

## EDITOR'S TABLE.

### EDITORIAL CHIT-CHAT.

**ATHLETIC PURSUITS AND HEALTH.**—The readers of this magazine are quite aware of the persistency with which its pages have advocated exercise as the best preservative of health. In the remarks, therefore, that we are about to make, we do not think it possible that we can be misunderstood.

We will say, then, that, while, as a general rule, exercise is conducive to health, there may, sometimes, be too much of it. The history of regattas, rowed by boat-clubs, is a history of frequent over-training, and a consequent breakdown, often to the ruin of the health for life. Athletics, practiced in other directions, as in the gymnasium, etc., if pursued too far, produce the same results. We have known, personally, many such cases. A few years ago, skating was carried, occasionally, to such excess, by ladies, as to destroy their health permanently. The truth is, there are great differences in constitution, and what is beneficial to one, is not always beneficial to another. Because one girl can skate for two or three hours, without stopping, or walk ten or twenty miles, it does not follow that every one can do it. The attempt to emulate exceptional feats, in this way, has been the ruin of many a girl's health.

This difference in constitutions is especially important for parents to remember. Hardly any two children, even in the same family, are alike in this respect. Hence, there can be no greater mistake than to insist on every child taking the same amount of exercise; for the result is that the stronger vitalities furnish the rule, and the weaker ones are, so to speak, over-trained. This danger is well illustrated in a story, told by an eminent physician, in regard to a swimming school that he once visited. Some twenty boys went into the water together, and the lesson lasted half an hour. At the end of that time, the more robust came out all in a glow; but others were blue with cold, and did not get over the bath all day. In the latter cases, five minutes, or, at most, ten, was the utmost time that they should have stayed in.

Many parents, and even school-teachers, believe in what they call a "hardening process," and think that they can strengthen weak children by exposure, etc. But the result is simply to kill the weak. There are tens of thousands of young infants, and even older children, who die, every year, in consequence of this erroneous notion. Parents might take a lesson, if they would, from plants and flowers. You cannot make a tender rose any hardier by leaving it out in the frost all night. Are your children the only ones that can defy the laws of Nature?

This is a very serious matter. We call attention to it now, because of the general rage, everywhere, for athletics, and the danger there is of their being over-done.

It is ECONOMY to take a magazine like "Peterson." The Supplement gives you a pattern, every month, by which you can cut out a dress for yourself or children. The variety of fashion engravings enables you to select such of the very latest styles as are best adapted to your looks. The Cook-Book, Work-Table, etc., save you money continually. The magazine, too, educates your taste and that of your family. The steel-plates are the most costly and beautiful embellishments in art, and the best of ornament, therefore, for your centre-table. Lastly the tales and novelets while away many a tired hour.

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**SEWER GAS AND DRAINAGE.**—The story in this number, by Lucy H. Hooper, is more than a mere story. It calls attention, incidentally, to what is becoming, with the advance of material civilization, a very serious question—we mean the peril to health, if not to life, by improper drainage, and its result, the influx of sewer gas. In the country, this is not so vital a question, for even where farm-houses have drains, they are generally good ones, and, at least, open into the sewers of nobody else. But in cities, towns and villages, the matter is really a serious one. It is becoming the fashion in such places, especially where there are water-works, to have fixed wash-basins, bath-tubs, etc., etc., attached to sleeping apartments. The plea is that it is "so convenient." But, on the other hand, the danger, if the traps get out of order, is very great; and the trap may get out of order long before it is suspected; in which case typhoid fever, diphtheria, or other fatal diseases set in. A great deal has been written on this subject, and hundreds of plans suggested to make and keep the traps in order. But, after all, is it not the best plan to revert to the old fashion, and have your bath-tubs, etc., etc., at the back of the house? It is probably not so convenient, but if sewer gas does get into a house, whether from careless plumbing, or from any other reason, little damage is done, for the poison never penetrates to the inhabited portions of the dwelling.

**USE OF "SHALL" AND "WILL."**—The proper use of "shall" and "will" is one of the surest tests of "good English." So many half-educated persons fall into the habit of using "will," instead of "shall," that now "shall" is often employed, where "will" is the proper word. Yet the distinction is clear, and the rule easy to remember. "Shall" primarily denotes obligation, and "will," purpose or inclination, the futurity of the action being naturally inferred. These verbs are now used only as auxiliaries, but they still retain to a great extent their primary signification. The following examples will show their proper use: "I will write now." "You shall write now." "He intends that I shall write now." With reference to future time we should say: "I shall go to-morrow." "He will go to-morrow." And in asking questions: "Shall I sing?" "Will you sing?" "Shall you be at home to-morrow?" "Will he arrive in time?" "Shall" is used instead of "will" after certain conjunctions—if, provided, though, unless, etc., and adverbs, when, before, after, until, while, etc. "Should" is used in the past tense in place of "shall," and "would" in place of "will." "He intended that I or you should write—he (himself) would write." "I should be glad to see you to-morrow."

**"LIVING BY BREAD ALONE."**—Something more is wanted, with persons of refinement, than the hard, dry bread of life: books, newspapers, magazines, and other things that gratify the sense of the beautiful. It is not necessary to spend more money, in order to subscribe for a good magazine; it is only necessary to spend a little less on the more material things in life. Bread alone, after all, is dry eating.

**MOTTOES FOR CARDBOARD.**—For our colored pattern, this month, we give, by request, several mottoes for cardboard. These mottoes can be worked large or small, according to the size of the holes of the cardboard.