

AIR AND SUNLIGHT.

It is one of the mysteries, by which we are surrounded, that so many people seem afraid of the pure air; one of God's best and choicest blessings, yet so often ignored by His children. To say nothing of the seven-by-nine sleeping rooms that every where abound, go with me; enter this attractive dwelling. What an atmosphere meets you at the threshold! Why, there is not another living creature—bird, beast, insect or crawling thing—that would live for a day. I inhale the pure air which human beings do without apparently taking any note of its deleterious consequences. To parents and teachers we make an earnest appeal. For your own sake, for the sake of the dear children, who so confidently trust their lives in your hands, give the matter your earnest attention.

Is it any wonder that there are so many pale-faced wives and daughters, and not a few book-keepers and clerks of both sexes who look as if they had never seen the bright sun, nor snuffed the fresh air of heaven for months? Spending, as they do, most of their time in doors, in heated, unventilated rooms, going the same rounds of domestic duty from day to day, and from year to year; using the small number of mental faculties thus called into play, to the neglect of all the others, why should they not become frail and sickly? The wonder is, not that there are so many sickly women and children, but that there are not more with the present mode of living in most of our families. Why does the kind Father of all give us in such exhaustless measure the rich sunshine, but to impart strength, vigor, and bounding health? It comes not alone to develop and bless the vegetable kingdom, but also to infuse life and activity into the animal and mental.

Sunlight, with air and water, are the great agents which God employs to impart life, nourish life, and yet how many exclude almost entirely the sunlight and air from their dwellings! Even in churches and school-rooms this is too often the case. Throw open your windows and doors every day long enough to thoroughly purify the air. Mothers, by all means get out of doors into the glorious air and sunlight if possible, and be sure to take your children. If the air be keenly cold, be warmly clad, especially about your feet, arms, limbs and vitals. If in more tropical climes, toll among the flowers and in your gardens; and gathering strength from the cherishing bosom of Mother Earth. And, perchance, hope and cheerfulness from smiling nature all around you shall fill your heart.

Dear teacher: If your pupils all seem heavy and stupid to-day, note whether the stove be not red with heat, and the air stifling for dryness, and death-dealing from its accumulated impurities. Release the prisoners at least for a few minutes; tell them to go out to run and jump, and yourself threw open windows and doors, and you will soon find cheer and brightness returning to alleviate your labors and theirs.—Ex.

FIFTH AVENUE CHILDREN.

When or how they can study or grow, is a mystery. Masquerades and parties are as frequent with them as with their elders, their hours nearly as late, their toilets as elaborate. Their food consists of French dishes, chocolate and rich confectionery, and they talk about the "bouquet" of their favorite wines with the gravity of experienced connoisseurs. There are no longer any such nice things as the "children's parties," with simple games and amusements—their custard and sponge cakes for refreshments, their pretty dresses of red merino or, at most, white muslin, and their sensible hours, which allowed the little ones to be at home and in bed at the usual hour. Instead of this we have full-dress entertainments, the *fac simile* of those given for older persons. The folly is, if anything, carried to a still greater extent. The dresses are costly and complete down to the smallest detail. The tulle or lace is looped at the side with ribbon or flowers over silk or satin; tiny locket with monogram, diamond earrings, miniature bouquet-holder, lace handkerchief, the quaintest of little Duchesse kid gloves and the daintiest of white satin boots over white silk stockings. Got up in such a style as this, of course the little creatures can think of little else beside their clothes, and their enjoyment is restricted to dancing the Lancers, the Redowa or the German with some small gentleman, gorgeously arrayed also; and the supper would be considered frightfully mean if it did not include plenty of oysters and ices, chocolate, cakes, meringues, glaces, confectionery, *bonbons* and champagne. For a children's party given recently, the strawberries and white grapes alone cost \$300. Not infrequently the little ones are put into the carriage perfectly exhausted, at two or three o'clock in the morning, and of course are unfit for study for several days afterward. There are children who went to over a dozen parties during the past winter, and for each one a different dress was provided, which took days in preparation. These children have already exhausted life. Oh, for the old plow and bread-and-butter days when children were children and not miserable slaves men and women. It would be quite as great an act of mercy for some philanthropist to pick up these little victims of wealth and luxury and distribute them among the farmer's houses of New England and the great West, as if they were the outcasts and vagabonds of our streets. One extreme is as ruinous in its effects as the other.—Ex.

THE death of four members of a family named Wilbrech, in Onida County, N. Y., from trichiniasis, was recently generally noticed by the press. In connection with the case Dr. Thomas M. Flanagan, of Rome, writes to the *Utica Herald* that a microscopic examination of the muscles of one of the deceased revealed the presence of myriads of trichinae in an active state. The little worms looked under the microscope like living, writhing snakes. The salt pork and the sausages of which the deceased had eaten were full of the trichinae in the inclosed state. This pork was raised by Mr. Wilbrech, and fattened as usual on corn and grain. There was nothing in the conduct or appearance of the animals when fattening or the look of the meat to indicate disease. The sausages were made of raw meat, and then smoked until quite black and dry, and the German custom, and were eaten without cooking.

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