

so scientific and so difficult and is so hedged in by rules that none but professionals or athletes can endure the violent exercise; or blackguards and betting men get hold of it and make it disreputable and so game after game is lost and the plaintive iteration still goes up incessantly for popular and easy and interesting out-door amusements.

Bowls is the game which meets almost all of the requirements of a popular pastime, but it seems difficult to popularize it in Canada; billiards, the finest parlor game ever invented, has entirely lost its character through the society of drink and the patronage of gamblers; cricket seems to flourish only among Englishmen, but with them it will always be popular and possesses the advantage that it may be played till quite an advanced period of life; base-ball is rather too violent an exercise to be very popular, while the conduct of the professional players in the United States has cast a taint upon it anything but favorable to its character; while the charge of too much violence is still more justly brought against the otherwise excellent game of lacrosse. Still another objection lies against all these amusements except billiards—that they are suited to males only. There is no evidence that it is good for men to be alone in their diversions any more than in the other incidents and avocations of life.

There are just two amusements left, which seem to provide necessary exercise, sufficient interest to make them enjoyable, and perfect innocence. Many of our readers will doubtless smile when we mention the game of croquet. It has been fashionable of late to laugh at it, to call it a child's game, and to assert that it has been almost entirely discontinued. These objections are, for the most part, urged by people for whom croquet is "too slow." Let them, then, fly to "exciting" sports: let them seek such amusements as suit their more ardent temperaments; but permit us still to offer a word in defense of the slow and simple game of croquet. It is easily learned, and affords just enough exercise to promote health without involving strained muscles or bruised limbs; it brings the sexes into pleasant association and if children sometimes join in the game, who shall say that the society of women and children will do a man serious harm? We have already indicated the alternative left for those who cannot endure the innocence or the weakness of their mothers, their sisters, or their children.

Another amusement we are loth to pass unpraised is boating. Considerable opposition has been raised to water sports in consequence of unfortunate accidents which have occurred. While it is too evident that this pleasant amusement will never be entirely freed from a trifling danger, we still think that danger has been very much overrated. If pro-

per precautions are taken, and people do not undertake more than they know how to perform, accidents will be rare indeed. No exercise is more conducive to health than rowing; and sailing, under proper precautions, may be made as safe as carriage-driving.

ORDER IN THE HOUSEHOLD.

System and order must be strictly observed in all household arrangements. "A place for every thing, and everything in its place." There should be a time for certain duties, and the housekeeper must see that there is no infringement of the laws that are laid down. Children cannot too soon be taught the importance of order, neatness, and economy. A habit of system may be early formed, and prove a blessing through life. An ill-governed household, where there is neither system, order, neatness, nor frugality, is a bad school for children.

Never leave things lying about—a shawl here, a pair of slippers there, a bonnet somewhere else, trusting to a servant to put them in place. No matter how many servants you have, it is a miserable habit. If you set an example for carelessness, do not blame your servants for following it. Children should be taught to put things back in their places as soon as they are old enough to use them, and if each member of a family were to observe this simple rule, the house would never get much out of order.

INDUSTRY LENGTHENS LIFE.

Dr. Guy, an Englishman, in calculating the average duration of life of the wealthy classes, arrived at the very surprising result, with regard to adults, that the higher their position in the social scale, the more unlimited their means, the less also the probability of a long life. We have been so long accustomed to consider the possession of riches as the best guarantee of physical welfare, that many will be surprised to hear from Guy that "the probability of the duration of life lessens, with regard to the adults in each class of the population, in the same degree as the beneficial impulse for occupation is lacking. If a person who for a long time has lived an active life retires from business, it may be taken for granted, with a probability of ten to one, that he has seized the most effective means to shorten his life."

GOOD WASH FOR THE TEETH.—Dissolve two ounces of borax in three pints of boiling water, and before it is cold add one teaspoonful of spirits of camphor, and bottle for use. A tablespoonful of this mixture, mixed with an equal quantity of tepid water, and applied daily with a soft brush, preserves and beautifies the teeth, extirpates all tartarous adhesion, arrests decay, induces a healthy action of the gums, and makes them look pearly white.

HOW TO PRESERVE THE HAIR.—The best way to preserve it is to wash the scalp often and thoroughly with water, drying with a towel. Oils, pomades, etc., clog the pores of the scalp and prevent the healthy growth of the hair. Keep the head well ventilated; if the hat is close, raise it often and let it in the fresh air; never wear the hat indoors. The