

likely to put faith in charms and omens, trembling if a mirror is broken or if a dog howls at night.

But, while we ask God to help us—and expect Him to help us, too—let us never depend on Him to do all our work for us. John Eliot prayed to God to make him useful, and, even when he was bedridden and could no longer preach, he helped his prayers along. On the day of his death, when he was in his eightieth year, he was found teaching an Indian child his alphabet, and said he thanked God for allowing him to help even in so small a way.

Sometimes we feel as though we were making no progress in the higher life. The constant rush of everyday duty seems to fill up all our time, and almost all our thoughts. Life becomes a treadmill round of commonplace work, and we find ourselves no nearer God at the end of the year than we were at the beginning. What is the root of the trouble? Is it too little time spent in work, or neglect of prayer? I think we shall find that want of earnest, persevering, daily prayer is usually the cause of our standing still.

The farmer who thinks he can get rich without prayer may succeed in his attempt—with God's help, as I said before—but, though he may pull down his barns and build greater, because he has no room to bestow his fruits and his goods, yet his soul may be starving. It is quite possible to be "a beggar, with a million bits of gold," and many a millionaire's soul may be "wasted and all in rags." The riches heaped up on earth must soon be left behind, and the soul that has cared only to lay up treasure in this world must go forth, poor and lonely, to meet an unknown God. How soon the call may come, none of us know, but come it surely will. Let us spend much of our time with God now, and then the message, "The Master is come, and calleth for thee," will not fill us with fear, but we shall gladly rise up quickly and go to Him. Indeed, He is calling us every day to go out and work with Him in the field; and work done with Him can never be weary drudgery. What a high honor it would, have been to have worked with him in the carpenter shop. Even to have handed Him a tool for His work would have been a privilege never to be forgotten while life lasted. And yet we are called upon to be fellow workers with Him every day. Let us not forget to rejoice in our high privilege and take full advantage of it.

"Sons of Toil, go forth now leaning  
On the Mercy that is Might,  
With new majesty and meaning  
In the task, however slight;  
Nothing now is common, brothers,  
With the consecrating mark  
Of that Presence, when Another's  
Is the burden or the dark;  
Nothing is unclean or little  
Now the Master makes it grand;  
And the reed, that was so brittle,  
Is a bulwark in His hand."

HOPE.

### The Chinese Baby.

Girls have Poetic Names, while Boys have More Practical Ones.

When a Chinese baby is a month old it is given its first public reception, and all its relatives and friends are expected to send presents. The mother holds it kicking and screaming, while its head is shaved. It is then given its first or "milk name," which is supposed to last only till it enters school.

These names are often fanciful and poetic. Girls are called "Lovely Autumn," "Pure Flower," "Lucky Pearl," "Golden Harp," and "Jade Transparent." The boys may receive names meaning "Dog," "Flea," or "Hog," or they may be merely numbered in rotation of birth, "One," "Two," "Three." Some are luckier, receiving such lofty appellations as Wu Ting-fang, the name of the Chinese minister at Washington, which means "Fragrant Palace," or Li Hung Chang, "Illustrious Bird." Often the "milk name" sticks to its owner throughout life.

## HEALTH IN THE HOME.

By a Trained Nurse

### Convalescence.

#### SITTING UP.

When the patient is well enough to begin to sit up, let someone raise him to a sitting position, and hold him there, while another person, taking a straight-backed chair, inverts it, and places it behind him in such a way that the top of the chair-back and the front edge of the seat rest on the bed, and the front legs are braced against the headboard. This, covered with pillows, makes a firm, slanting back for him to lean against, and the position can be made more comfortable by placing a fair-sized pillow under the knees, which relieves the strain upon the muscles of the back of the legs. An inflated rubber cushion, in the shape of a hollow ring, is sometimes comfortable to sit upon, and saves the spine from pressure, which soon becomes painful. The back should be well rubbed with alcohol before and after sitting up, which for the first time should be allowed for from fifteen to twenty minutes at the longest. After that, the time can be lengthened, according to the patient's strength, and in a few days, as a rule, he may get out of bed. Place pillows and a blanket in an arm-chair, help the patient into it, and wrap the blanket around him. Turn the chair away from or sideways to the window, so that the light does not shine directly into his eyes, place a stool for the feet, and if you have to leave the room while he is sitting up, give the patient a bell, or a stick with which he can knock on the floor or furniture if he needs anything or becomes faint, in which case he must be put back to bed. Patients should never be allowed to get out of bed for the first time alone, for though they may feel quite strong and confident, they are apt to find an entirely unexpected weakness in their knees after two or three weeks in bed, and, if no one is standing by them, will very likely fall to the floor, and, even if they are not bruised, sustain a very unpleasant nervous shock.

#### VISITORS.

During an acute illness there must, of course, be none, and there should not, I think, ever be more than two persons in the room at one time, unless their help is actually needed, and then for not longer than five minutes at a time, and not often during the day. One person should assume the care of the patient, and carry out the doctor's orders for a certain definite period. Then another should take her place until she has had sufficient rest and fresh air to enable her to return to her patient feeling physically strong and mentally alert. This is especially important in cases of long and serious illness, where the patient's condition must be unceasingly and accurately noticed. In convalescence, I think no one, except near relatives, should be admitted to the sick-room for more than fifteen minutes, until the patient is able to sit up in bed indefinitely without fatigue.

#### BE CAREFUL TO PLACE A CHAIR FOR THE VISITOR

so that he will face the patient. Do not let him take a seat by the side of the head of the bed, so that to see him the patient must twist his neck to a most uncomfortable angle. Visitors should not rock their chairs, nor jar the bed in any way. Any subject of conversation likely to excite or displease the patient should be avoided, as well as details of his illness, and an oversympathetic manner. The visitor should try to arrive armed with some interesting and cheerful items of outside news, and to act just as he would in paying an ordinary visit, except to be

quiet and watch for any signs of fatigue, which usually show in the eyes and voice of the sick person. The patient should not be sympathetically told how ill he looks, nor, on the other hand, is there any sense in telling an intelligent individual, who knows that he has been seriously ill, that he is looking "fine." It is better to let the patient understand by your manner that you realize that he has been ill and must be careful, but that you are not alarmed about him, and expect to see him quite restored within a reasonable time. Talk to him about other things. Sometimes there is a little difficulty about

#### ADMITTING THE CLERGYMAN.

It being feared that his visit will alarm the patient and cause him to imagine that his condition is critical. This does not occur during convalescence, but I will mention it, since I am speaking of visitors. When the doctor is sent for, notify the clergyman also, and admit him frequently from the beginning of the illness to make a short call of a few minutes or so, subject, of course, to the orders of the attending physician and the discretion of the nurse, and let the patient know when the clergyman calls to make friendly enquiries and cannot be admitted to the sick-room, so that he understands that there is nothing significant in the visit, and when allowed to see him can enjoy and appreciate his presence. The clergyman for his part will be led by his judgment and common sense to sum up the situation and know what to say or refrain from saying officially. This way out of the difficulty was brought to my attention by a doctor of international reputation and standing, whose custom it is in his own family.

#### A PATIENT SHOULD NEVER BE ROUSED FROM SLEEP TO SEE VISITORS

of any kind, natural sleep being of the utmost importance. All preparations for the night should be made before half past nine, and the convalescent allowed to sleep in the morning until he wakes.

#### FOOD IS OF GREAT IMPORTANCE.

Three regular meals, with a nourishing drink in the middle of the morning, again in the afternoon, and before settling down for the night, is not too much. Milk, egg and milk shaken together and flavored, clam broth made with milk, egg and lemonade shaken together, and beef or other meat broths, can be used for this purpose. The meat broths are the least nourishing, and should be served with a little toast, but they are pleasant as a change, and rather stimulating. That kind of cocoa called "hygienic" is a wholesome and satisfying drink for those who can take it. The heaviest meal should be taken in the middle of the day, and good judgment used in its selection. Fruit, cereals, boiled or poached eggs, broiled underdone steak, or scraped beef balls fried in very little butter and cooked rare, toast and baked potatoes are amongst the first solids allowed. Homemade preserves of good fruit are also permitted. Strawberries should not be given unless it is known that the patient can digest them. Some people cannot do so even in health. The meat diet may be varied by broiled lamb chops, and, for breakfast, a little bacon, cut very thin and fried crisp and free from grease, may be served. No other pork, veal or cured meats. Cereals must all be very thoroughly cooked. Oysters may always be given, raw or stewed, never fried. Custards and milk puddings of all descriptions are good. Plain boiled rice with cream

or preserves is sometimes preferred by those who do not care for milk, and sago, with apple, not made with milk, is very good. A patient is not usually allowed to return to his ordinary full diet until he is able to be up and dressed for at least a part of each day. ALICE G. OWEN.

[Note.—If there should be any questions on the subject of home nursing, or any special topic with regard to "Health in the Home" on which any of our readers would like Miss Owen's advice or help, she will be very glad if they will make it known. A postcard, stating such wishes, will receive kind attention from Miss Owen. Address, Editor Home Department, "Farmer's Advocate," London, Ont.]

### For the Farmer's Table.

By Kathleen Merivale Darrel, Assa. FISH.

Now that the Lenten season is upon us, many families are looking forward to a monotonous round of boiled eggs, fried eggs or boiled salt codfish, served with butter, pepper and salt. Even if they do procure fresh fish, such as halibut, whitefish or salmon, it is usually either simply boiled or fried. Many appetizing dishes of fish may be prepared with very little extra trouble, and I have collected a few tested recipes, which I hope will help you to give a spice of variety to your bill-of-fare during Lent.

Salted codfish will probably be the most commonly used, so I have chosen several recipes for preparing it, which, if followed, will transform even that most plebian of fishes into novel and palatable dishes.

Codfish Puff.—Wash one pound of salt codfish, and soak it over night in cold water. In the morning, drain, cover with boiling water, and simmer until it is cooked enough to mash easily. Drain and press. Add two cups of hot mashed potatoes, one cup of hot milk, a tablespoon of butter, two well-beaten eggs, and salt and pepper to taste. Beat all well together, turn into a buttered dish, and bake till nicely browned. A couple of tablespoons of tomato catsup, and bits of butter dotted over the top will improve it. The flavor may be varied by adding chopped onions or a squeeze of lemon juice.

Codfish Balls.—Prepare the ingredients as for the puff, then mould it into flat cakes, an inch thick and as large round as the top of a tumbler. Dip in beaten egg, and then in rolled crackers, or breadcrumbs, and fry in deep, boiling lard.

If you should have part of a can of tomatoes left over, it could be utilized in making a delicious sauce, to be served with the balls. Add an onion, finely shredded, a stalk of celery, a bay leaf, a pinch of cloves, salt and cayenne pepper, and cook slowly until the onion is soft. Mix one large tablespoon of butter with two of flour, pour it into the tomatoes, mixing a little of the hot liquid with it first, to prevent lumping. A dash of vinegar may be added by those who prefer a tart flavor. If you cannot procure fresh celery, a large spoonful of celery salt will serve the purpose. The proportions given here are for a whole can of tomatoes, but the other ingredients can be regulated by the quantity of tomatoes used.

Creamed Cod.—Soak the fish over night, drain, cover with boiling water, and cook slowly until done. Drain, and flake the fish. Make a sauce by melting one tablespoon of butter, and stirring into it two of flour. Add, slowly, a pint of boiling water, beating constantly until smooth. Bring the sauce to a boil, season with salt, pepper and a little vinegar, and add two hard-boiled eggs, chopped. Pour over the flaked cod, and serve very hot.

Scalloped Cod.—A nice way to use up cold boiled codfish is to flake it and place a layer in a buttered baking dish, then a layer of bread crumbs, and so on, alternately, till the dish is full, having the top layer of crumbs. Over each layer of crumbs place thinly-sliced onion and bits of butter, and sprinkle with salt and pepper. Pour over it enough tomato juice to moisten thoroughly. If you do not wish to use tomatoes, sweet