

Ventilation.

How much air can be safely admitted into a sleeping or living room is a common question. Rather, it should be considered, how rapidly air can be admitted, without injury or risk, and at how low a temperature. We cannot have too much fresh air, so long as we are warm enough, and are not exposed to draughts. What is a draught? It is a swift current of air, at a temperature lower than the body, which robs either the whole body or an exposed part, of its heat, so rapidly as to disturb the equilibrium of our circulation and give us cold. Young and healthy persons can habituate themselves to sleeping in even a strong draught, as from an open window, if they cover themselves, in cold weather, with an abundance of bedclothes. But those who have been long accustomed to being sheltered from the outer air by sleeping in warmed and nearly or quite shut-up rooms are too susceptible to cold to bear a direct draught of cold air. Persons over seventy years of age, moreover, with lower vitality than in their youth, will not bear a low temperature, even in the air they breathe. Like hot-house plants, they may be killed by a winter night's chill and must be protected by warmth at all times. As a rule we may say that, except for the most robust, the air which enters at night into a sleeping-chamber should, in cold weather, be admitted gradually only by cracks or moderate openings; or should have its force broken by some interposed obstacle, as a curtain, etc., to avert its blowing immediately upon a sleeper in his bed. The ancient fashion, however, of having bed curtains, which exclude almost all the air, has rightly become almost obsolete. No wonder that people dream horrid dreams, and wake in the morning wearied rather than refreshed, when they sleep in rooms sealed up tightly on every side: breathing over and over again their own breaths, which grow more poisonous with every hour of the night.

Onions.

From our own experience, and the observation of others, we can fully endorse the testimony of the St. Louis *Miller*, on the healthful properties of the above esculent. Lung and liver complaints are certainly benefited, often cured, by a free consumption of onions; either cooked or raw. Colds yield to them like magic. Don't be afraid of them. Taken at night all offense will be wanting by morning, and the good effects will amply compensate for the trifling annoyance. Taken regularly they greatly promote the health of the lungs and the digestive organs. An extract made by boiling down the juice of onions to a syrup, and taken as a medicine, answers the purpose very well, but fried, roasted, or boiled, onions are better. Onions are a very cheap medicine, within everybody's reach, and they are not by any means as "bad to take" as the costly nostrums a neglect of their use may necessitate.

WHAT SMOKING DOES FOR BOYS.—A certain doctor, struck with the large number of boys under fifteen years of age he observed smoking was led to inquire into the effect the habit had upon the general health. He took for his purpose thirty-eight aged from nine to fifteen, and carefully examined them. In twenty-seven he discovered injurious traces of the pernicious habit. In twenty-two there were several severe disorders of the circulation, palpitation of the heart and more or less taste for strong drink. In twelve there were frequent bleedings of the nose, ten had disturbed sleep, and twelve had slight ulceration of the mucous membrane of the mouth, which disappeared on ceasing the use of tobacco for some days. The doctor treated them for weakness, but with little effect, until the smoking was discontinued, when health and strength were soon restored. Now, this is no "old wife's tale," as the facts are given under the authority of the British Medical Monthly.

TO REMOVE DANDRUFF.—This is a natural secretion, but it becomes a cutaneous complaint by neglect. Take an ounce of powdered borax, a piece of unslaked lime the size of a chestnut, and a tablespoonful of spirits of ammonia; put them into a quart bottle and fill it up with boiled or pump water. After twelve hours apply this wash to the scalp. Ladies can apply it best with a fine sponge. Rinse with tepid water. After a few applications the scales will disappear, the hair become soft and brilliant, and young hair will be seen to start out. Dandruff should be cured gradually, so as not to produce sick headache or dizziness by the sudden suppression.

Baby's Letter to Uncle.

Dear old Uncle,
I dot our letter.
My old mamma,
She ditten better;
She every day
Little bit stronger,
Don't mean to be sick
Very much longer.

Daddy's so fat
Can't hardly stagger,
Mamma says he jinks
Too much lager.
Dear little baby
Had a bad colic—
Had to take tree drops
Nasey paragolic!

Toot a dose of tatnip,
Felt worse than ever;
Shan't take no more
Tatnip, never!
Wind on stomit,
Felt pooty bad;
Wost fit of sitness
Ever I had.

Ever had belly ate,
Old Untie Bill?
Tain't no fun now.
Say what oo will,
I used to sleep all day
And cry all night;
Don't do so now,
Cause it aint yight!

But I am growing,
Getting pooty fat,
Gain most two pounds—
Only tink o' yat!
Little fannel blankets
Was too big before,
Nurse can't pin me
In 'em no more.

Skirts so small,
Baby so stout,
Had to let the plaits
In 'em all out,
Got a head of hair
Jess as black as night,
And big boo eyes—
Day look very bwright.

My mammy says
Never did see
Any ozzer baby
Half as sweet as me,
Grandma comes often,
Aunt Sarah, too,
Baby loves zem,
Baby loves oo;

Baby sends a pooty kiss
To his untles all,
Aunties and cousins,
Big folks and small,
Can't yite any more,
So good bye,
Jolly old Untie,
Wiz a glass eye!

Don't Write There!

"Don't write there," said a father to his son, who was writing with a diamond on the window. "Why not?" "Because you can't rub it out." Did it ever occur to you that you are daily writing what you can't rub out? You made a rude speech to your mother the other day. It wrote itself upon her loving heart and gave her much pain. It is there now, and hurts when she thinks of it. You whispered a wicked thought one day, in the ear of your playmate. It wrote itself on his mind and led him to do a wicked act. It is there now. You can't rub it out. All your thoughts, all your words, all your acts, are written in the book of memory. Be careful! The record is lasting. You can't rub it out.—*Rural Home.*

NON BEN (LOMOND) TROVATO.—Rory (fresh from the hills) to the driver of a sprinkling cart: "Hech, mon! Ye're loas-in' a' ver watter! Angus (his companion): "Haud yer tongue, ye feul! Etts latt out to stoap laddies free ridin' ahint." [Punch.

What is a Cryptogram?

Here is an easy specimen. Can you read it—
Efbu nqumnt gmltxibu ep zqv uijol pg nz dsz-
quppsbui?

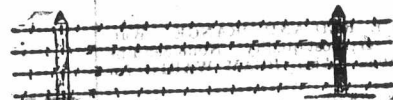
Not at first sight, I dare say. But when I tell you to take, in place of the letters here written, those which immediately precede them in the alphabet, it is easy enough to decipher the sentence thus. "Dear little folks, what do you think of my cryptograph?" Cryptograph means to write in secret characters, and is derived from two Greek words *kryptos*, hidden, and *graphein*, to write. Now, if you wish to write letters to one another in this style, you must settle a key to your cryptograph beforehand. Thus supposing you agree to use letters three spaces behind those you intend, then *k* would stand for *n*, *a* for *d*, and you would write April thus, Xmosi. But when once you understand the system you can invent any number of keys on your own account. Of course you understand the letter one space before *a* must be *z*, two spaces *y*, and so on.

Domestic Happiness.

As the wife is the home-keeper, it is natural that her influence in making or destroying domestic happiness is greater than her husband's. By her management of small sums her husband's respectability and credit are erected or destroyed. No fortune can stand the constant leaking of extravagance and mismanagement; and more is spent in trifles than women would easily believe. Look well after the pennies, then. Then there are other matters equally important. An unfinished cruet stand, a missing key, a buttonless shirt, a soiled table-cloth, a mustard pot with its old contents sticking about it, are really nothing; but can raise an angry word or cause discomfort. Depend upon it, there is a great deal of domestic happiness in a well dressed mutton-crop or a tidy breakfast-table. Men grow full of beauty, tired of music, are often too wearied for conversation, however intellectual, but they can always appreciate a well-swept hearth and smiling comfort. Domestic tasks may frequently become irksome; but, rather than run the risk of losing your husband's love, submit to them cheerfully.

Advertisements.

WASHBURN & MOEN MFG. CO.
55 College St., Montreal, P. Q.



Sole Manufacturers in Canada of

PATENT
STEEL BARB FENCING

THE BEST AND CHEAPEST FENCE
for Railroads, Farmers, and
Stock Raisers.

A STEEL Thorn Hedge. No other fencing so cheap or put up so quickly. Never rusts, stains, decays, shrinks, nor warps. Unaffected by fire, wind, or flood. A complete barrier to the most unruly stock. Impassable by man or beast.

42,000 Miles of Barb Fence erected in
the United States in last
three Seasons.

For the Gardner, the Stock Grower, the Vineyard proprietor, BARB FENCE is the only perfect fence. SEND FOR ILLUSTRATED PAMPHLET.

CAUTION!

To all Dealers in BARBED FENCE WIRE or Barbs for Fence Wire—and to all Farmers or others who put Barbs upon wire fences making a Barbed Wire Fence.

You are hereby notified that, in putting barbs upon wire, making a barbed wire fence, or in using or dealing in barbs for wire or barbed fence wire, not made under license from us, you are infringing upon our patents, and we shall hold you strictly accountable for damages for all infringements of Canadian Letters Patent Nos. 4,916 and 7,880.

Washburn & Moen Mfg. Co.
MONTREAL, P. Q.
WOOD & LEGGAT,
AGENTS,
Hamilton, Ont

169-1f