

HOME AND YOUTH

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THE POINT OF THE PEN

RECREATION IN THE HOME.

As the long winter evenings have come again, a few remarks may fittingly be made on the subject of home recreation. There is something agreeable at all times in the thought of pastimes, especially when linked with the precious word Home. The enjoyments which are there indulged in are usually more simple in nature, more innocent and domestic in character than any others.

Viewed from another standpoint, their influence is physically and morally healthful, refining, softening, cheering. They are calculated to develop the intellect, strengthening the powers of thought, quickening the wit, and facilitating expression.

They exercise an important influence also in producing happiness and harmony in the home circle. It may sometimes happen that differing views among the members of the family, on some point where all feel strongly, give rise to excited debate; words are spoken, expressions used and feelings called forth, which mar the perfect concord that should ever exist in that "kingdom of the heart"—Home. At such moments, or to avoid such occurrences, some sprightly jest or game,

pleasantly introduced, will bind all the members in one by the bond of a common enjoyment—occupy interest and please.

Each member has an influence in the circle of his own home, and it is his and her duty to exert it, that as a well known writer has quaintly expressed it, the other members may "want and wish your pleasant presence still."

Indoor amusements affect directly the mind more than the body, but the mind in turn reacts beneficially upon the body. The mind, after a prolonged strain, like a tightly-strung bow, should be unbent for a short time, and some light game, combining if possible, physical and mental amusement, will be of infinite service.

The importance of exercise is well understood by the people of Great Britain, and the number of hale and hearty men of advanced age to be seen in the British Parliament bears evidence to the resulting benefits of such a mode of life.

Depend upon it, the body will right itself at last! The great law of compensation runs through all life, and in these days of hurry the fact cannot be too strongly pressed home that no one