

mind how trivial the occupation, so that it be but useful, and trains your child to an abhorrence of idleness.

Never think it too much trouble to answer your children's questions. How often do we hear the tart reply, "I am sure I don't know child; pray don't tease me when you know I'm busy!" This is the surest way to stunt the child's mind. It is the most cruel and ruthless conduct possible, thus to deny a child the information for which he craves, and allow him to feel all the awkwardness and pain to which ignorance exposes him. Rather hail with joy these indications of a growing mind, and make the little inquirer happy by drawing him to you with a kiss, and as full and patient an elucidation as he may require.

Make your children happy in each other, encouraging them to feel that a pleasure enjoyed alone is only half enjoyed. If one of them buy only a farthing sugar-stick, teach him to feel a delight in offering a taste to the rest. As far as possible, let their presents to each other be of their own manufacture—not purchases. Let the boys carve silk-winders, or make bone crochet hooks, or copy in their style some favorite poem, transcribing it into a neat manuscript volume, perhaps adorned with original illustrations. Let the girls make bookmarks, satchels for school books, or a leathern cover for some favorite volume. Cherish the little outbursts of affection natural to them. Do not chide your boys for a few irrepressible tears at leaving home for boarding school, nor encourage "manliness" at the expense of brotherly affection, and do not grudge an hour bestowed upon a little pains-taking letter-writer or juvenile composer, who is anxious to give an account of various home details to the absent one. Let him write two or three sentences of his epistle each night, overlooked by an elder sister; the one will feel happy at being able to instruct, the other will be grateful at the sight of the letters that grow beneath his pen. By any means, at any expense of trouble to yourself make home happy to your children; let it always remain in their memories as a type of all that is peaceful, loving and attractive; let them constantly revert to it as a soothing remembrance in the hours of pain, sorrow or privation, and let its associations be so hallowed and precious as to restrain them in temptation and strengthen them in trial. Yours is a noble mission; oh, parents, see that ye fulfil it with that wisdom and gentleness which shall prove you worthy of the dignity and honor it confers!—*The Leisure Hour.*

The Turkish Bath.

Doubtless all readers know something of the "Turkish Bath;" many know that it originated among the Phenicians more than three thousand years ago, and that it was more recently adopted, with some improvements, by the Greeks. The Romans, after conquering Greece, made great use of these baths, and the traveler visiting the " Eternal City" may still see traces of their ruins. The baths of the ancients were constructed with great magnificence, being inlaid with gold, silver, marble, and the finest mosaic. They were also very large, "the baths of Caracalla alone accommodating eighteen thousand bathers at once." The Goths and Vandals, out of enmity to the Romans, and also, we think, because of their inability to appreciate anything so refined and æsthetic in its nature, destroyed these baths wherever found.

The Emperor Constantine introduced these baths among the Turks of Constantinople, and from them we have acquired our knowledge. Although we can not boast of such superb baths as those of the ancient Greeks and Romans, we are not prepared to say that their effect on the human system is in any way inferior.

Having visited several of these baths—two of which are in New York city—a description of the different processes through which the bather passes may not be uninteresting. Our pet bath is on West Twenty-sixth street, near Broadway—ladies' hours from 9 a.m. till 1 p.m. Entering the hall, you are ushered into the reception room, where you register your name, purchase tickets, and, if you wish, deposit your valuables in the safe. You then enter one of the numerous dressing rooms, where you are furnished with a bathing sheet, and you soon emerge from thence draped only in classic folds of pure white linen; you then pass into the "Tepidarium" or first warm room, in which the temperature is usually 130°. At first the air seems unpleasantly warm and you try to avoid breathing it, but this sensation soon passes away—

you know that the room is well ventilated, and you begin to enjoy the delicious warmth which seems to embrace you in its silken folds. A kindly attendant gives you cool water to drink and soothes away any lingering nervousness. Should your head be oppressed—it seldom is, however—the congestion is soon relieved by spraying the feet with cold water. You sit or recline at pleasure, a gentle moisture soon begins to cover your body, and usually in twenty or thirty minutes you perspire freely. Most bathers find this heat sufficient to induce perspiration, but if more is required, you pass still further on into the "Sudatorium" or hot room, which has a temperature ranging from 140° to 160°. In the Russian or vapor bath one sometimes mistakes the moisture that collects on the body from the vapor for perspiration; but in this bath of pure, dry, hot air, you know that the moisture that covers you is the impurities of the body passing off through the pores of the skin.

After sufficient time you are taken into one of the shampooing closets. This room is also warm, and has floor, ceilings and couch of marble. ("The word shampoo is from the Hindostanee *tshampau*—to press, to squeeze," or, if you prefer Webster, you will find his definition nearly the same.) The attendant, with hands of velvety softness dipped now and then in tepid water, rubs the face, neck and shoulders, then the sides and limbs; then each portion of the body is gently pressed and wrung until every muscle and joint seems to have been stirred. You are then struck a series of light running blows, passing down one side and up the other, until you fairly tingle with new electricity. A brush is then dipped into a lather of perfumed soap, and you are so thoroughly brushed that you wonder if you will ever get away with anything but your skeleton. The lather is then rinsed off and you are sprayed, first with tepid water, which is made cooler if agreeable. Vigorous people here indulge in the plunge, but those of nervous temperament should omit it altogether, as the exhilaration induced is followed by languor and nervous exhaustion.

At last you are nicely dried and wrapped in the linen drapery, and again you pass into the reception room, where you may recline at will (or until the body is cooled to its natural temperature) on a soft couch. An indescribable sense of quiet and restfulness steals over you, and perhaps you sink into a dreamless slumber from which you awake to newness of life. Your dress—your skin is velvety soft, your step is elastic, your faculties are clear,—that great load of care that you brought with you has vanished under the magnetic influence of an artistic bath. You pass out into God's blessed sunshine with a song in your heart, and a determination to conquer all obstacles.

Suggestions for the Fireside.

"Consistency is a jewel," to be sure, and I certainly would be happy to possess it in a greater degree than I do. I will only add that it is my aim to constantly practice the principles of the following suggestions:

Be very kind and obedient to your parents, especially to your mother. Depend upon it, she is the best friend God ever has or ever will bless you with, and endeavor to retain the precious gift by a hearty appreciation of its magnitude. Never, upon any consideration, speak to her in a manner savoring of unkindness or disrespect. Pay particular attention to her advice, because it is given from a heart prompted by the deepest solicitude for your welfare. Tenderly endeavor to lighten her numerous burdens; let her trials and sufferings call forth your warmest sympathies.

By kindness and attention to your younger brothers and sisters, you will be setting them a good example, and at the same time be a comfort to your parents.

Manifest pride and pleasure in the society of your elder brothers. Make them appropriate presents occasionally, and prepare pleasant little surprises for them whenever you can. If they desire you to accompany them anywhere (brothers never desire sisters to attend an improper place), do so with an expression of thanks for the pleasure it affords you.

Conduct yourself toward your father in a manner savoring of filial affection. Let no opportunity to do him a favor pass unimproved. Express sympathy for him when he is tired or sick. A man of feeling always tenderly loves an affectionate daughter.

Try to cultivate a love for the society of your parents, for it will not injure you in the estimation

of others, but, on the contrary, it will have a tendency to elevate you in their good opinion.

Never misuse any of your relatives, as unkind reflections, with regard to kindred, are neither useful nor ornamental.

Be neat and tasteful in dress, and attend particularly to personal cleanliness.

Cultivate an easy and graceful manner, and always sit or stand with your body erect; don't acquire the habit of stooping over when you are ill.

Study the laws of health and practice them.

If you realize the advantage of a good education, you will of course make every possible effort to secure one.

Be one of those illustrious persons who always have a kind word for everybody. Let it be the ruling passion of your life to make others happy.

Try to be diligent and energetic in anything you undertake.

Be dignified, amiable and religious.

With these remarks I close the series of letters to the readers of the *ADVOCATE*. You may perhaps hear from me again on some general subject.

SISTER MARY.

A Love-Letter.

The reader, after perusing it, will please read it again, commencing with the first line, then the third and fifth, and so on, reading each alternate line to the end:

TO MISS M——.

The great love I have expressed for you is false, and I find my indifference towards you increases daily. The more I see of you, the more you appear in my eyes an object of contempt. I feel myself every way disposed and determined to hate you. Believe me, I never had an intention to offer you my hand. Our last conversation has left a tedious insipidity which has by no means given me the most exalted idea of your character. Your temper would make me extremely unhappy, and were we united, I should experience nothing but the hatred of my parents, added to the anything but pleasure in living with you. I have indeed a heart to bestow, but I do not wish you to imagine it at your service. I could not give it to any one more inconsistent and capricious than yourself, and less capable to do honor to my choice and to my family. Yes, Miss, I hope you will be persuaded that I speak sincerely, and you will do me a favor to avoid me. I shall excuse you taking the trouble to answer this. Your letters are always full of impertinence, and you have not a shadow of wit and good-sense. Adieu! adieu! Believe me so averse to you, that it is impossible for me ever to be your most affectionate friend and humble servant, L——.

Hints to Callers.

Always come whenever possible on washing day, even though an ironing day will suit your purpose nearly as well.

Endeavor to drop in just before meal time, and stay on any pretext until the bell rings, when it is very probable you will be asked to sit down at the table, no matter how inconvenient it may be to the family.

Be sure and report all the unpleasant things that the neighbors have said, of course in the smoothest and disinterested manner, which will not lessen the effect of the scandal in the least.

Do not fail to notice any defects in the house, furniture, or surroundings, and draw unfavorable comparisons between them and the neighbors' home arrangements.

Give a detailed description of Mrs. Smith's or Miss Brown's new parlor ornaments, and remark how much finer they are than those around you.

If your child has the whooping cough, of course don't mention the fact till it has played with your host's children for half an hour, and then insist on their kissing each other at parting.

Act with charity toward none and malice toward all, then go and wonder that people don't seem cordial or ask you to call again.

BEAUTY.—After all, the truest beauty is not that which suddenly dazzles and fascinates, but that which steals upon us insensibly. Let us each call up to memory the faces that have been most pleasant to us—those that we have loved best to look upon, that now rise most vividly before us in solitude, and oftenest haunt our slumbers—and we shall usually find them not the most perfect in form, but the sweetest in expression.