

SNAPPING UP.

Mad dogs and turtles are not the only snapping animals in the world. It is to be feared that most families are afflicted with one or more "snappers," who are wont to exercise their spitfire propensities, especially at the table or around the family fireside. Addressing herself to her mother, Mary, with her eyes full of twinkling and fun, says:—"I took a walk at ten o'clock this morning, and—" Here John broke in. Now, John was just at that age when a youth knows everything under the sun, and more too; he never makes a mistake; is always positive that everything he does, says, or thinks, is just exactly so, and could not possibly be any other way. "Why, sister, how could you say it was ten o'clock? it was quarter past ten at least!" One sample is enough.—Every one of observation can, of his own knowledge, multiply cases indefinitely.

The unseemly habit is sometimes observed in families whose position and opportunities of association would lead to the supposition that everything vulgar and uncourteous would be instinctively shunned. The person criticised, not having sense enough to pass over the boorishness, begins a defence; and before one is aware of it, the whole table or circle is silenced, and find themselves in the awkward position of listeners to a series of angry contradictions about a matter of no possible consequence to any one of the whole company, in one sense, but of importance in another, as there is a certain disagreeableness about it which all feel more or less. What if a thing happened a minute or a month later or sooner? it is the general statement to which attention is directed. Contradictions, criticisms, and corrections in general company are clownish; they are clear proof that, in almost every case, the person who assumes such an ungracious office is a boor of the first water, and is essentially deficient in that refinement and delicacy, which are inseparable from a cultivated mind and a taste for all that is beautiful, elegant and refined. A whole evening's enjoyment has been frequently marred, and all of the company have gone home with a kind of blight upon the sensibilities, in consequence of a jar caused by the impatient contradiction or correction of some unimportant fact in a narration.—*Hull's Journal of Health.*

Ingratitude is so deadly a poison that it destroys the very bosom in which it is harbored.

PHYSICAL CULTURE.

It is gratifying to see a greater interest awakened in this important department of education. We heartily endorse the following from the *Massachusetts Teacher*:

Every school house should at once be provided with a fine playground, and a complete gymnasium. A large quantity of apparatus for both yard and gymnasium should be provided. Every boy and girl in attendance should be conducted through an elaborate course of bodily training. If they are now kept in school six hours each day, let them be kept seven, under the new regime and devote, during the first year, one hour per day; during the second year, two hours each day, and from the beginning of the third year, three hours each day to physical training. It is only those who have studied the beautiful forms and matchless genius of the classic Greek, with the knowledge that this exquisite development and finish were the legitimate fruits of a national education, in which gymnastics filled the largest and highest—it is only such, and those who are conscious that nothing is impossible in physical development and achievement, who can begin to calculate the results of such an innovation upon our present system of education.

Every one of those pale, feeble, crooked little ones who now swarm in our streets at the hour of school dismissal, would be changed into an erect, vigorous, elastic, ruddy, and happy child. Every one of those sunken, nervous, fainting young ladies now lying in wait to break the hearts of men who become their husbands, would be transformed into a healthy, happy woman, and prove a joy and blessing to husband and children. And every one of that miserable, premature, nervous, tobacco-cursed class, known as "Young America," would become decent, manly, and useful.

May we not reasonably hope, that the niggardly, contemptible expenditures thus far incurred to secure physical education for the young of our land, will, in time, expand into a wise and noble munificence?

Whenever half the amount now expended in mental culture shall be devoted to a wise physical culture, this great American people will become ten times more beautiful, vigorous and happy, than it is to-day.

☞ A smile may be bright while the heart is sad—the rainbow is beautiful in the air while beneath is the moaning of the sea.

HOW WE ABUSE OUR STOMACHS

No other civilized people probably, are accustomed to abuse their stomachs so badly as we Americans of the United States. Our food is often badly chosen, still more frequently spoiled in cooking, and always eaten in utter disregard of dietic rules. We eat far too much flesh-meat, (and especially pork, in its most objectionable form,) and too little bread, vegetables and fruits. Our hot, soda-raised biscuits, hot griddle-cakes, saturated with butter, and the hot, black, intolerable coffee, which form the staples of our breakfast, are, in the way in which they are taken, among the most deleterious articles ever put upon a table. Pies are another American abomination, and have no small share of our ill-health to answer for. The mince-pie, as it is generally made, is the abomination of abominations. Some describe it as "very white and indigestible at the top, very moist and indigestible at the bottom, and untold horrors in the middle." Even our bread is unwholesome. It is made of the finest of fine flour, and fermented till its natural sweetness and a large portion of its nutritive elements are destroyed, or raised with those poisonous chemicals, soda and cream of tartar. In either case, it is unfit to be eaten. The rich cakes which our good housekeepers deem so indispensable, are still worse, and so on. Now, add to our badly chosen dishes and our objectionable crockery, the rapid eating and imperfect mastication, and the continually interrupted digestion which our intense and feverish life necessitates, and we have a complication of abuses, which would, one must believe, have long since utterly destroyed the vital stamina of any people not originally endowed with marvelous physical powers.—*Jacques' "Hints towards Physical Perfection."*

VALUE OF ONE CENT.—A French mathematician has been calculating what would now be the sum produced by one cent put out at 5 per cent. per annum, compound interest, at the commencement of the Christian era. He estimates what would be the value of a ball of solid gold, equal in size to the earth. He then makes the astounding statement that had one such ball of gold fallen each minute during the past eighteen hundred and sixty years, the value of all these globes together would not amount to so much as the sum produced by one cent, at compound interest, during the same period. "We don't see it!"