MESSENGER AND VISITOR


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antumix
，miverimeme tom

 munimatiwe miximiziz

## 

 THE HOMEThe Hotwater cure. Are you a buny，worried woman，who hrobbling and every monaclenohing from If so，you off
dead cired，
to drese or evening，
go to bed
boud nem
timd
 Waiet of your gown，brush your hair
on to the top of your heed and b
ohe beok of your neek with hot wim
Whan he

 hot－water cure in quite ail
taken externaly as internally．

neverineess is to be avoided，and scree Should bhield the table from alld draughts，
The room ehould be swopt daily and the
rugs obaken．Onee a week the door

should be thorongily cleaned，Plan
are an appopinte window and tabl
decoration，ferns in small，silyer platec
jardinimeres biefgn much used for oentre pieces．The
itrer
itel in the
 and an appropriste sirangement

mane

 who are obliged to live together se is if
England．If momparo domestio liff
and mannexs in England with other countries where meat doee no
form such an integral artiole of diet，
 and an exquinite porinean another prevaile even among the ohil
dren who play together in the otreete
In Japan I never heard rude，angry Iams strongly by any but Engianme Ili－temper of the Engilistit is ononed in Yreat measure by a too abundant meas
Tietary combind with a seodentary life
The halforidived producte of albumen diroulating in the blood produce bot workers thould lile ape paringly if the
would work wiell
foree is reanired for mental exertion of digetion for ethpended on the than：
 force：＇The
lead an acti
moderate
（Tousehola．
 pare the quinoes as abore，and cook t oook firt tho apples，which hase be
pared，cored and cut into eighths，
they are moderately tender．


