

Canadian Winter Sports.

The man who expressed his indifference as to who made the laws of a nation so long as its songs were not neglected, or a somewhat similar sentiment, might have gone further and said: "Tell me the character of the sports of a nation and I will tell you what kind of people they will be."

The fine, bracing Canadian climate largely accounts for this; and it is, therefore, not a matter of surprise that the average Canadian youth should become interested in his national diversions. Of course the connection with British institutions fosters to a certain extent this spirit of manly independence, but there are certain forms of Canadian out-door recreation which are peculiar to the climate. Of these lacrosse, snowshoeing, and tobogganing stand pre-eminent. The advantages they possess are not alone physical. Either or all of these sports are decidedly picturesque, and whether they be borrowed from the Indians or not is quite a secondary matter.

In regard to lacrosse, sufficient is already known in New York, and in other large cities in the United States, to warrant the impression that it will ultimately become quite popular. In the vicinity of New York alone there are already established some half dozen clubs, while the National Lacrosse Association of the United States has on its list of membership some twenty-eight organizations, which include lacrosse clubs associated with Harvard, Yale, and other colleges. In the United States, however, lacrosse can scarcely be regarded as a winter sport; but in Canada it is by no means rare to hear of lacrosse matches on the ice, in which the players glide about on skates with the most surprising celerity. Prudence, coolness, and good temper are absolute necessities to a skillful lacrosse player, attributes which might be advantageously exercised in private life. To witness a game of lacrosse in the winter on a smooth surface is one of the prettiest sights in the world, and though it may appear dangerous to the spectator, or novice, it is just sufficiently risky to give a zest to those engaged in it.

With reference to snow-shoeing it affords any amount of enjoyment to both sexes, and in Canada it is not considered *infra dig* for young ladies to join snowshoeing clubs. The costume is simple and picturesque, and consists of a tunic, or huge flannel cap, something like those brewers use in the Mother Country; a tunic made out of a blanket, a pair of knee breeches, thick stockings, moccasins, and the costume is complete. There is the military, the Norwegian, the Canadian, the Labrador, and the Indian snowshoe, each of which differs in length and form. The shape, however, is simply a matter of taste, the idea being to combine strength and lightness. We can imagine no prettier sight than that of a snowshoeing party on a moonlight winter night ascending the slopes of Mount Royal at Montreal. The picturesque garb, the club songs, the fresh, hearty ringing laughter, mingled with the soft, musical flow of women's voices, stir the air, and make the scene appear almost as some fancy pantomime in a mysterious region. Long winter tramps on Saturdays from Montreal to Lachine, and return, a distance of nearly twenty miles, are quite common. The "captain" of the club leads the way as a kind of advance guard, while the "whipper-in" stirs up the stragglers and laggards who, unless used to the exercise, are apt to get "done up" on the way. Tumbles into ravines, falling over one's own legs, as it were quite common accidents, harmless enough in their way, but add considerably to the merriment of the party. Upon the arrival of the party at their destination a plain but substantial meal is quickly disposed of. Then songs are sung, stories are told which tell of narrow escapes; and thus the time is passed until the hour for return arrives. There is a tradition current among the older members of the Montreal Snowshoe Club that upon one occasion the party got ahead of a train, but as subsequent investigation showed that the train was "snowed up" that of itself was not a very remarkable accomplishment. American visitors are always made welcome by these clubs, and it is quite amusing to witness the mistakes of an inexperienced American trying to make his way on snowshoes.

Tobogganing is also another popular amusement in Canada; but although exciting enough it is sometimes dangerous, and fatal accidents not infrequently occur. The same uniform, omitting the snowshoes, is worn. The toboggan may be described as a long flat piece of birch, strongly secured by cross pieces, and curved at the end. It is from three to eight feet long, and about eighteen inches wide. It will accommodate from three to six people. The fashion is to sit "bunched up" as closely as possible with the arms of the person in the rear supporting the one in front. However, to an experienced tobogganist, this is unnecessary, for it requires all his skill to hold on tightly to the railing at the sides, which serves as a support. The last person on the "machine" guides its course with his feet, while the one in front holds on to a pair of improvised reins, attached to the front curve, by which he "lifts" it, as it were, and prevents the toboggan from getting beyond his control. The usual custom is to descend some steep hill. A push and it is "off." Laughter and shouting follow, and away it goes at a tremendous pace. A hill, say about a mile long, can be descended in this fashion in an incredibly short time. Upon arriving at the bottom the party drag the toboggan after them to the top, and so the operation is repeated. But it is not a mode of amusement we would recommend to delicate or nervous persons. However, as it is considered the "correct thing" to do; nearly everybody goes tobogganing in Canada in winter. The sensation is indescribable, but intensely exciting. Then there are other sports which exclusively speaking do not come under the head of "national," as golf and curling, the details of which most of our readers are already familiar with. It is not to be wondered at, therefore, that the young men of Canada are a credit to the Dominion. And it is well known that such pastimes develop the best elements of manly nature when reasonably indulged in. It would be better if similar sports were more common in the United States than they are, for the national winter games of our neighbors are not by any means to be despised in their influence upon developing them into manly, honest, and good citizens. Scottish American.

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Health.

The author of "Rab and his friends," in "A Lay Sermon on Health" from the text in Job ii. and 4th "All that a man hath will he give for his life," inculcates care of the.

SKIN.

for on its health a great deal depends. Keep it clean, keep it warm, keep it dry, give it air, have a regular scrubbing of all your body every Saturday night, and if you can manage it, you should every morning wash not only your face, but your throat and breast with cold water, and rub yourself quite dry with a hard towel till you glow all over. You should keep your hair short if you are men, it saves you a great deal of trouble and dirt.

THE BRAIN.

Then the inside of your head—you know what is inside your head—your brain, you know how useful it is to you; the cleverest pair of hands among you would be of little use without brains; they would be like a body without a soul, a watch with the mainspring broken. You should have regular sleep and plenty of it. Every man should have at the least eight hours in his bed out of the twenty-four, and let him sleep all the time if he can; but even if he is awake, it is a wrest to his wearied brain, as well as to his arms and legs. Sleep is the food of the brain.

THE LUNGS.

From the brains we go to the lungs—you know where they are—they are what the butchers call the *lights*; here they are; they are the great bellows that keep the fire of life going. The great thing for the lungs is plenty of fresh air, and plenty of room to play in. About 70,000 people die every day in Great Britain from that disease of the lung called consumption, and it is certain that more than half of these deaths could be prevented if the lungs had fair play. Lo you should always try to get your houses well ventilated, that means to let the air be often changed, and free from impure mixtures; and you should avoid crowding many into one room, and be careful to put away all filth, for filth is not only disgusting to the eye and the nose, but it is dangerous to the health. I have seen a great deal of cholera, and been surrounded by dying people, who were beyond any help of doctors, and I have always found that where the air is bad, the rooms ill ventilated, cleanliness neglected, and drunkenness prevailed, there is terrible scourge, which God sends upon us, was most terrible, most rapidly and widely destructive. Now we come to

THE HEART.

It is the most wonderful little pump in the world. There is no steam-engine half so clever at its work, or so strong. There it is in every one of us, beat, beating,—all day and all night, year after year, never stopping, like a watch ticking, only it never needs to be wound up—God winds it up once for all. It depends for its health on the state of the rest of the body, especially on the brains and lungs. But all violent passions, all irregularities of living, damage it. Exposure to cold and drink often brings on disease of the heart. It gives no warning; you drop down in a moment. So we may say of the bodily as well as of the moral organ, "Keep your heart with all diligence; for out of it are the issues of life."

THE STOMACH.

We now come to the stomach. You all know I dare say, where it lies. It

speaks for itself. Our friends in England are very respectful to their stomachs. They make a great deal of them, and we make too little. If an Englishman is ill, all the trouble is in his stomach; if an Irishman is ill, it is in his heart, and he's "kilt entirely"; and if a Scotchman, it is in his "head." Now, I wish I saw Scotsmen and women as nice and particular about their stomachs, or rather about what they put into them, as their friends in England. Good cooking is the beauty of a dinner. It really does a man as much good again if he eats his food with a relish; and with a little attention it is as easy to cook well as ill. And let me tell the wives, that your husbands would like you all the better, and be less likely to go off to the public house, if their bit of meat or drop of broth were well cooked. Labouring men should eat well. They should, if possible, have meat—*butcher-meat*—every day. Good broth is a capital dish. But, above all, keep whisky out of your stomachs; it really plays the very devil when it gets in. It makes the brain mad, it burns the stomach, it turns the liver into a lump of rottenness, it makes a man an idiot and a brute. By doing without this you will be all the better able to afford meat, and plenty of it.

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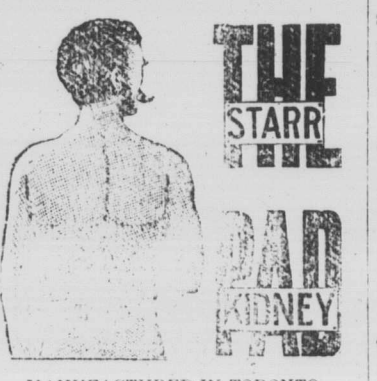
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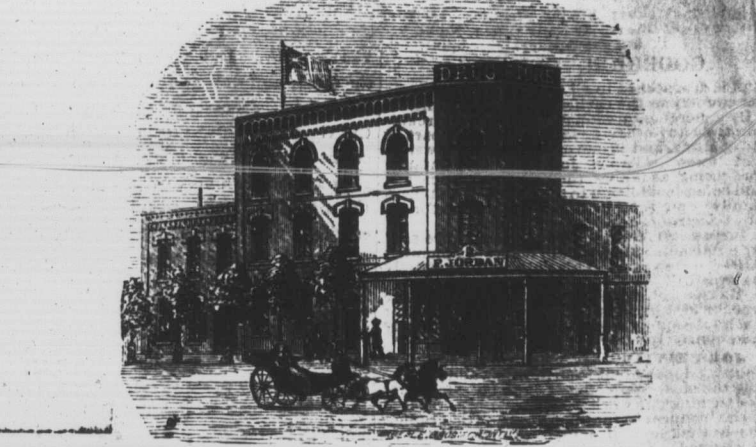
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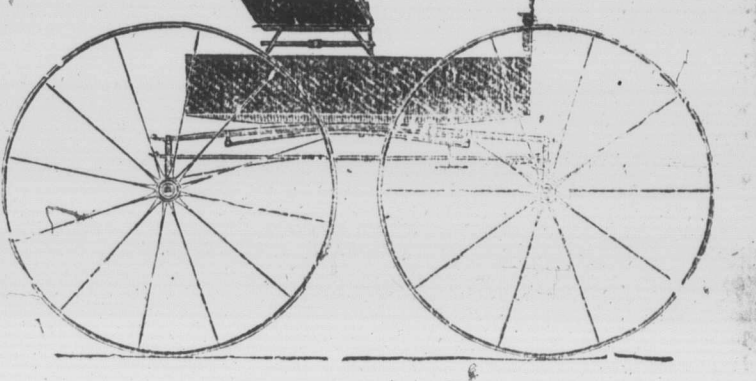
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