

the sick person, and notes the temperature indicated by the thermometer, as ordered by the physician. Then, she opens the window, in summer time, or the ventilator, in winter time, and lets the temperature fall by a few degrees. Afterwards, she closes the window or ventilator; waits till the thermometer rises to the desired point, and then takes off the extra covering. The sick person inhales the restored air with delight. It is also that he may enjoy the benefit of pure air, that many visitors should not be allowed to stay long in the sick-room. They take their part of the oxygen which he needs, leaving carbonic acid which he can well do without. Few visits and a great deal of pure air; these are necessary to persons laid up by sickness.

ARTICLE III

HYGIENE OF ALIMENTATION.

Q. After having procured for the family the advantages of a healthy habitation and the benefits of pure air, what is the most imperious duty of a household mistress?

A. The duty of making a good choice of arti-