

Health in the Home

Bread More Nutritious Than Meat.

According to Dr. Robert Hutchinson of the London Hospital, who supplied evidence regarding food supply to a royal commission, bread is the most important of all common foods of the people. As a yielder of energy one pound of bread is more valuable than a pound of meat.

One interesting point on which Dr. Hutchinson insists is the value of ordinary white bread. Rye, he says, is lower in nutritive value than wheat. The next most important article of diet as a source of energy is sugar.

Among the nitrogenous foods in-stanced as good adjuncts in supplying the defects of bread are beans, cheese and fish. The white of an egg is stated to be an essential element of food. If no meat is available at any time, bread, sugar and eggs are all that is wanted for a "very respectable support for the body," says Dr. Hutchinson.

To Remove Warts.

A simple remedy for warts consists of wetting and rubbing them several times a day with common washing soda. Mucic acid applied several times daily will cause them to shrivel and finally fall off. A wooden toothpick or sharpened match is used to apply the acid, which should not be allowed to touch the surrounding flesh. If the wart presents a hard surface the top may be shaved slightly, so that the acid may penetrate more readily.

Luna caustic is frequently used to remove warts and moles. A piece of tinfoil should be wrapped about it, as it must not touch the bare flesh. It may also be placed in a quill. It may also be used in the name of silver. Moisten the raised surface and touch with the caustic. Repeat night and morning. Successive layers of skin will dry and peel off. When on a level with the surrounding flesh, apply a healing ointment, and let the last crust form without dropping without touching it. Unless carefully done this process is apt to leave a scar.

Health Depends Upon Careful Housekeeping.

Aim to simplify housekeeping in all its departments; study to take steps by the most convenient arrangement of the tools and materials in relation to the work in hand; by sitting down in quiet and thinking out the best way of doing things before the beginning. Make a program of the duties of the day, and live up to it as nearly as possible in a business-like way. Study to keep clean, rather than to make clean. Let health be the ruling principle, to which all else subserves. Housekeeping is a profession worthy the best energies of any woman, but it is pitiful indeed to see one wholly engrossed in performing the mere mechanical operations involved, with no thought beyond the immediate visible results of her work. Whether one knows it or not, whether one cares or not, the fact remains the same, that in the greatest measure is the life and health of the entire household dependent upon the faithfulness and intelligence with which the processes that go forward day by day in the household laboratory are carried out.

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Sunday at Home

The Love in the Deed.

It is not the deed we do,
Though the deed be never so fair,
But the love that the dear Lord
looketh for,
Hidden with lowly care
In the heart of the deed so fair.

The love is the priceless thing,
The treasure of treasures must hold,
Or ever the Lord will take the gift,
Or tell the worth of the gold
By the love that cannot be told.

Behold us, the rich and the poor,
Dear Lord, in Thy service draw near;
One consecrated a precious coin,
One droppeth only a tear;
Look, Master, the love is here!

Going "Anywhere."

"I think a Christian can go anywhere," said a young woman who was defending her continued attendance at some very doubtful places of amusement.

"Certainly, she can," rejoined her friend; "but I am reminded of a little incident which happened last summer, when I went with a party of friends to explore a coal mine. One of the young women appeared dressed in a dainty white gown. When her friends remonstrated with her she appealed to the old miner who was to act as guide of the party.

"Can't I wear a white dress down into the mine?" she asked petulantly. "Yes," returned the old man, "there's nothing to keep you from wearing a white frock down there, but there'll be considerable to keep you from wearing 'one back."

There is nothing to prevent the Christian wearing white garments when he seeks the following of Christ which is unclean, but there is a good deal to prevent him from wearing white garments afterward.

Keep Religion in its Place.

Keep religion in its place, and it will take you straight through life and straight to your Father in Heaven when life is over. Religion out of its place in a human life is the most miserable thing in the world. There is nothing that requires more to be kept in its place as religion, and its place is what? Second? Third? First! First the Kingdom of God! Make it so that it will be natural to you to think about it as your very first thing—Prof. Drummond.

Character Measured by One's Thoughts.

Character is not measured by deeds and words alone. It would be comparatively easy to gain a strong and clean character, if that were only a question of the control we could exercise over what we say and do. Every man ought to know that his attempts to be a character are measured by what he is when he is alone with his thoughts. To what does his mind turn when not bent upon the daily work? Does he cherish thoughts that would ruin him if expressed? Does he have a subtle enjoyment, a secret pleasure, in seeing or hearing what he would not wish to disclose to his most respected friends? Character is the man himself, alone and unchallenged by the opinions of others.