



MARCH.

There we'll drop our lines; and gather,  
Old Ocean's treasures in,  
Where'er the mottled mackerel  
Turns up a steel-dark fin.  
The sea's our field of harvest,  
It's scaly tribes our grain;  
We'll reap the teaming water,  
As at home they reap the plain

Our wet hands spread the carpet,  
And light the hearth of home;  
From our fish, as in the old time,  
The silver coin shall come.  
As the demon fled the chamber,  
Where the fish of Tobit lay,  
So ours from all our dwellings,  
Shall frighten want away.

LOOK TO THE BEDROOM.—If two persons are to occupy a bed room during the night, let them step upon weighing scales as they retire, and then again in the morning, and they will find their actual weight at least a pound less in the morning. Frequently there will be a loss of two or more pounds, and the average loss throughout the year will be more than one pound. That is, during the night there is a loss of a pound of matter which has gone of from their bodies, partly from their lungs, and partly from the pores of the skin. The escaped material is carbonic acid and decayed animal matter or poisonous exhalations. This is diffused through the air in part, and in part absorbed by the bedclothes. If a single ounce of wool or cotton be burned in a room it will so completely saturate the air with smoke that one can hardly breathe, though there can be but an ounce of foreign matter in the air. If an ounce of cotton be burned every half hour during the night, the air will be kept continually saturated with smoke, unless there can be an open door or window for it to escape. Now, the sixteen ounces of smoke thus formed are far less poisonous than the sixteen of exhalations from the lungs and bodies of the persons who have lost a pound in weight in the eight hours of sleeping, for while the dry smoke is absorbed mainly into the lungs, the damp odors from the body are absorbed both into the lungs and into the whole body. Need more be said to show the importance of having bedrooms well ventilated and of thoroughly airing the sheets, coverlets and mattresses in the morning, before packing them up in the form of a neatly made bed?—JOURNAL OF HEALTH.

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