

and condiments, pastries and candies. They not only fail to nourish, but when given to a child spoil its appetite for wholesome food.— Beef is a valuable article of diet—hog meat the very opposite. But it is not so much any special article as the general rule of simplicity in the character of the food.

CLOTHING.

Deficient or improper clothing, leaving the necks and arms and legs of children bare in winter, wearing thin shoes, compressing the lungs with tight dresses, instead of leaving them free to draw in all the air possible; all this is inviting consumption and strengthening its power. Children are often sacrificed to the vanity of parents, who dress them to look like angels, and very often make angels of them by so doing. "Plenty of flannel for the children," said John Hunter, and if the advice were followed there would be fewer little graves in our cemeteries. The first object of dress is protection, ornament should be secondary. A healthy dress is a comfortable one, warm in winter, and in the changeable weather of Spring and Autumn, cool in the heated Summer.

CLEANLINESS

is called for, washing the body daily with cool water, all over, thoroughly drying the skin after every bath.

EXERCISE

In the open air is necessary to health, for all classes. But a little judgment has to be used, not to overdo it. Especially is this the case with young men. The extravagances of athletic sports often do more harm than good, injuring both body and soul. Betting and gambling affect the one, while strained, over-exertion affect the other. Injuries to blood-vessels and heart, to muscles and joints, have frequently been traced to undue intelligence in ball-playing and rowing. The question is sometimes asked, what effect has our system of

EDUCATION

upon the health of pupils? The danger lies in too much study.— Prolonged intellectual labour, even without the miserable hygienic arrangements too common in our schools, has hurried many a youth to his grave. Five hours a day, including recesses, is time sufficient; while more is injurious to the majority of children. Some children take great pleasure in study, and, instead of being guided and controlled by parents and teachers, they are more likely to be encour-