

Morals and Health.

OUT-DOOR AIR.

Many talk quite learnedly and eloquently on the importance of fresh air to permanent good health, but the rationale of the matter is not often explained so well as in the following article, which we find in an exchange. It is well worth a careful reading, for fresh air in some places, and at some seasons, may prove pernicious instead of healthy.

Night air and damp weather are held in great horror by multitudes of persons who are sickly, or of weak constitutions; consequently, by avoiding the night air and damp weather, and changeable weather, that is considered too hot or too cold, they are kept within doors the much largest portion of their time and, as a matter of course, continue invalids; more and more ripening for the grave every hour; the nineteen-twentieths of their whole existence.

As nothing can wash us clean but pure water, so nothing can cleanse the blood, nothing can make health-giving blood, but the agency of pure air. So great is the tendency of the blood to become impure in consequence of waste and unless matter mixing with it as it passes through the body, that it requires a hog's-head of air every hour of our lives to unload it of these impurities; but in proportion as this air is vitiated, in such proportion does it infallibly fail to relieve the blood of these impurities, and impure blood is the foundation of all disease. The great facts that those who are out of doors most, summer and winter, day and night, rain and shine, have the best health the world over, does of itself falsify the general impression that night air, or any other outdoor air, is unhealthy as compared with indoor air at the same time.

Air is the great necessity of life; so much so, that if deprived of it for a moment, we perish, and so constant is the necessity of the blood for contact with the atmosphere, that every drop in the body is exposed to the air through the medium of the lungs every two minutes and a half of our existence.

Whatever may be the impurity of the outdoor air of any locality, the in-door of that locality is still more impure, because of the dust, and decaying, and odiferous matters which are found in dwellings. Besides, how can in-door air be more healthy than the outdoor air, other things being equal, when the dwelling is supplied with air from without?

To this very general law there is one exception, which is of the highest importance to note. When the days are hot and the nights cool, there are periods of time within each twenty-four hours, when, it is safest to be in-doors with windows closed; that is to say, for the hour or two, including sunrise and sunset, because about sunset the air cools, and the vapors which the heat of the day have caused to ascend far above us condense and settle near the surface of the earth, so as to be breathed by the inhabitants; as the night grows colder, these vapors sink lower, and are within a foot or two of the earth, so they are not breathed. As the sun rises, these same vapors are warmed, and begin to ascend, to be breathed again, but as the air becomes warmer, they are carried so far above our heads as to be innocuous. Thus it is that the old citizens of Charleston, South Carolina, remember, that while it was considered important to live in the country during

the summer, the common observation of the people originated the custom of riding into town, not in the cool of the evening or of the morning, but in the middle of the day. They did not understand the philosophy, but they observed the fact, that those who came to the city at mid-day remained well, while those who did so early or late suffered from it.

LESSONS OF CONTENTMENT.

It happened once on a hot summer's day, I was standing near a well, when a little bird flew down seeking water.—There was, indeed, a large trough near the well, but it was empty, and for a moment I grieved to think that the little creature must go away thirsty, but it settled upon the edge of the trough, bent its little head forward, then raised it again, spread its wings, and soared away singing; its thirst was appeased. I walked up to the trough, and there in the stone work I saw a little hole about the size of a wren's egg. The water left there had been a source of revival and refreshment; it had found enough for the present and desired no more. This is contentment.

Again, I stood by a lovely, sweet-smelling flower, and there a bee, humming and sucking, and chose the flower for its field of sweets. But the flower had no honey. This I knew, for it had no nectary. What, then, thought I, will the bee do? It came buzzing out of the cup to take a further flight; but it spied the stamina full of golden farina, good for making wax, and it rolled its legs against them until it looked like yellow hose, as the bee-keepers say; and then, heavily laden, flew away home. Then said I: "Thou canst seek honey, and finding none, has been satisfied with wax, and has stored it for thy house, that thy labor may not be in vain. This, likewise, shall be to me a lesson of contentment."

The night is far spent—the dark night of trouble that sometimes threatened to close around us—but the day is at hand, and even in the night there are stars, and I have looked out on them and been comforted; for as one set I could always see another rise, and each was a lamp, showing me somewhat of the depth of the riches of the wisdom and knowledge of God.—*Parable from the German.*

GENUINE POLITENESS.

Traits that index the whole character of a man, are sometimes seen at a glance; a word, a look, a single action, tells the whole story, either for good or evil report, of a man or woman, to all their fellow-voyagers through life. It is an oft-told tale, oft-told to disadvantage of those who ride in city cars or omnibuses, where extreme selfishness is the rule, and not the exception: so much so, that such a little incident—such a mere trifle in itself—as we saw yesterday, was as refreshing as an oasis in the desert, or a pure spring, to the weary traveller. The stage was nearly full, when pulled up to the curbstone, to take in an "old man and young woman. Who will move, thought we, to give the strangers room? Not the four silks on that side; not the proud, selfish (so we thought, judging perhaps from dress) young man on this side. How we are mistaken!—"Be careful, father," said his tender guide, as he essayed to place his foot on the step. In a moment the young man sprang forward with an assisting hand, delicately tendered, with an "Allow me, sir," as he led him to a seat. The poor old man was blind. How that little act of kindness from a stranger

must have thrilled through the daughter's heart—she who was so extremely sensitive to the wants of her bereaved father. Still more, when the stage stopped for them to get out, which for a tottering step unguided by sight, was more difficult to do unharmed—just as are all downwards movements in life—"Allow me, sir," These words again. How their pleasant tones thrilled again from that good heart which prompted the young man to spring out forward of the blind man, and take him gently in his arms down the steps. "Thank you, sir," whispered the daughter. "God bless you," spoke the father. That old man—that daughter—that young man—were not the only ones made happy by that little act of genuine politeness.—*N. Y. Tribune.*

SLEEP.

Observation and scientific experiment constantly confirm the fact that the brain is nourished, repaired, during sleep. If, then, we have not sleep enough, the brain is not nourished, and, like everything else, when deprived of sufficient nourishment, withers and wastes away, until the power of sleep is lost, and the whole man dwindles to skin and bone, or dies a maniac. The practical inferences, which we wish to impress upon the reader are two: 1. By all means sleep enough, give all who are under your sleep enough, by requiring them to go to bed at some regular hour, and to get up at the moment of spontaneous waking in the morning. Never waken up any one, especially children from a sound sleep, unless there is urgent necessity; it is cruel to do so; to prove this we have only to notice how fretful and unhappy a child is when waked up before the nap is out. 2. If the brain is nourished during sleep, it must have more vigor in the morning; hence the morning is the best time for study; for then the brain has most strength, most activity, and must work more clearly. It is "the midnight lamp" which floods the world with sickly sentimentalities, with false morals, with rickety theology, and with all those harum-scarum dreams of human elevation which abnegate Bible teachings.—*Dr. Hall*

DEAL GENTLY WITH THE ERRING.

The man possesses an extremely groveling mind who rejoices at the downfall of another. A noble heart, instead of denouncing as a consummate scoundrel one who has erred, will throw around him the mantle of charity and the arms of love, and labor to bring him back to duty and to God. We are not our own keepers. Who knows when we shall so far forget ourselves as to put forth our right hand and sin.—Heaven keeps in the narrow path. But, if we should fall, where would be the end of our course; if in every face we see a frown, and on every brow we read vengeance, deeper and deeper would we descend in the path of infamy; when, if a different spirit were manifested towards us, we might have staid our career of sin and died an honest and upright man.—Deal gently with those who go astray, draw them back by love and persuasion. A kind word is more valuable to be lost than a mine of gold. Think of this and be on your guard, ye who would chase to the confines of the grave an erring and unfortunate brother.

We all have some fraility,
We are all unwise,
And the grace which redeems us
Must come from the skies.