

# Varieties.

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FRESH AIR.—Dr. Robert Darwin, son of the celebrated Erasmus Darwin, and father of the equally celebrated Charles Darwin, was a strong advocate for plenty of fresh air. To a young man who consulted him before emigrating to America, the doctor said, “When in Paris many years ago, I one day met in the street the celebrated Benjamin Franklin, and he said to me, ‘People have been a thousand years finding out that fresh air is good for the sick. They will be another thousand finding out that it is good for those in health.’ Now,” said Dr. R. Darwin to the young man, “my advice is, when you go to America, *sleep with your window open.*” The advice may be excellent in some circumstances, but might be disastrous in others.