

## SELECTED.

"Sipping only what is sweet ;  
Lo've the chaff and take the wheat."

## Reconstruction.

- In a wagon made of willow  
Wheeled I once a little maiden,  
Ringlets shining on the pillow,  
Rolling homeward treasure laden,  
Like a boat upon the billow.

Ten years fled. Ah, how I missed her  
When we left the village school !  
But she said she'd be my sister  
As we lingered by the pool.  
And I passionately kissed her.

Ten more fleeting years renew it ;  
Little wagon made of willow ;  
Loving eyes are bent to view it ;  
Loving hands adjust the pillow,  
And we've fitted rockers to it.

*Atlanta Constitution.*

## Choosing a Wife.

Never marry a woman merely because she has a handsome face or a well-turned figure, for we soon become insensible to angelic forms and faces. If her countenance has life and intelligence, if her walk and carriage are modest and lady-like, and if the whole appearance indicates she has mind, heart and soul, why she is worth all the simpering, mincing, flirting, affected misses that ever brought good looks as their only marriage dower. If the fair one you are addressing is rich in houses, lands, bank stock or railway shares, her worldly gear should not prove an insurmountable objection ; but if she is poor, like yourself, so much the better. There is nothing like a young couple, about the age of twenty, starting in life with fond hearts, clear heads, easy consciences and empty pockets. You have something to hope for, to work for, to live for. Your early struggles with the crosses of this life will only bind you the closer to your young, ardent and loving wife.

## Attend to the Children.

Men of thought and enterprise bestow time and enquiry on the body training of their domestic animals and on proper modes of feeding them, but neglect their children as if they were not worth attention, or would grow strong and healthy without the same amount of care and attention they give their cattle. They make no inquiry into the proper way of feeding, exercising and clothing human beings. All this may be the duty of the mother. But she does not appreciate the importance of body-training and the father is more interested in accumulating wealth than in the regular body training of his offspring. He convinces himself that they will be well developed and become robust and healthy without his expending upon them any care or exertion. The father does not seem to be aware that the first requisite to success in life is to have a well developed body, is the basis of all happiness and usefulness. Men and women break down under the pressure of duties and ambition, simply because their parent did not fit them for domestic duties and business pressure by giving proper form and strength to their functions by a proper course of training. These remarks apply more particularly to girls, who are usually allowed to mature, as

did Topsy, without any pains to give that growth and strength to their body, that future domestic duties may demand.

The tendency is to neglect the body and abuse the mind. No subject of general interest is now so great as the proper means of giving growth and strength, activity and endurance to girls—so that women and wives may not be so generally feeble and suffering. The rearing of well grown men and women is as important in the future life as the present. For religious character and religious sentiment depend very much upon physical health and physical strength. Our gratitude to heaven depends very much upon our digestive force. Hard eating and hard drinking unfits the soul for religious, holy thoughts, and suffering and feebleness impairs our gratitude to heaven. Men tell us just how much food and what kind our animals need, but no principles are involved in feeding human beings. Children are overfed, or underfed, and so are made ill or well, weak or strong, indolent or active, by what they eat and drink. Many infants die from overfeeding as from underfeeding, some suffer from repletion and others from starvation. A want of principle in feeding is the basis of the trouble. Infants and children are allowed to eat all they want and not all they need. Our farmers, governed by experience and observation, specify the kind and quantity of food their domestic animals may need to promote certain results they have in view. The great trouble is that our mothers often have no idea of the effects of different kinds of food. They are wholly ignorant of the fact that some kinds of food produce muscle, bones, etc., while others produce body, heat and fat. Growth and strength demand a certain per cent. of the one and a different per cent. of the other. As a general rule it may be true, that appetite is a good guide to quantity. Still some exceptions may exist. Some children, no less than some adults, become gluttons and do themselves much harm. Children need more food than the mature, bulk for bulk. They should have enough to build their "harps of a thousand strings" and then to keep them in repair. The food they consume depends upon their needs. They may need sugar, so necessary in supplying the means of moving the animal machinery. They may need fat. Sugary and fatty matters combine with oxygen in the body, and thus evolve heat. Those children who are cold, who possess only a poor circulation of blood, need sugar. Other compounds may be converted into heat-food. Starch is changed to sugar in the course of digestion. The liver converts other constituents of food to sugar. Children usually dislike fat, but have a love for sugar. An excess for sugar may compensate for a lack of fat. Suet, boiled in milk is often useful to feeble children.

Children are very fond of fruit. All vegetable acids are beneficial when taken moderately at regular periods of time. Ripe fruits containing sugar, are peculiarly agreeable and useful to all. Now in these cases we see that children should be fed in harmony with their taste.

The taste of children should always be consulted. They usually need a variety, not in kind but in flavor. The same kind of food day after day becomes insipid. They should be left to their appetites as to flavor, but not as to quantity. They should have those kinds for which they have a love. Let it form a part of their regular diet, so that they may be less inclined to consume large quantities. The quantity of food must be regulated by observation and experience.—

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