

published, made by him to amuse his grandchildren, will also amuse and interest all readers of St. Nicholas, young and old, whether they are fond of art or only of pictures. There are more "Brownies," by Palmer Cox, which come oftener now.

"A REASON FOR SMILING," is given by a blind little maid in St. Nicholas for January, by Emilie Poulsson:

"Bertha, tell," I said one day,  
 "Why you seem so glad and gay—  
 Brimming full of happiness,  
 What's the joy? I cannot guess!"

In a tone of wondering,  
 Speaking thoughtfully and slow,  
 "Why!" she said, "I didn't know  
 There had happened anything"—  
 Here the laughter rippled out—  
 "To be looking sad about."

THE *Scientific American* gives from time to time a good deal of valuable sanitary information. Some late numbers have been especially good, not only as relate to sanitation, but as valuable scientific papers. In the number for December 18th we find reference to a paper on purifying water by agitating it in contact with finely divided iron. The chemical nature of the organic matter is changed, and existing albuminoid ammonia is reduced from one-half to one-fifth of its original amount; the water is softened by the precipitation of the carbonate, and infusorial life is largely destroyed and modified. The system is now in successful operation at Antwerp and other places in Holland.

THE *Public Herald*, of Philadelphia, is doing a valuable work in hunting up and exposing frauds and humbugs, and it deserves liberal encouragement. It gives the names of many advertising dead-beats who rob publishers of papers. In its last issue it exposes a woman in Illinois who has been selling villianous pills to young married women for criminal purposes. There is, no doubt, a good deal of this sort of thing being done quietly and secretly, and the *Herald*, in striking at such villany, is saving life and health.

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#### HEALTH MAXIMS FOR DAILY PRACTICE

Health has a money value: as you would take care of money, so take care of health.

Pure air first of all: shun, as poison, air once breathed.

Breathing foul air makes foul blood: let the foul air out of your rooms and let in the fresh air.

Keep your lips closed and strain the air through the nostrils.

Learn to breathe full and deep, and so strengthen your lungs.

When tired take rest, not stimulants: sit in a low easy chair or lie down.

"Don't eat when very tired nor when over heated,—wait a little.

**D**R. ROBERTSON, L.D.S., Dentist, Graduate of the Philadelphia Dental College, and of the Royal College of Dental Surgeons, Ontario. Office: over Mr. Christie's Drug Store, Corner of Sparks and Metcalfe Streets, Ottawa.

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