

THE DAY OF REST.

When all the labor of the week is done,  
The weary heart  
Rejoices, that once more the morrow's sun  
Brings rest in part,  
That the tired limbs may pause a little while  
From painful strife,  
And God's refreshment may have room to smile  
On busy life.  
So when the day of life is near its close,  
And shades of grey,  
The weary pilgrim waits with calm repose  
For God's own day;  
Though shadows deepen, yet no coward fear  
Disturbs his breast.  
The night of gloom but serves to bring him near  
The Day of Rest.  
—The Quiver.

THE HOME.

HEALTH.  
THE GREAT THING.—"In the matter of faith-healing," says Mr. Spurgeon, "health is set before us as if it were the great thing to be desired about all things. Is it so? I venture to say the greatest earthly blessing God can give to any of us is health, with the exception of sickness. Sickness has frequently been of more use to the saints of God than health. Trials drives us to the realities of religion."

A COMFORT AND A REMEDY.—A rubber water bottle is a very useful article in any family. The water, heated to the boiling point, retains its heat a long time. The bottle being flexible, adapts itself to the form of the body, and may be used in the application of moist or dry heat to any part of the body, keeping fermentations warm, and permitting constant change in place without any trouble. A two quart bottle costs a dollar and a half, and is a good investment for the money.

A WISDOMY OPINION.—Van Moltke does not condemn light beer, but says: "I myself abstain altogether from alcohol. I do not consider it necessary or helpful, except perhaps after fatiguing work, when the principal thing is to revive one's strength at once. Certainly one of the greatest enemies of Germany is the misuse of alcohol. A healthy man needs no such stimulant, and to give it to children, which is often done, is absolutely wicked." Dr. Buckle adds: "This is highly important testimony from one of the greatest of men, and most successful of general, who will be ninety years old in a few weeks."

OLD PEOPLE AND THE CHANGES OF TEMPERATURE.—It is said of the Duke of Wellington that at four score it required him to keep his room so warm, in order to render him comfortable, that few persons could remain in it with any degree of satisfaction longer than a very few moments at a time, and that he always put his head out of the window on rising in the morning to determine by his feelings the temperature of the air, and then would order the temperature to be adapted to the temperature of the day. It was by such carefulness that he was able to reach a good old age. No one after "three score" can afford to neglect these little precautions. It cannot be done with impunity. It is for the want of it, that so many persons after that age, whose apparent health is hurried to the grave in a few days from pneumonia, known commonly as inflammation of the lungs. A difference of twenty degrees or more, especially if there is much wind, imperatively demands a warmer dress for the outside, and not to be changed for a thinner material until the next morning.

PRINCE BISMARCK AS A PATIENT.—Prince Bismarck used to have the reputation of thinking anything but nobly of the medical profession, and his differences of opinion with the late Prof. Frelich as to the pathology and therapeutics of that important political organ, the liver, were expressed in language more familiar perhaps to scientific controversialists and diplomatists. It is probable that the great statesman was a refractory patient, but, bitter experience seems to have taught him that throwing physic to the dogs is not the most satisfactory treatment for the growing infirmities of age. He is now, according to a statement which he recently made to the *Daily Telegraph*, a model patient, paying the most scrupulous obedience to the counsel of his medical adviser, Prof. Schwenger. The Prince some years ago was in some danger of becoming the largest as well as the greatest man in Germany, but Dr. Schwenger relieved him of the growing load of "too, too solid flesh," by the judicious application of dietary treatment. The details of the Prince's present dietetic regimen may be interesting to those interested in the treatment of obesity. He says: "I am only allowed to drink three times a day—a quarter of an hour after each meal, and each time not more than half a bottle of a very light and dry wine. Burgundy and beer, both of which I am extremely fond of, are strictly forbidden to me; so are all the strong Rhenish and Spanish wines, and even claret. For some years I have been a total abstainer from all these generous liquors, much to the advantage of my health and my 'condition,' in the sporting sense of the word. Formerly I used to weigh over seventeen stone. By observing this regimen I brought myself down to under fourteen, and without any loss of strength—indeed, with gain. My normal weight now is 185 pounds. I am weighed once a day, by my doctor's orders, and any excess of that figure I at once set to work to get rid of by exercise and special regimen. I ride a good deal, as well as walk. Cigar smoking I have given up altogether; it is debilitating and bad for the nerves."

—FOR PAIN.—One of the best hot applications for pain in pneumonia or dysentery is a flannel bag filled with hops and rung out with hot vinegar. The ringing process may be avoided by the use of two tin plates. After the bag is ready, pour a little vinegar into one plate, set it on the stove and lay the bag in it. Place the other plate on the top to keep in the steam. When the vinegar has all evaporated into the hops, add a little more and turn the bag. In a few minutes the bag will be steaming hot, but not dripping. This keeps it light, a thing always to be considered when the

chest is weakened by pneumonia, and saves the hands of the nurse from the scalding vinegar.

HINTS FOR THE HOUSEWIFE.

THE ART OF COOKING RICE.—Rice cooked so that the grains remain distinct, is much more palatable than when it is boiled into a "mush."

BAKING BANANAS.—Select large, ripe bananas, and bake them in the oven as you would potatoes. When the skin begins to split at the seams they are done. Take them out and serve one to each person, as a vegetable. They should be peeled, and eaten with butter and a little salt.

BOILING MEAT.—When meat is to be boiled, be sure and put it into boiling water to start with, as that closes the pores instantly and keeps the richness in the meat. When boiling it for soups or bouillon, put it into cold water and bring it to boiling heat as slowly as possible, for in this case our object is to extract the strength and richness from the meat instead of keeping it in.

RAISED CORN MEAL MUFFINS.—Two cups milk, two cups corn meal, one tablespoonful lard, quarter yeast cake; salt to taste. Heat the milk to boiling, and pour it upon the meal. While this is warm, beat in all the other ingredients except the lard. Let the rise six hours. Add the lard. Fill muffin tins, and let the batter rise twenty minutes before baking.—*Harper's Bazaar*.

ARRANGING THE TABLE.—Those who have the table to arrange and clear off three times a day, may save themselves many steps by using a market basket to carry things back and forth between the table and the pantry or cellar. Of course you can use any size, and make it as fanciful as you please. I like a large size, with an oleoath lining, as that is easy to keep clean, and I prefer to have the outside simply stained rather than covered.

MEAT LOAF.—Two pounds of raw or underdone beef or veal minced fine; quarter pound ham, also minced; two eggs, half a cup fine bread crumbs, one tablespoonful melted butter, pepper, salt, chopped onion, and herbs for seasoning to taste; work all the ingredients well together, and press closely into a brick-shaped tin. Cover this, set in a pan of boiling water, and bake an hour and a half, taking care that the boiling water does not cook away. Turn out and slice when cold.—*Harper's Bazaar*.

THE FARM.

—The Birmingham *Age Herald* says that the McCormick reaper people have purchased of Keller, the inventor, for \$100,000, a machine which will make over one thousand feet of binding time in one piece out of ordinary slough grass, the cost of the whole rolled up being only a quarter of a cent a pound.

Japanese lilies are now sent out from Yokohama in such large numbers annually as to form an export of considerable importance. According to a note in a recent issue of *Revue Horticole* in the three months of July, August, and September of last year no less than 1,192 cases, containing 700,000 bulbs, were exported from Yokohama to the United States and Europe.

—In order to test the grain and insect devouring propensities of the bluebird and English sparrow, boards containing the cocoons and larvae of codlin moths, and with wheat screenings, were placed out doors, and the English sparrows came and devoured all the grain, but did not touch the insects. A pair of bluebirds descending upon them, greedily devoured the insects, but paid no attention to the grain.

—Experiments at the Geneva (N. Y.) Agricultural Station have shown that large selected seed of the Golden Wax bean yields about twenty per cent. more than small seed. The small seed germinated more quickly, but it was found that early germinating is not favorable to the vitality of the plants afterwards, and that plants from the large seed possessed more vigor and furnished greater resistance to diseases.

—The Plainfield (N. J.) Society for the Prevention of Cruelty to Animals has a President (says the *Examiner*) who understands his duty and is not afraid to perform it. After fair warning to a prominent citizen that his horses were cruelly overworked, and meeting them afterwards in as painful a posture as ever, President Murphy promptly stopped them on the street, loosened the taut checkreins, and warned the coachman that if ever again he appeared on the streets driving horses so cruelly checked, the society would have him arrested and severely disciplined.

Poultry Notes.

There has been so much in breeding of the Plymouth Rocks, and so many crossings, that, according to the *State Journal*, the bird has been fairly slaughtered. To see an ideal blue-barred Plymouth Rock in the show pen, we meet two different styles and qualities. It is a pity that more care has not been taken of this American breed. It has stood the booms of a score of new varieties, and has successfully met every new variety brought out by the speculators, and still it lives—a monument to American ingenuity. With the introduction of the white Plymouth Rock, we are supplied with a fowl equal in merits to all, and superior to a great many. In fact, take every one of the American class, and we find no better in any part of the world. We keep on importing the breeds from other countries, let us see that our own is being perfected.

Then we do not properly appreciate that distinctively American product the bronze turkey. And we should like to see greater interest manifested in the rearing of prize specimens of turkeys, ducks, and geese. There is a lamentable lack of interest among American fanciers with reference to this class of poultry. Think of the list of ornamental ducks, including the wonderful Mandarin, the scarlet eye, the peculiar Whistler with its flute-like notes, and the various other species. What a field they open for development, one almost unoccupied in this country. We look in vain for a list of breeders of these beautiful water-fowl. Some of the larger duck, goose, and turkey raisers, but generally for purely commercial purposes.

The African bantam is one of the

handsomest as well as one of the most interesting varieties of the bantam class. With its neat rose comb, its small, perfectly white and flat earlobes, its fine Hamburg shape, and its iridescent black plumage, it never fails to attract attention wherever it is shown. Its admirers are many, it commands a good price for fine specimens.

—Luther said: "I would run into the arms of Christ if He stood with a drawn sword in His hands." John Butterworth, reading this, resolved to do likewise, and found as every venturing sinner does no sword in the hands of Christ, but open arms and a hearty welcome. Jesus' proclamation, forever sounding forth to every burdened heart, is: "Come unto Me, all ye that labor and are heavy-laden, and I will give you rest." He demonstrated His marvellous compassion by dying for us; He will not now repulse the approaching sinner.

CHURCH VENTILATION.—The subject of ventilation is a most important one. A very common mistake in the ventilation of churches, schoolhouses and public buildings generally, says a recent writer, is that those in charge of them fail to open all the windows immediately after the buildings have been vacated. The caretaker of the lungs and the emanations from the body, being light, will float for awhile in the atmosphere before falling to the floor, and if the windows be opened at once, so that a current of air crosses the hall, many of them will be carried out. If, however, as is usually the case, the windows are not opened for some hours, possibly not until the next day, these particles, settling upon the floor, are not carried away, but when the hall is again occupied they are disturbed by the feet, thrown up into the atmosphere and inhaled by the lungs from which they have been exhaled the day before.

THE JOY OF THE LORD.—Joy is both full of insight and medicinal. Our best poets delight to depict its power in each of these ministries. Wordsworth said it was "with an eye made quiet by the deep power of joy that he saw into the life of things." Then he felt sensations sweep passing into his purer mind, with restoration. Then he came to know that blessed mode in which the border of the mystery of this unfeeling world is lightened, and he became a living song. If this be the ministry of the joy of nature, surely the "joy of the Lord" would lighten many dark problems in life, lift many a burden, change the home and the business of many a weary and tried child of God, and fill them with brightness and song.—*The Quiver*.

"I have no grudge against fat people," said the stumbler agent, "but I always give them a wide berth if I can."

—Mrs. M. Stephens, of Albany, N. Y., writes us as follows: My stomach was so weak that I could not eat anything sour or very sweet, even fruit at tea times would cause heartburn, fullness or oppression of the chest, short breath, restlessness during sleep, and frightful dreams of disagreeable sights, so that I would often dread to go to sleep. With the use of Northrop & Lyman's Vegetable Discovery this unpleasantness has all been removed, and I now can eat what suits my taste and fancy.

"Fine night," said Smithers, looking at the heavens. "No," replied the Boston girl; "you mean infinite."

A Bean of 1820.

When grandpa went a wooing  
He wore a linen vest,  
A pair of running shoes,  
Embroidered on the breast.  
The pattern of his trousers,  
His linen, white and fine,  
Were all the latest fashion  
In eighteen twenty nine.  
Grandpa was a fine looking young fellow then, so the old lady says, and was a fine looking old gentleman now. For the past score of years he has been a firm believer in the merits of Dr. Pierce's Golden Medical Discovery. "It renewed my youth," he frequently says. "It is the only blood purifier and liver invigorator guaranteed to benefit or cure, or money promptly refunded. It cures liver disease, dyspepsia, scrofulous skin, eruptions, and all diseases of the blood. For lingering coughs and consumption (which is lung scrofula in its early stages) it is an unparalleled remedy."

—Christians are exhorted to trust in the Lord forever, and the reason assigned is that the Lord is the "Rock of Ages." He is immovable, unchangeable. Our circumstances and our feelings may change, but God is immutable. A great mistake with many of us is that we regard the attitude of God toward us as affected by external circumstances or by our emotions. When poverty lays its hand upon us, when dear ones are snatched away, when temptations assail us, when perplexities bewilder us, it is comforting to remember that firm and unmoved in love, in condescension, sympathy, in helpfulness, standeth the Rock of Ages.

—Surely none are so full of cares, or so poor in gifts, that to them also, waiting patiently and trustfully on God for His daily command, He will not give direct ministry for Him, increasing according to their strength and their desire. There is so much to be set right in the world, there are so many to be led and helped and comforted, that we must continually come in contact with such in our daily life. Let us only take care, that, by the glance being turned inward, or strained outward, or lost in vacant reverie, we do not miss our turn of service, and pass by those to whom we might have been sent on an errand straight from God.—*Elizabeth's Charles*.

CHILDREN.

Are always liable to sudden and severe colds, to croup, sore throat, lung fever, etc. Remedies, to be effective, must be administered without delay. Nothing is better adapted for such emergencies than Ayer's Cherry Pectoral. It soothes the inflamed membrane, prompts expectoration, relieves coughing, and induces sleep. The prompt use of this medicine has saved innumerable lives, both of young and old.

One of my children had croup, and was attended by my physician, and was supposed to be well under control. One night I was startled by the child's loud breathing, and on going to it found it

Strangling.  
It had nearly ceased to breathe. Realizing that the child's alarming condition had become possible in spite of the medicine I had taken, I reasoned that such remedies would be of no avail. Having a part of a bottle of Ayer's Cherry Pectoral in the house, I gave the child three doses, at short intervals, and the child was cured. From the receipt of the Pectoral was given, the child's breathing grew easier, and in a short time it was sleeping quietly and breathing naturally. The child is alive and well to-day, and I do not hesitate to say that Ayer's Cherry Pectoral saved its life.—C. J. Woodbridge, Worlham, Texas.

For colds, coughs, bronchitis, asthma, and the early stages of consumption, take

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