

needle. Let her drop her needle. She may repent if she chooses—I have nothing against repentance—but she should bring forth fruits meet for repentance; not by consuming her heart with unavailing sorrow, but by thinking whether there may not be some ruffling of gowns that can be dispensed with for the sake of preventing this ruffling of nerves: whether some dainties may not be well spared from her table, that she may gain leisure for repose and refreshment, for a daily walk, or drive, or a six-cent ride in a horse-car, or an hour with an entertaining book, that so her nerves may be healthful and not tense, her body and soul fresh and not jaded, all her words and ways cheerful and leisurely; so that there shall be no impatience or petulance clamoring for expression and enforcing repentance.—*Harper's Bazar.*

### DR. SANATERE.

We had been talking, my friend (Dr. Sanatere) and I, and somewhat, as was natural, of the weaknesses and ills of life, when he suddenly exclaimed: "I should like to bring up a family of children."

"Nothing easier, doctor," I began to say, referring more to the attempt than to its success, when an expression on his face checked me. I knew the history which had darkened life to him, and driven him to forget himself and live for others.

"No," said he, "not that: but I should like to try if ordinary care and common sense might not save children from so much suffering and make them better in mind and body."

"Well, doctor, suppose you give me some rules; for though I have not any children to bring up just now, yet the knowledge might not be amiss."

"Oh!" said he, "I would give them good milk, which should furnish material for bones and teeth. And not too much sugar, which turns acid too readily, and which furnishes heat, but not nourishment."

"And when the time came for more solid food, I would not starve them on superfine flour—all very well in its way, only it does not give all the material they want. Many a child is cheated out of bones and teeth by being denied coarse flour, cornmeal, oatmeal, the coarser food which helps on the teeth and bones."

"And my children, especially girls, should have their clothing not only warm, but well-fitting and easy. Boys are not so much abused, but girls have little freedom of motion. Their shoulders are tied down, and their waists are screwed up, and just

when they are growing and need expansion, they are cased in bony casings which stiffen them up and take away both elasticity and ease.

"It is not a mere question of taste; it is a matter of health or disease, of comfort or suffering, of life or death. In order to perfection, you must have full development. Imagine a race-horse with his head checked up like many of our carriage horses."

"Support? No; they don't want support. How is it in the book of Job? 'Thou hast fenced me with bones and sinews.' That does not imply any special need of support."

"They should keep early hours, should secure quiet sleep, if possible, and should not be waked, if I could help it. As we stop eating when we have enough, so with healthy sleep, in a pure atmosphere, we stop sleeping when we have slept enough."

"They should sleep in a cool, dark room. Many a child's brain is stimulated, especially in these days of gas, by having a bright light in the room after it has gone to rest."

"One word more; my children should not be tilted up on heels. It is foolish enough in older people—merely for a fashion. If that had been the proper way to walk, we should have had a bone growing down on the heel, or walk on the end of the toe like a horse."

"Miss T—caught her heel going down stairs, and fell, and was disabled for weeks. I wonder if she ever thought she brought it upon herself, and repented of the needless care and trouble her sister had in waiting on her."

"But, as I was saying, it is positively painful to me to see the slender ankles of children rolling this way and that on little points of heels. They hardly can wear them straight, and it is so thoroughly unnatural."

"Well, doctor," said I, "your children will be terribly mortified if they can't dress like others."

"Never mind; I will try and console them, and make it up in some other way. When it is a matter of conscience, I can't give way."

"Well, they shall have regular meals; the stomach must have rest. I have seen children who are eating all the time. I have heard of 'digging one's grave with one's teeth.'"

"Which reminds me they shall brush their teeth at night, and go to bed with them clean. If there is no chemical action going on at night, the day is not of so much importance."

"And they shall never sleep at night in a single garment worn through the day. If the clothes are to be worn again, they should at least be aired."—*Exchange.*