

FAMILY CIRCLE.

ROSES AND THE NIGHTINGALE

In my garden it is night-time,
But a still time and a bright time,
For the moon rains down her splendor,
And my garden feels the wonder
Of the spell which it has under
In that light so soft and tender.

While the moon her watch is keeping
All the blossoms here are sleeping,
And the roses sigh for drowsing
Of the bees that love to love them
When the warm sun shines above them
And the butterflies pass gleaming.

Could one follow roses' fancies,
When the night the garden trauges,
Oh, what fair things we should chance on!
For to lilies and to roses,
As to us, soft sleep discloses
What the waking may not glance on.

But hark! now across the moonlight,
Through the warmness of the June night,
From the tall trees' listening branches
Comes the sound, sustained and holy,
Of the passionate melancholy,
Of a wound which singing stanches.

Oh, the ecstasy of sorrow
Which the music seems to borrow
From the thought of some past lover
Who loved vainly all his lifetime,
Till death ended peace and strife-time,
And the darkness clothed him over!

Oh, the passionate, sweet singing,
Aching, quivering, throbbing, ringing,
Dying in divine, soft closes,
Recommencing, waxing stronger,
Sweet notes, ever sweeter, longer,
Till the singing wakes the roses!

Quoth the roses to the singer:
"Oh, thou dearest music-bringer,
Now our sleep so sweetly endeth,
Toll us why thy song so sad seems,
When the air is full of glad dreams,
And the bright moon o'er us bendeth."

Sang the singer to the roses:
"Love for you my song discloses,
Hence the note of grief it borrows."
Quoth the roses, "Love means pleasure."
Quoth the singer, "Love's best measure
Is its pure attendant sorrows."

—Harper's Magazine.

SEASONABLE HINTS.

Thoroughly ventilate the whole house upon rising in the morning while the air is quite cool. Then close the blinds and doors for the day, leaving the rooms free from direct sunshine upon hot days, allowing air to enter through the closed blinds. Hang a thermometer in the sitting-room and one outside of the house. Settle all disputes on the question by comparing the elevation of the mercury in each thermometer. Heat is brought into the house by conduction through its roof and sides; also by convection—hot air entering by doors and windows, and by radiation—being reflected from skies, buildings and ground as well as directly radiated from the burning sun.

Light underwear is suitable in warm weather for one who is riding or sitting still, but much needless suffering may be averted by the removal, during the work in the fierce sunshine, of underclothing, and no danger is incurred if it be put on again before leaving the field of action. By far the largest part of the heat of the body is caused by the oxygen breathed. The heat thus formed in a man at rest would raise the temperature of two tons of ice-water two degrees. The remaining one-fifth of the heat of the body is produced from the food. The body heat is nearly all lost by radiation and conduction (three-fourths) and by evaporation of sweat (one-seventh), while through breathing about one-tenth is lost, and by eating and drinking cold solids and fluids only about one-fiftieth of the heat of the body is removed. During labor half as much again of heat is formed as during rest.

During sleep half as much is produced as during waking hours.

To avoid becoming overheated allow the radiation and conduction of heat from the body by suitable clothing—subject to changing at any hour. Maintain more or less quiet; keep the skin active. Hot water taken into the stomach causes sweating, but cold water does not always produce this result. The cooling effect of a cold drink is very trifling. When hot and thirsty, pour a dipperful of cold water, in a small stream, upon the wrist, then a very moderate drink will be sufficient. Hard work during exposure to the fierce rays of the sun in hot weather actually raises the temperature of the body and interferes with the proper action of the heart and lungs, and endangers the brain and spinal cord. Hard work during exposure to great heat is very apt to hinder or to entirely arrest digestion. In addition to this fact, it is often the case that the stomach is filled with immature fruits and vegetables, which, while greatly relished, can withstand the action of the digestive forces of the abdomen. Two baths daily in lukewarm water—or cold water, if one is robust—are of immense importance during the summer months. The night air should find access to every sleeping apartment through open windows. An hour's sleep after dinner is very desirable for hard workers. The cook is usually one of this class. Happy is she if she has a shady room without a stove within to knead, mix and mould articles for baking, and to iron and wash, and thrice blessed is she who has a brick oven under a shady tree, and a man to heat it for her. Give the babies water to drink when well, and especially when they are sick.

During hot weather the ability to work and to digest food is diminished, and both work and food should be regulated accordingly. And where the decomposition of animal and vegetable substances is so great and rapid, great effort should be made to keep the air one breathes pure. Cleanse the cellars, let air and sunshine into them. Free and purify every underground or surface drain, wash the cistern walls, and remove all sediment from the wells. The effect of intense heat upon the eyes is to produce conjunctivitis, retinitis, blepharitis, iritis and neuro-retinitis.

GIRL'S LETTERS.

Who nowadays writes letters? We all dash off hasty notes, or hurriedly scribble a postal-card, under pressure of immediate necessity, but the "epistolary art," so dear to our grandmothers, is becoming extinct.

It was not long ago that postage was so high that letters were a luxury, rather than the necessity that they are now. The arrival of one was looked upon as a great event, and to destroy it was little short of a sacrilege. It was worth while to spend some time and pains on a letter which would be read and re-read, and perhaps handed down for the benefit of posterity.

The disjointed productions that pass for letters in these degenerate modern days would have shocked an educated girl of the last century. There is no reason that girls who can speak French and German should not be able to write English. Many young ladies who have had a smattering of recondite science, and have dipped into the grammars of one or more of the ancient and half a dozen of the modern languages, are still unable to write a letter in their own tongue, that in arrangement and choice of words might not disgrace a

properly taught child of twelve. Especially, the distinction between the third and first person is often so hazy that a formal note begun in one is finished in the other!

A good correspondent begins her letter by writing her address and the full date plainly at the top of the page. Letters are so often referred to as evidence in trifling or important matters that is worth remembering. If they should happen to be kept for any length of time, the date would add materially to their interest.

Many persons seem to think it is an insult to the intelligence of their friends to write straight-forward from page to page in the natural manner, and that the more their letters resemble a puzzle the more piquantly interesting they will be. It is hard to tell why a sentence commenced at the bottom of one page should not be continued at the top of the next, instead of rushing wildly off at a tangent, and be found at last written crosswise, in the very last place a person would look for it.

The girl who really answers a letter is no common correspondent. We have all groaned with mild exasperation over a letter supposed to be a reply to one of our own, but which took not the smallest notice of our modest communication, even in a cursory mention of its arrival, left all our questions unanswered, and, with curious ingenuity, omitted every scrap of information on the subjects that most interested us.

The best time to answer a letter, when it is possible, is immediately after first reading it. So many things rush into one's mind that cannot be recalled afterward. Very few people have the leisure to do this, as, in ordinary cases, it involves a rather brisk correspondence; but it should not be put off longer than necessary.

In keeping up a regular correspondence with friends at a distance, it is a good plan to jot down at night little pieces of news or anything of interest that has occurred during the day. This journal can be used in writing the letter; nothing will be forgotten, and there will be less danger of repetition.

People who are travelling abroad are very much apt to make their home letters too much like guide-books. Description of scenery and famous places are generally tedious. It is the little things that are entertaining; a droll adventure, a peculiarity in dress or speech, anything which especially strikes the writer, will be certain to be given vividly, and will add color and interest to her letter.

The full name should the letter miscarry, it may be returned through the Dead-Letter Office, which would be impossible if the only clue were "Lulu" or "Katie."

RULES FOR THE BOYS—AND THE GIRLS TOO.

The following contains a whole book on conduct for the boy and girl readers of the FARMER:

Don't neglect personal cleanliness—which is more neglected than careless observers suppose.

Don't wear soiled linen. Be scrupulously particular on this point.

Don't be untidy in anything. Neatness is one of the most important of the minor morals.

Don't neglect the details of the toilet. Many persons, neat in other particulars, carry blackened finger nails. This is disgusting.

Don't cleanse your ears, or your nose, or trim your finger-nails in public.

Don't use hair dye. The color is not like nature, and deceives no one.

Don't use hair oil or pomades. This habit was once quite general, but it is now considered vulgar, and it is certainly not cleanly.

Don't wear apparel with decided colors or with pronounced patterns. Don't—we address here the male reader—wear anything that is pretty. What have men to do with pretty things? Select quiet colors and unobtrusive patterns.

Don't wear fancy-colored shirts, or embroidered shirt-fronts.

Don't wear your hat cocked over your eye or thrust back upon your head. One method is rowdyish, the other rustic.

Don't go with your boots unpolished; but don't have the polishing done in the public highways.

Don't be a "swell" or a "dude," or whatever a fop of the period may be called.

Don't walk with a slouching, slovenly gait. Walk erectly and firmly, not stiffly; walk with ease but still with dignity.

Don't carry your hands in your pockets. Don't thrust your thumbs into the arm-holes of your waistcoat.

Don't chew or nurse your toothpick in public—or anywhere else.

Don't chew tobacco. It is a bad and ungentlemanly habit.

Don't whistle in the street, in public vehicles, at public assemblies, or anywhere it may annoy.

Don't laugh boisterously. Laugh heartily when occasion calls for it, but the loud guffaw is not necessary to heartiness.

Don't bolt, without notice, into any one's private apartment. Respect always the privacy of your friends, however intimate you may be with them.

Don't wear your hat in a strictly private office. This is no more justifiable than wearing a hat in a drawing-room.

Don't pick up letters, accounts, or anything of a private character that is lying on another's desk.

Don't look over a person's shoulder when he is reading or writing.

NOTES ON THE FASHIONS.

Shepherd plaid is very popular.

Pinking is much used for flounces.

New leather belts are made in the ladder style.

Ropes of pearl and other beads are sold for hat trimmings.

New lace parasol covers are made in the accordion style.

Handkerchiefs are in check-board designs, in different colors.

New wall pockets are of matting, with painted sprays of flowers.

Patent-leather vamps with kid tops are the fashion for ladies' shoes.

The dye of black stockings and crape veils is poisonous to many people.

Orange, ochre and terra-cotta are the colors most in demand in silk stocking.

The narrow strips of Turkish embroidery make the prettiest mantel lambrequins.

Many plain white lawns have the flounces, yoke and blocks on basque hem-stitched.

Some handsome chairs are made entirely of brass, with plush cushions tied on them.

The ugliest new bonnet pin appears to the ordinary eye to be a pair of scissors.