

Value of Good Health.

Health is of such extreme value that he who is not healthy cannot possibly be wealthy. In his pockets, or in the vault of some bank, he may have title deeds, mortgage deeds and bonds; but if he cannot work, play or enjoy his food, he is poor and the estates he claims to own on this globe are no more real good to him than if they were situated in the moon. Civilized people, who are possessed of a mania for owning things, underrate the value of their own bodies. It is said that an Irishman who had only \$1 expended the dollar for a purse "to keep it in."

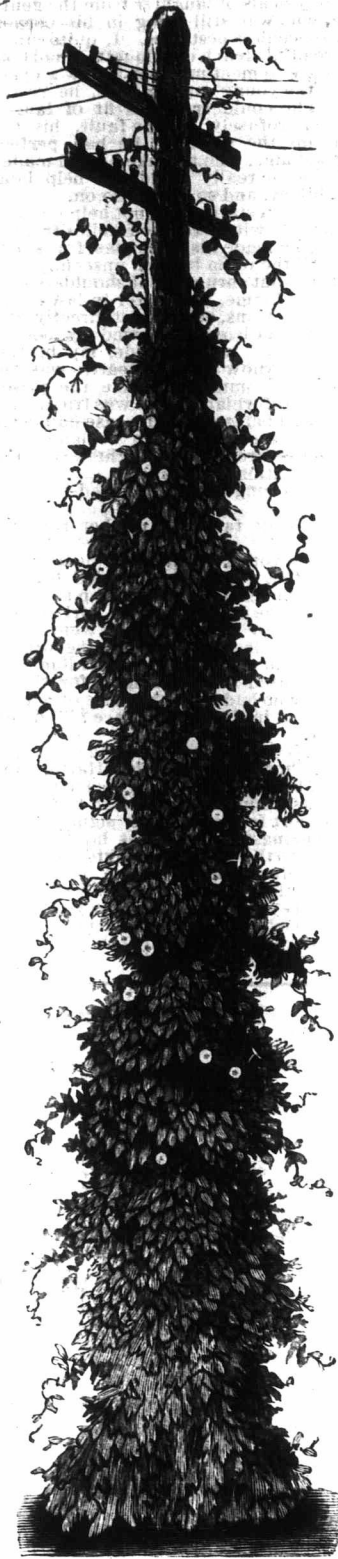
There are many Americans who barter their lives for fine houses to dwell in, or swap healthy lives for gold dollars. Good health cannot be bought in boxes, bottles or buckets, or at so much a pound or foot. It can be obtained only by a healthy mode of living. Without the capacity to enjoy life, no man can be wealthy. No kind of good appetite can be bought with money; and the man who has not a good appetite—for healthy work or wholesome food—is a poor man.

Home Education

Herbert Spencer has wisely said: "Always remember that to educate rightly is not a simple and easy thing, but a complex and extremely difficult task; the hardest thing which devolves upon adult life." That so much neglect exists in the home education of the young is a subject for serious consideration. Many parents give careful attention to the home education of their children in the small courtesies of life. The manners of children at table should receive the most careful training. What detracts more from the good opinion one may form of a girl or boy, than vulgarities at table—eating with the fingers, speaking when the mouth is full, scratching the head, blowing the nose, too hasty mastication speaking in a loud voice, omitting to thank any one, and one hundred other disgusting habits, that one meets in nine-tenths of the children of to-day. I do not advocate crushing all the spirit out of a child by forever correcting him, for I know half the bad habits are from carelessness; but every one of these should be firmly and kindly rebuked as they are observed, and the necessity for their continual observance impressed upon the child. It is a bad plan to allow boys to hurry pell-mell into the house from school, demand their dinner in a loud tone, gobble it down, and rush out again. They should be taught to sit quiet for a few minutes before dinner, walk slowly and quietly into the dining room, and rigidly observe all the little courtesies. Believe me, it will become agreeable to them after a little time, and you need not be ashamed of your offspring when strangers are present. I was dining with a lady not long since, at which her three children were present, and the loud demands for this and that, as it pleased their small fancies, was most disgusting. At last wee Tom asked for more cream cheese; the mother refused; he screamed and kicked, jumped from his seat, and refused to be comforted. She should have felt mortified, and, instead of punishing Master Tom as he deserved, said:—"I do not know what I am going to do with Tommy; he acts so every time he does not get just what he wants." Tommy listened to this, dried his tears, and came back to finish his dinner, encouraged to attempt more next time. Never grumble yourself. At meal time keep cheerful conversation going, and do not look cross. Impress upon your boys and girls the necessity of good manners at table, and set them a good example. Good manners at table always stamp the refinement of a lady or gentleman.

Ipomea Grandiflora, or the Moon Flower.

Opinions change in regard to flowers as in other fanciful decorations. This is not a new flower, but it has recently become so much in vogue that the demand has been for the past two years far in excess of the supply. It is claimed by some seedsmen that substitutes have been sent out by some seedsmen. It is claimed by some to attain a growth of 25 feet, by others



IPOMEA GRANDIFLORA, OR MOON FLOWER.

40 feet, in a season. It is somewhat similar in growth and habit to the well-known Morning Glory. Its advantages are these, that the flower is much larger, measuring six inches in diameter, of a very delicate white color, and having a beautiful perfume, flowering at night and in cloudy, dull weather. We give the accompanying cut taken from Mr. Jas. Vick's Florist Guide.

House Cleaning, Household Hints, Etc., Etc.

The bright, warm sunshine reminds us that spring is coming and with it that carnival commonly called house cleaning, and which our long winter necessities must be commenced. But this year we will try and do it by degrees, thereby lessening the discomfort to our family, and fatigue and worry to ourselves. The attic should be overhauled, all garments hanging or packed away should be aired and brushed to dislodge any busy moths that have begun to work, piece trunks can be looked over and sorted, closets washed, dried and rearranged. And while going over them put pieces of tar-paper in every shelf, trunk or box. No moths will approach it and it will save going over them again when packing away the winter clothing. Air and beat all strips of carpet or mats, and have the floors washed with water, soap and brush, if not painted. Look well that there are no mice in your closets, if so set traps, and the little pests will soon disappear. Now for our bedrooms. Look over all bureau drawers, put clean papers in the bottom of them, they prevent the dust sifting up and settling upon the contents, wash out washstand drawers with ammonia and water, whisk the mattresses in the buttoned parts, remove the slats of the bedstead and whisk clean of dust, wash all ornaments of china, wash blinds and windows, wipe papered walls with a clean white cloth, changing often, and if any hanging draperies have them removed, well brushed and aired. The carpet now requires to be well beaten and put down, and a thorough dusting makes your room complete. Pantry closets can be scrubbed, clean shelf paper added, glassware and china wiped and all made sweet. If all these little things are done in leisure moments, the house cleaning will be got over almost imperceptibly, and it is better to complete one flat at a time. Much of the extra washing of toilets, counterpanes and curtains can be done by degrees at the weekly wash, and not test the temper and strength by having it all at once. The cellar requires careful inspection, have all vegetables removed to an outhouse, they will not be injured by frost, and may save the family an attack of sickness; have the floor well swept of all leaves or clay, all superfluous barrels and boxes removed, lime-wash the walls, and open wide all windows and hatchways to dispel bad vapors. Do not spread sand on the cellar floor, it will become moist and hold impurities. The outbuildings and yard also require the eye of the mistress, have them well swept, all the contents put in a compact shape, the yard raked and the accumulation carted away or burned. As the family wash has increased, and taking it for granted that all my nieces are provided with washing machines, I will give you the latest news about ironing. Have hooks screwed to the under side of the pantry shelves to hang the irons on. Keep a good supply of iron-holders. The leg of a woollen sock, doubled across and covered with cotton cloth, makes an excellent one. In warm weather it is cooler and less expensive to use a charcoal heater or kerosene stove to iron by. Use a willow basket; wooden ones are apt to stain the clothes. Turpentine will remove paint from all coarse articles of clothing; for finer goods use naphtha or benzine. Grass stains can be removed by rubbing alcohol on the part. Fruit stains on