The Family.

Seventy and Seventeen.

BY MRS. L. H. SIGOURNEY.

Ye look askance at wrinkles,
Ye flout at locks of gray,
And miss the tint on cheek and lip
That time hath swept away;
Yet oft a sacred beauty
Within the heart is seen
That appertains to seventy
More than to gay seventeen.

One knows what's worth pursuing,
The other can't discern,
One knows what's worth possessing,
The other has to learn,
And the cost of such experience
Is heavy oft I ween,
'Tis the heritage of seventy,
But not of gay seventeen.

One deems that flattery is truth,
And Cupid is not blind,
The other finds even gratitude
Is rare among mankind;
And so it skills to save itself
From disappointments keen,
And seventy years are wiser found
Than beautiful seventeen.

Call not Old Age unlovely,
Nor deem its precepts stale,
Nor say it lingers all too long
Within this shadowy vale;
It hath some hidden treasure
Despite its furrowed mein,
And seventy years may happier be
Than were the gay seventeen.

If God ordains you longer
In this fair way to stay,
Give thanks for his permission,
And smiling hold your way;
Nor overlook the duties
That cluster round the scene,
For seventy hath its mission here
As well as gay seventeen.

Walking and Talking.

There is one rule to be observed in taking exercise by walking—the very best form in which it can be taken by the young, and the able-bodied of all ages, and that is, never to allow the action of respiration to be carried on through the mouth. The nasal passages are clearly the medium through which respiration was, by our Creator, designed to be carried on. "God breathed into man's nostrils the breath of life," previous to his becoming a living creature. The difference in the exhaustion of strength by a long walk with the mouth firmly closed, and respiration carried on through the nostrils instead of through the mouth, is inconceivable to those who have never tried the experiment. Indeed, this mischievous and really unnatural habit of carrying on the work of inspiration and expiration through the mouth, instead of through the nasal passages, is the true origin of almost all the diseases of the throat and lungs, as bronchitis, congestion, asthma, and even consumption itself. That excessive perspiration to which some individuals are so liable in their sleep, which is so weakening to the body, is solely the effect of such persons sleeping with their mouths unclosed. And the same unpleasant and exhaustive results arise to the animal system from walking with the mouth open, instead of, when not engaged in conversation, preserving the lips in a state of firm but quiet compression. As the heat and velocity of the blood through the lungs depend almost entirely upon the quantity of the atmospheric air inhaled with each inspiration, and as it is unavoidable that it should be taken in, in volume, by the mouth, whilst it can only be supplied in moderate quantities, and just in sufficient proportion to serve the purpose of a healthy respiratory action whilst supplied through the nostrils, it is clear that the body must be much lighter and cooler, and the breathing much freer and easier, when the latter course rather than the former is the one adopted. Children ought never to be allowed to stand or walk with their mouths open; for, besides the vacant appearance it gives to the countenance, it is the certain precursor of coughs, colds, and sore throats.

Paying off.

School was dismissed early, for the snow, which had fallen lastly all the morning in large feathery flakes, now descended in small particles, swiftly slanting, as if old Winter were getting ready for his first *soiree*. The old porch was fairly blockaded, and one after another of the younger pupils had gone home in the arms of a father. But some had no father to come for them, and among these was little lame Katie, the dressmaker's daughter. She came last and with great difficulty, at every step, lifting her crutches over the deep snow, which seemed in her weariness to be every moment growing deeper.

"Get on my sled, Katie, and you'll go home by telegraph," and Charlie Sykes lifted her, crutches and all, and seated her on the soft hay, drawing up a piece of an old quilt that served as a buffalo robe.

"Oh! how kind you are, Charlie. I was just beginning to think that I never should get home. How glad I am you thought of me."

"I did not think of you at all, Katie, but mother did—she never forgets anything—and as soon as I had landed Nell and Lou, she asked who was bringing you."

"And you came back on purpose?"

"Yes, I wanted to play, and there is no fun in drawing a sled unless you have a load. And mother said—"

Just then a piece of ice whizzed around the corner and struck Charlie on the lip, cutting it badly.

"Now we're even—I thought I'd pay you off," shouted Fred Mathers, and Charlie held some snow to his bleeding lip, and made no reply.

The great globe on the teacher's desk had been defaced, and Fred Mathers, after being closely questioned, had charged the guilt on one of the smaller boys. The little fellow protested his innocence, but Mr. Clark believed him the culprit, till Charles Sykes stated that he had seen Fred marking the globe with his penknife, and tried to stop him in vain. He spoke of three other boys who were present at the time, and who now told the same story, but with evident reluctance, as Fred Mathers was known to be very cruel and revengeful.

"You will tell Mr. Clark, won't you, Charlie?" sobbed little Katie, as they drew up to the door of her mother's cottage.

"No, Katie, I know of a better way of paying him off, for I don't think as he does that we are quite even."

"You would not do as he has done?"

"I hope not, little girl. Good night." And resisting all her entreaties, that he would come in and let her mother dress his face, Charlie walked thoughtfully homeward.

There was a skating party on the mill pond the following Saturday. The teacher had been down and tried the ice and giving the boys their bounds, so that there was nothing to check the pleasure of the sport. But after a time one of the boys ventured beyond the mark, and Fred Mathers made a bet that he would go further yet, and come back safely. Some of the skaters bet with him, and others warned him not to go, but in a moment more he was cutting circles on the thin ice and hallooing the rest to follow. Then he paused, threw up his hands wildly, and with a howl of terror sank beneath the surface. The boys stood as if frozen to statues, all but one, who ran to the nearest pile of lumber, seized a board, and shoved it over to the place where Fred had broken through, caught him as he was rising for a second time, and drew him up, but the ice broke under their double weight, and they were left plinging to the plank. Charlie Sykes, for it was he, shouted to his mates to bring another board, and when it was brought, he helped Fred out first, who was now so chilled as to be almost helpless.

"Charlie," said the half-drowned boy as soon as he could speak "why did you help me? I have treated you very badly."

"I know it, Fred, but this is the Bible way of paying old scores, and suits me best. We will call it even *now*?"

"No, Charlie, it will never be even between us, but you have made me heartily ashamed of myself, and I'll show you hereafter, that you have saved your life for nothing."—*Christian Advocate.*

A Happy Home.

A pleasant and sensible writer says that in a happy home will be no fault-finding, over-bearing spirit—there will be no peevishness nor fretfulness. Unkindness will not dwell in the heart or be on the tongue. O, the tears, the sighs, the wasting of life, and health, strength and time of all, that is most to be desired in a happy home, occasioned merely by unkind words!—The celebrated Mr. Wesley remarks to this effect, namely, that fretting and scolding seems like tearing the flesh from the bones, and that we have no more right to be guilty of this sin, than we have to curse and swear and steal. In a perfect, happy home all selfishness will be removed. Even as "Christ pleased not himself," so the members of a happy home will not seek first to please themselves, but will seek to please each other.

Cheerfulness is another ingredient in a happy home. How much does a sweet smile, emating from a heart fraught with love and kindness contribute to render a happy home! How attracting, how soothing is that sweet cheerfulness that is borne on the countenance of a wife and mother! How do the parent and child, the brother and sister, the mistress and the servant, dwell with delight on those cheerful looks, those confiding smiles that beam from the eye, and burst from the inmost soul of those who are near and dear. How it hastens the return of the father, lightens the cares of the mother, renders it more easy for youth to resist temptation, and, drawn by the cord of affection, how it induces them with loving hearts, to return to the parental roof. O that parents would lay this subject to heart—by untiring efforts they would so far render home more happy, that their children and domestics shall not seek for happiness in forbidden paths!

Use of the Arms in Walking.

The first time you are walking with your arms at liberty, stop moving them, and hold them by your sides. You will be surprised to find how soon your companion will leave you behind, although you may hurry, twist, wriggle, and try hard to keep up. One reason for the slow walk among girls is to be found in this practice of carrying the arms motionless. Three miles an hour with the arms still, is as hard work as four miles with the arms free.

I have seen the queens of the stage walk. I have seen a few girls and women of queenly bearing walk in the streets and drawing-room. They moved their arms in a free and graceful manner. Could this habit become universal among girls, their chests would enlarge, and their bearing be greatly improved. See that girl walking with both hands in her muff. How she wriggles and twists her shoulders and hips. This is because her arms are pinioned. Give them free swing, and her gait would soon become more graceful.

You have seen pictures of our muscles. Those of the upper part of the body, you remember, spread out from the shoulder, in all directions, like a fan. Now, if you could hold the shoulder still, the muscles of the chest will shrink, the shoulders stoop, and the whole chest becomes thin and ugly.

But some girls will say, "Swinging the arms must be very slight exercise." True it is very slight if you swing the arms but once or ten times, but if you swing them ten thousand times a day, you will obtain more exercise of the muscles of the chest than by all other ordinary movements combined. Indeed, if I were asked what exercise I thought most effective for developing the chests of American girls, I should reply at once, swinging the arms while walking.—*Dio Lewis.*

The Secret.

There were two little sisters at the house whom nobody could see without loving, for they were always so happy together. They had the same books and the same playthings, but never a quarrel sprang up between them—no cross words, no pouts, no slaps, no running away in a pet. On the green before the door, trundling hoop, playing with Rover, helping mother, they were always the same sweet tempered little girls.

"You never seem to quarrel," said I to them one day; "how is it you are always so happy together?"

"They looked up, and the eldest answered, "Spose 'tis cause Addie *lets me*, and *I let Addie*."

I thought a moment. "Ah, that is it," I said; "she lets you, and you let her; that's it."

Did you ever think what an apple of discord, "*not letting*" is among children? Even now, while I have been writing, a great crying was heard under my window. I looked out. "Gerty, what is the matter?" "Mary won't let me have her ball," bellows Gerty. "Well, Gerty wouldn't lend me her pencil in school," cried Mary, "and I don't want she should have my ball." "Fie, fie; is that the way sisters should treat each other?" "She shant have my pencil" muttered Gerty; "she'll only lose it." "And you'll only lose my ball," retorted Mary, "and I shan't let you have it."

The "not letting" principle is downright disobligingness, and a disobliging spirit begets a great deal of quarreling.

These little girls, Addie and her sister, have got the true secret of good manners. Addie lets Rose, and Rose lets Addie. They are yielding, kind, unselfish, and always ready to oblige each other. Neither wishes to have her own way at the expense of the other. And are they not happy? O yes! And do you not love them already?

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It quiets or eases all Pains, whether from Bruise, Sprain, Acute Rheumatism, Cramp, or Chilblains; it relieves Spasms, whether from Flux, Fever and Ague, or Cramp in the Stomach; it has the power of binding or restraining a too violent discharge from the bowels; it will heal the worst flesh wound in a very short time.

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Is Aperient, Anti Bilious, Diaphoretic, Diuretic, and Tonic; and may be used with perfect safety at any time; as Dyspepsia, Costiveness, Biliousness, Bilious Complaints, Sick Headache, Jaundice, Heartburn, Bad Breath, Water Brash, Acid Stomach, Sea Sickness, and the first stages of Diarrhœa.

These Bitters consist of a careful and peculiar admixture of the best and mildest vegetable aperients with the pure expressed juice of Bitter Herbs, which from their Tonic effects, will be found a most efficacious remedy for derangement of the digestive organs.

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A HINT

To the worthy Citizens of Canada.

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