

TREATING A COLD.

When the familiar symptoms of a cold appear a grown person may take ten drops of spirits of camphor, dropped on a little granulated sugar, and repeat the dose twice, at intervals of fifteen minutes, taking thirty drops in all. This will sometimes prevent the cold from developing farther.

A hot foot bath, with two tablespoonfuls of mustard mixed in it, helps to draw the blood away from the head and lessen the congestion.

The water should reach above the ankles, and a blanket should cover the tub and be drawn over the knees during the bath. It should be taken at bedtime. If it is necessary to go out of doors the next day thick woollen stockings should be worn.

A warm drink helps to relax the skin and induce perspiration. Hot lemonade is one of the best. Alcohol, which in some form used to be considered a sovereign remedy, is now discredited. The glow that follows its use only results in a depression that leaves the patient in a worse condition than he was before he took it.

If there is much watery secretion and the handkerchief has to be used frequently smelling spirits of camphor, or one of the preparations of menthol, may give relief.

Patent medicines and cold cures are to be avoided. They may contain cocaine, or some dangerous drug, which no one would wish to take on his own responsibility.

If simple remedies and home nursing do not bring about an improvement it is much better and safer to consult a reputable doctor. He will not poison under the pretence of curing, or undermine the health while pretending to restore it.

As constipation and a torpid state of the liver often cause a congestion of the mucous membrane which aggravates the cold, it is well to take a gentle laxative, if it seems necessary. Most persons have some favorite medicine which they are in the habit of using. Cascara is a good and safe one.

A COLD ON THE CHEST.

Pain and tightness across the chest is a danger signal, and should not be disregarded. It may be merely muscular, and quickly disappear under treatment, or it may be the first symptom of pneumonia. If there is no chill and very little fever home remedies may be ventured upon for a few hours.

Rubbing the chest with any warming liniment and covering it with a piece of flannel is comforting. A mustard paste made with half mustard and half flour sometimes brings relief. A liberal application of warm camphorated oil is soothing.

Hoarseness is not alarming in itself. It is caused by a swelling of the vocal chords. Inhaling the steam from a pitcher of boiling water, into which a teaspoonful of compound spirits of benzoin has been poured, helps to allay it. This should be repeated several times at intervals of an hour or two.

If there is distressing cough a doctor should be consulted. Cough mixtures very often contain opium, and should not be taken without professional advice. Sugar and lemon juice sometimes relieves the annoying tickling in the throat.

The patient should be kept in one room well warmed and with fresh air admitted to it freely. This can sometimes be accomplished by opening a window in an adjoining room so the air will lose its chill by passing through it.

No one should go out of doors who has a cold on the chest. It depresses the vitality and prepares the body to fall an easy victim to the pneumonia germ, should it happen to enter the lungs.

PNEUMONIA.

Doctors tell us that pneumonia is not only an inflammation of the lungs, but a disease of the whole system, caused by a germ, the pneumococcus.

The lungs are the battle-ground where the war is fought.

The attack usually begins with a chill, followed by very high fever.

The doctor, of course, prescribes the treatment. There are three great points to be observed to help the patient in the fight that he is waging. Nature will effect the cure, if the patient does not die in the meantime. The problem is to support him and keep him in the best

condition until nature has time to do her work.

Rest, pure air and proper food are the three things most necessary. It is on these that the home nurse must concentrate her efforts.

Rest is secured by not allowing the patient to leave the bed for any purpose, and by saving his strength in every way. He must not raise his head to take food. Provide a glass tube through which he can draw his liquid nourishment.

As cold and dampness predispose persons to take the disease, it seems as if warm, fresh air, were the most suitable for the patient to breathe. Some doctors advise a free admission of cold air.

Lime is said to be of great importance in the treatment of pneumonia. Some doctors prescribe certain preparations of it as a medicine. The diet recommended is equal parts of milk and lime water. The patient has no strength to spare for the digestion of solid food.

A week usually determines the result one way or another.

The expectoration should be disinfected with chloride of lime, this being kept in the cup that is used to receive the sputa.

If cloths are used for this purpose, they should be burned.

Dust should be removed from the room by wiping with a damp cloth, so that none may rise in the air.

The door leading into the hall should be kept closed to shut out the air of the house and keep the atmosphere of the sick room as pure as possible.

The High Infant Death Rate.

The domestication of the cow was an achievement of unspeakable value to the human race. But it is a wise old saying, "That the greatest blessing may be converted into the direst curse." The milk of the cow, instead of being the means of physical development, and indirectly the means of intellectual and moral superiority, may become, under adverse influences, the destroyer of life.

Owing to the fact that milk is a most delicate and changeable article of food, great pains should be taken to handle it in a cleanly manner.

Disease germs are carried into the system in food and water. Milk is one of the most favorable mediums for the multiplication of bacteria. Therefore, my dear readers, if you value your own life and the lives of those dependent upon you, keep your food, milk, water, etc., in clean vessels, covered closely, and in a cool, clean place.

In most cases it is the helpless infants that are the innocent victims of negligence.

In the city of Montreal, one week in July, the number of deaths of children under five years of age was 139, or 66½ per cent. of the total number of deaths. In the same period, 272 births were registered.

The day is passed when intelligent people believe that a child that dies could not have been saved. There are two classes of causes for the death of infants, namely: the preventable and the non-preventable. Diarrheal diseases belong to the preventable class, and out of a total death rate of 209, 112 died from that cause.

What causes these diseases? Infants are usually born free from disease, so, that being the case, all disease germs enter the system by one means or another. In most cases milk is the carrier. Milk is the soil in which germs of disease propagate. A single germ in a teaspoon of milk at the right temperature will in a short time give us a population greater than that of London, or of the world.

"Cleanliness is next to Godliness," but in that great and enterprising city of Montreal, I have seen people who didn't seem to have much of either.

Among the many distressing things I saw was milk put into dirty, grimy bottles, by dirty maids, in rooms where the odor from decaying matter was vile, and sent up to be fed to infant babies. I have even seen cockroaches floating in those bottles.

Now, cockroaches, as everyone knows, only live and thrive in damp, dark places, where dust and dirt have accumulated. Their bodies and limbs are covered with dirt, consequently when

they get into the milk the dirt is washed off and the bacteria finding the proper conditions to rapid development multiply very rapidly, and we soon find millions of bacteria to the cubic centimetre.

These conditions I have seen under the very eyes of doctors and nurses.

When such food is put into the baby's stomach we soon find his entire digestive tract one culture bed of bacteria, multiplying and generating poisons that send him very often into convulsions. Unless he is very strong, he cannot overcome the results of ill food.

Why must women bear twice as many children as are necessary to maintain the population? Because nearly 90 per cent. of the children that die, die from preventable diseases.

Is it ignorance, or is it carelessness?  
MARGARET LAMB.

Hope's Quiet Hour.

The Proof of Love.

"Were the whole realm of nature mine,  
That were an offering far too small;  
Love so amazing, so divine,  
Demands my soul, my life, my all."

One of the disciples of the Master had professed his willingness to die as a proof of his love; and, a few hours later, he had failed to watch with that Master in His agony, and to stand loyally by Him when foes pressed upon Him from every side. But—though outward proof of his love had been wanting—the love of JESUS was really the moving power of that disciple's life, and well the Master knew it. One morning, after a night of hard work, crowned unexpectedly with success, the Lord called St. Peter aside, and, three times over, put the pointed question: "Lovest thou Me?" Each time, when St. Peter asserted the sincerity of his devotion, he was quietly told to prove it by service: "Feed My lambs. Feed My sheep."

It is not enough to have our emotions deeply stirred, not enough to weep bitterly, as St. Peter did, in repentance for sins, not enough to suffer martyrdom for the cause of Christ, or give all one's goods to the poor (1 Cor., xiii.: 3). When we appeal to our Master's knowledge of our inmost heart, when we say: "Lord, Thou knowest all things; Thou knowest that I love Thee!" He does not answer: "Yes, I know it." He says quietly: "Feed My lambs. Feed My sheep." Love that is not shown in practical fashion, love that is only emotional, soon burns itself out—like a lamp that has no supply of oil.

If a young and enthusiastic convert should come to a clergyman and say, "My heart is burning with love for God," he would probably say: "Prove your love by practical service. Teach a class in the Sunday school, or help in the choir, or visit the sick, or give to the poor." Emotion is a very important part of our religion. We should not offer our work without putting our heart into it. But emotion is a very poor thing if it does not make a disciple eager to serve.

Consider the case of a man and woman who are linked together in love and marriage. The woman shows her love sometimes by words, but she shows it every hour by service. When she is cooking or keeping the house tidy, or even dressing herself, she is proving her love in practical fashion. Suppose that her husband should come home from his work to find his wife and house untidy and the meals carelessly prepared; it would not be very satisfactory to hear her say: "Oh, how I love you!" That might make him overlook her want of service for a short time, but in a few months he would get tired of a love which was all profession and no practice. In the same way, a wife would soon doubt the sincerity of her husband's professions of affection if he spent his money easily on things for his own use, but never remembered that she needed many things. It is worse than useless to make emotional demonstrations of affection if one is not ready to back them up by doing or suffering. Our Lord told St. Peter he must prove his love by both—he must feed the lambs and sheep of the Good Shepherd, and must be prepared to endure patiently when the privilege of ac-

tive service should be taken away: "When thou shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry thee whither thou wouldest not."

All our time belongs to our Master—He does not claim only one day in seven. His Love for His Bride, the Church, is pouring itself out in active kindness every moment; and she daily delights to serve her King, as any loving wife delights to serve her husband. Christ's Love for each one of us is strong enough to make Him willing to endure agony and shame unspeakable to save us from sin, and Love so amazing demands all we have to give in return. He has shown, by the weekly division of our time, that we can please Him best by telling our love chiefly by words one day, and by deeds six days.

Perhaps you feel that it is a hard and unjust thing that you are forced to work hard, year after year, while others are living easy and luxurious lives. Put the matter the other way around, and say: "What a glad privilege it is to be allowed to serve my dear Master through His children." A wife who loves her husband is delighted to have the opportunity of doing everything she can for him. Though Mary of Bethany knew, by the intuition of devoted love, when the Master wanted her to sit quietly and enter into His thoughts, she was ready also to minister to Him without counting the cost. It was she who thought the precious ointment of spikenard none too good to anoint the feet of her Lord. Martha was glad to serve Him with food, but Mary stooped in lowliest devotion and wiped His feet with her hair.

Perhaps you long to do great things with your life. You hear of others who go out as missionaries, or who fling themselves into the thick of the battle against misery and sin which is going on in the slums of great cities. But you are given such "trifling and commonplace duties." Year after year you toil on, never finding yourself free to devote more than a small part of your time to "religious" work. You are working for others, and they accept your service as a matter of course, scarcely ever troubling to acknowledge their obligation; and you think they might at least repay your lifelong service by an occasional word of thanks. It seems a small thing to ask, and—because you do not get it—perhaps you spoil the beauty of your offering of service by trying to sell it for gratitude. You are allowed to feed the sheep—as your offering of love to their Shepherd—and you grumble because the sheep take the food that you offer them and make no return.

You offer an act of service to Christ, and He rewards you by opening the road to another. Would you be better pleased if He said: "You have served Me faithfully, now you need never do anything more for Me?" Would a mother be pleased if her children said she had done enough for them and must give up serving them?

But there may come a time when love must be proved by a far harder thing than service. St. Peter was told to feed the flock of Christ while he was given that glorious privilege; but, when old age should come, he must lie in helpless patience while others should gird him and carry him about without his own will. Service is a glad and an easy offering, which we are permitted to lay at our dear Master's feet. But when He calls us to pour out a more costly offering—the gift of patient suffering—then indeed life is a grand and noble opportunity. Just because it is hard, it is an opportunity to be seized triumphantly.

Now, please don't think that I have reached that height myself, because I can see its glory and its beauty. God has given to me the great gift of health, and—like most healthy people—my power of patient endurance is small. It has not been strengthened by practice. But I can see the beauty of patient sufferers, and can remind them that their costly offering is, in the Master's sight, a very certain proof of their love. It is a very small thing to pray that He will give everything we ask, and to thank Him when He gratifies our wishes; but it is a great thing to lay our desires before Him and to accept unquestioningly and joyfully His will when it is hard and painful. Only the heroes of the great