

"Procrastination is the thief of time,  
Year after year it steals, till all are fled,  
And to the mercies of a moment leaves  
The vast concerns of an eternal scene."

"Without delays," was the motto of Alexander the Great. Short and emphatic, would that it were also the motto of the teeming multitude who are now gliding so unconsciously down the stream of neglected time! Again we say, execute the work of every day with promptitude and vigour. Let not your life be ended before your work is finished. "Opportunity is the blossom of time." Avoid delays.

### HEALTH FOR CHILDREN.

1. Children should sleep in separate beds, on mattresses of straw or shucks of corn.

2. Require them to go to bed at a regular early hour, and let them have the fullest amount of sleep they can take, allowing them in no case to be waked up.

3. Except a rug beside the bed, there should be no carpet on the floor of their chamber, no bed or window curtains, no clothing of any description hanging about, no furniture beyond a dressing-table and a few chairs, no standing fluids, except a glass of water, and nothing at all in the way of food, or plants, or flowers. In short a chamber should be the cleanest, driest, coolest, lightest and most barren room in the house, in order to secure the utmost purity of air possible.

4. Make it your study to keep your children out of doors every hour possible, from breakfast until sundown, for every five minutes so spent in joyous play increases the probabilities of a healthful old age.

5. Let them eat at regular hours, and nothing between meals; eating thus, never stint them; let them partake of plain substantial food, until fully satisfied. Multitudes of children are starved into dyspepsia. The last meal of the day should be at least two hours before retiring.

6. Dress children warmly, woollen flannel next their persons during the whole year. By every consideration, protect the extremities well. It is an ignorant barbarism which allows a child to have bare arms, and legs and feet, even in summer.—The circulation should be invited to the extremities; warmth does that; cold repels it. It is at the hands and feet we begin to die. Those who have cold hands and feet are never well.—*Plenty of warmth, plenty of substantial food and ripe fruits, plenty of sleep, and plenty of joyous outdoor exercise, would save millions of children annually.*—*Hall's N. Y. Journal of Health.*

### THE BENEFITS OF LAUGHTER.

A good resource for family amusement is the various games that are played by children, and in which the joining of older members of the family is always a great advantage to both parties. All medical men unite in declaring that nothing is more beneficial to health than hearty laughter; and sure our benevolent Creator would not have provided, and made it a source of health and enjoyment to use them, and then have made it a sin to do so. The prevailing temper of the mind should be cheerful, but serious; but there are times when relaxation and laughter are proper for all. There is nothing better for this end, than that parents and older persons should join in the sport of childhood. Mature minds can always make such sports entertaining to children, and can exert a healthful moral influence over

their minds, and at the same time, can gain exercise and amusement for themselves. How lamentable that so many fathers, who could be thus useful and happy with their children, throw away such opportunities, and wear out soul and body in the pursuit of gain or fame!

### THE WAY TO EMINENCE.

"That which other folks can do,  
Why, with patience may not you?"

Long ago a little boy was entered at Harrow School. He was put into a class beyond his years, where all the scholars had the advantage of previous instruction, denied to him. His master chid him for his dullness, and all his then efforts could not raise him from the lowest place on the form. But, nothing daunted, he procured the grammars and other elementary books which his class fellows had gone through in previous terms. He devoted the hours of play, and not a few of the hours of sleep, to the mastering of these; till in a few weeks he gradually began to rise, and it was not long till he shot far ahead of all his companions, and became not only leader of the division, but the pride of Harrow. You may see the statue of that boy, whose career began with this fit of energetic application, in St. Paul's Cathedral; for the lived to be the greatest oriental scholar of modern Europe—it was Sir William Jones.

When young scholars see the lofty pinnacle of attainment on which that name is now reposing, they feel as if it had been created there rather than had travelled thither. No such thing. The most illustrious in the annals of philosophy once knew no more than the most illiterate now do. And how did he arrive at his peerless dignity? *By dint of diligence; by downright painstaking.*—*"Life in Earnest."*

### A FACT WORTH REMEMBERING.

In about two and a half minutes, all the blood in the human frame, sometimes more than two gallons, traverses the respiratory surface. Every one, then, who breathes an impure atmosphere only two minutes and a half, has every particle of his blood somewhat affected. Every particle has become less pure, less capable of resisting disease, and repairing injury. Even so, "*Evil communications corrupt good manners,*" and the soul can not remain long in the foul atmosphere of wickedness, but it becomes tainted and corrupted. Avoid bad company, abhor every thing that is evil, as you would contagion!

Tolerate them an hour or a moment, and they are sure to infect and vitiate the nature.

### LITTLE THINGS.

Springs are little things, but they are sources of large streams; a helm is a little thing, but it governs the course of a ship, a bridle-bit is a little thing but see its use and power, nails and pegs are little things, but they hold the large parts of large buildings together; a word, a look, a frown—all are little things, but powerful for good or evil. Think of this and mind the little things. Pay that little debt—it's a promise, redeem it, if it's a shilling, hand it over—you know not what important event hangs upon it. Keep your word sacredly—keep it to the children—they will mark it sooner than any one else, and the effect will probably be as lasting as life.—*Mind the little things.*—*Student and Schoolmate.*

### HEALTH.

Sir Astley Cooper said, that the methods he employed for preserving his own health were—temperance, early rising and sponging the body with cold water every morning as soon as he rose. These habits, he stated, he had adopted for thirty years, and though exposed to all weathers at all hours, he scarcely ever had a cold.

### CURE FOR INDIGESTION.

Rise early and walk a mile or two before breakfast, then drink a cupful of cold spring water—half a pint will not be too much if the stomach is strong enough—and walk another mile. Continue this treatment regularly for a month or six weeks.

—Plain-dressed food is easier of digestion than that which is pickled, salted, baked, smoked, or in any high seasoned.

DEATH FROM OLD AGE.—But few men die of old age.—Almost all die of disappointment, passion, mental, or bodily toil, or accident. The passions kill men sometimes even suddenly. The common expression, "choked with passion," has little exaggeration in it, for even, though not suddenly fatal, strong passions shorten life. Strong bodied men of ten die young; weak men live longer than the strong, for the strong use their strength, and the weak have none to use. The latter take care of themselves, the former do not. As it is with body, so it is with mind and temper. The strong are apt to break down, or like the candle, to run; the weak burns out. The inferior animals, which lead in general, regular and temperate lives, have usually their prescribed term of years. The horse lives twenty five years; the ox fifteen or twenty; the lion about twenty; the dog ten to twelve; the rabbit eight; the guinea-pig six to seven years.—These numbers still bear a similar proportion to the time the animal takes to grow to its full size. When the cartilaginous parts of the bone become ossified the bone ceases to grow. This takes place in man at about twenty years on the average; in the camel at eight; in the horse at five; in the ox at four; in the lion at four; in the dog at two; in the cat at eighteen months; in the rabbit at twelve; in the guinea-pig at seven. Five or six times these numbers give the term of life; five is pretty near the average some animals greatly exceed it. But man, of all the animals, is the one that seldom comes up to his average. He ought to live a hundred years, according to this physiological law for five times twenty are a hundred; but instead of that he scarcely reaches on the average four times his growing period; whilst the dog reaches six times the standard of measurement. The reason is obvious. Man is not only the most irregular and the most intemperate, but the most laborious and hard worked of all animals. He is also the most irritable of all animals; and there is reason to believe, though we cannot tell what an animal secretly feels, that, more than any other animal, man cherishes wrath to keep it warm, and consumes himself with the fire of his own secret reflections.—*Blackwoods Magazine.*

INDUSTRY.—An hour's industry will do more to beget cheerfulness, suppress evil humour, and retrieve your affairs than a month's moaning.