

A great experiment has been tried on this question, with the most striking results. At the schools at Anerley every scholar has his or her own bed, and the wise authorities there—who have improved the health of the children under their charge until the mortality is reduced to three in the thousand annually—tell me that few things have contributed so much to the grand results they have achieved as this one practice of having a separate bed for every child. It is important to have always a well-made bed, and everybody should learn to make a bed. A very soft or a very hard bed is a bad bed. The bed should be sufficiently soft to allow all the parts of the body to feel equal pressure, and yet be not so soft as to envelop the body. The clothes should be laid on lightly, not be closely tucked in, and, moreover, they should be light as well as warm. Dense blankets and coverlets are always unwholesome. Every portion of the bed-clothes should be spread out every day for a short time to the air. I do not object to light bed-curtains at the head of the bed; they keep off draught; they keep the light from the face of the sleeper, and they neither prevent the entrance of air nor light.

I must add one word about bedrooms. It should always be remembered that the bedroom is the apartment in which one-third, at least, of the whole life is passed; and this remembrance should suggest that the bedroom ought to be the room on which most care for health should be bestowed. The rule that is followed is, with few exceptions, the reverse of this. The sitting-room and the drawing-

room are made subjects of the greatest attention; but the bedroom may be small, close, at the back of the house, at the front of the house, anywhere, if it be but convenient to get at. It is often half a lumber-room, a place in which things which have to be concealed—old boots and shoes, old clothes, old boxes—are put away. Its walls, covered with several layers of paper, may be furnished with pegs, on which to suspend a wardrobe of garments, and it is constantly decorated, for 'snugness' sake, with heavy curtains and blinds at the windows, and carpets all over the floor. These errors are unpardonable, and health at home is impossible where they are committed. The bedroom should be so planned that never less than four hundred cubic feet of space should be given to each occupant, however good the ventilation may be. The walls should be coloured with distemper or with paint, that, like the silicate paint, can be washed three or four times a year. The windows should have nothing more than a blind and a half-muslin curtain. The floors should have carpets only round the beds, without valances from the beds. The furniture should be as simple and scanty as possible; the chairs free of all stuffings or covers that can hold dust. Of all things, again, the room should be kept clear of vestments that are not in use. From time to time a fire should be made in every bedroom, that a free current of atmospheric air may sweep through it from open doors and windows. I need not say that the floors should be kept scrupulously clean; but I would recommend dry scrubbing as by far the best for this purpose.

*(To be continued.)*

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A COMMON MISTAKE.—"Every day I am more sure of the mistake made by good people universally in trying to pull fallen people up, instead of keeping the yet safe ones from tumbling after them; and always spending their pains on the worst instead of the best material."—JOHN RUSKIN.