

PURE AIR.

People are apt to be greatly alarmed about "catching cold," and if the weather is not of the mildest possible kind, are fearful of venturing out. Says an eminent physician, giving advice to consumptives, "Whenever in doubt about going out, *always go out*. If a violent storm is raging then keep within doors; but when it ceases, seize the occasion for out-door exercise." Pure air, to a consumptive, is the greatest blessing. The oxygen which it contains is necessary to the purity of his blood. Without oxygen there is no life; and the consumptive, of all persons, needs this life-giving element. The air that he breathes should, therefore, be of the purest quality. Not only should it be air free from the odours of decaying vegetable and animal matter, steaming up from filthy back-yards and streets, from slaughter houses, and oil refineries, and bone-boiling factories; but it should also be air rich in Oxygen. The air we inhale loses its Oxygen, which is replaced by Carbonic Acid, a poisonous gas. Consequently, we should not breathe the same air twice. Without the Oxygen health and life soon vanish; let a poison like Carbonic Acid take its place, and the fatal end is the sooner hastened. See, then, how essential it is for the child, tainted with consumption, to have pure air, not only out-doors but in-doors as well. And he wants the

SUNLIGHT

also. Plants deprived of light, if they succeed in living at all, are thin, white, unhealthy. So children, as well as adults, living in rooms where little light enters, grow up pallid, emaciated, sick. The researches of science point out the sun as the centre of force and life to all organized living beings, whether vegetable or animal. The rooms occupied by a consumptive should then be free to the light of the sun, with not the thinnest veil to shut out his rays. Besides these natural elements of health he will need plenty of

NOURISHING FOOD.

Enough to eat, but simple in quality. From the food the blood is formed, and if the one be deficient in quantity or quality, so will the other. A person may have plenty to eat, but if it be of poor quality he will suffer more than if he had but a small quantity of the proper kind. A man may die of thirst on the ocean with "water everywhere, but not a drop to drink." So he may starve when surrounded by an abundance, if it is unfit for nourishment. Avoid stimulants