

CLEANLINESS, it is said, has a powerful influence on the health and preservation of the body. Cleanliness, as well in our garments as in our dwellings, prevents the pernicious effects of dampness, of bad smells, and of contagious vapours arising from substances abandoned to putrefy; cleanliness keeps up a free perspiration, renews the air, refreshes the blood, and even animates and enlivens the mind. Whence we see that persons attentive to the cleanliness of their persons and their habitations, are in general more healthy, and less exposed to disease than those who live in filth and nastiness; and cleanliness brings with it habits of order and arrangement which are among the first and best methods of happiness.

HOW TO GET SLEEP.—How to get sleep is to many a matter of high importance. Nervous persons who are troubled with wakefulness and excitability, usually have a strong tendency of blood on the brain, with cold extremities. The pressure of the blood on the brain keeps it in a stimulated or wakeful state, and the pulsations in the head are often painful. Let such rise and chafe the body and extremities with a brush or towel, or rub smartly with the hands, to promote circulation, and withdraw the excessive amount of blood from the brain, and they will fall asleep in a few moments. A cold bath, or a sponge bath and rubbing, or a good run, or a rapid walk in the open air, or going up and down stairs a few times just before retiring, will aid in equalising circulation and promoting sleep. These rules are simple and easy of application in castle or cabin, and may minister to the comfort of thousands who would freely expend money for an anodyne to promote "Nature's sweet restorer, balmy sleep."

WALKING.—To walk gracefully, the body must be erect, but not stiff, and the head held up in such a posture that the eyes are directed forward. The tendency of untaught walkers is to look towards the ground near the feet; and some persons appear always as if admiring their shoe-ties. The eyes should not thus be cast downward, neither should the chest bend forward to throw out the back, making what are termed round shoulders; on the contrary, the whole person must hold itself up, as if not afraid to look the world in the face, and the chest by all means be allowed to expand. At the same time, everything like strutting or pomposity must be carefully avoided. An easy, firm, and erect posture, are alone desirable. In walking, it is necessary to bear in mind that the locomotion is to be performed entirely by the legs. Awkward persons rock from side to side, helping forward each leg alternately by advancing the haunches. This is not only ungraceful, but fatiguing. Let the legs alone advance, bearing up the body.