sweet and nice, but not always a healthy drink. Milk for children, but not too much. Care can be taken in obtaining milk free from poisons. There is perhaps no other article of diet so easily rendered unfit for use as milk. Exposed even for a short time to impure air, it is not alone spoiled, but is rendered absolutely poisonous. Sleeping in a close room without proper ventilation for a night will poison the system. To avoid spurious cholera, cholera-morbus, biliousness, fevers, sunstroke and like disorders it will pay for people to give some attention to the few simple suggestions here given. There is no subject perhaps more neglected than a study of the rules of health applicable to habits and methods of life during the hot weather.—[Free Press.

PAY UP.

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