

## HEALTH IN THE HOME

### Value of Ripe Fruit

A writer in the London Lancet says, in answering the question of what to drink in hot weather, "Eat sound, ripe, juicy fruit." That is because the amount of water in fruit is considerable.

In watermelons the amount of water is no less than ninety-five per cent., in grapes eighty per cent., in oranges eighty-six per cent., in lemons ninety per cent., in peaches eighty-eight per cent., in apples eighty-two per cent., in pears eighty-four per cent.

### Health Recipes

The nervous woman makes herself and everybody around her perfectly miserable. Sometimes there's a cause for the nervousness, and then she's to be pitied, and sometimes it's just a habit one gets into of being unreasonable and fussy, and generally looking on the blue side of everything.

When the nervous system gets out of order the whole system lags in sympathy. The digestive system, the liver and the heart all refuse to do their work. Every nervous woman should eat five or six times a day. She should eat three meals, have a lunch between meals, and never omit the warm drink taken just before she goes to bed. Gentle exercise and work are as necessary to the woman with nerves as food and fresh air.

An active interest in life will be her salvation, but generally the woman in such a condition thinks she isn't interested in a thing in life, so she must keep at work until she develops an interest.

A celebrated physician has said: "If you wish never to be nervous live with

reason, have a purpose in life and work for it; play joyously, strive not for the unattainable, be not annoyed by trifles, aim to attain neither great knowledge nor great riches, be not self-centered, but love the good and thy neighbor as thyself." A celebrated and charming actress, whose age it would be rude to chronicle, but who still looks quite young, though she is a grandmother, gives the following prescription for the preservation of youth and beauty: "You must work until you are tired, sleep until you are rested, have plenty of fresh air, live in cool rooms, take a daily sponge bath and eat the simplest food."

### Drinking Cups for Children

An educational journal contains a warning against the common drinking cup in school, as a means of infective contact. The children should be instructed to provide themselves with individual drinking cups. Parents must be given to understand that if the child does not have a drinking cup, it will not be possible to drink in school. The mouth of every consumptive contains the germs of the disease, and the transference of these germs from the sick to the healthy child by means of the common drinking cup is the easiest accident possible.

"Paddy," said a tourist at Killarney, "I'll give you sixpence if you'll tell me the biggest lie you ever told in your life!"

"Begorra, your honor's a gentleman! Give me the sixpence."

## THE SINGER OF THE RANCH

(Continued from Page 738.)

"It's awful for men to drink," sighed the girl.

"Do you think so? They don't know any better," said "Kid," gloomily. "If they could have a glimpse of—"

"What?"

"The gallop of horses! A deafening yell! Before the hearts of the crowd in the hall could regain their steady beats the cowboys came filing in.

"They have come for no good. There is trouble in their shuffles," muttered "Kid."

The clank of spurs, the flash of half-concealed weapons, the smell of whiskey-tainted breaths, filled the room. The girl was frightened, but stood bravely by "Kid's" side. He pressed the guitar into her hands. "Sing!" he said. "Sing! sing as you never sang before."

With trembling fingers she swept the strings and played the chords of the song they had both been singing that evening. "Rescue the perishing," she began, with the quiver of desperation in her voice. But she could not be heard in the confusion. "Kid's" voice rang out clear and strong, "Snatch them in pity from sin and the grave!"

One of the cowboys raised a jeer, but it brought no response. The rioters elbowed their way through the crowd and lined up around the singers. "Go it again!" shouted the jeerer.

He was promptly silenced by a punch with the elbow of a fellow-cowboy, which landed him without the line. "Don't you hear it's the Kid singing?" was his reproof.

"Down in the human heart, crushed by the tempter." The ranchers involuntarily removed their hats. "Touched by a loving heart," sang "Kid," and his voice broke. But Maud was singing now with all her heart. "Wakened by kindness," she went on, calmly, steadily, persuasively.

"The gal made it in ahead on that," remarked the jeerer.

"Rescue the perishing," rang out both voices together. The ranchers could stand it no longer. "Care for the dying," joined in one. Then the united voices of the rioters concluded the strain. "Jesus is merciful; Jesus will save!"

The riot was quelled at its very beginning, and the evening was saved.

"If you have any supper left, bring it out. We've a few nickels in our pockets yet," shouted one of the cowboys.

What a time followed! How the church people did exert themselves to make the event pleasant! How "Kid" and the girl were everywhere at once! Three times they were called on to repeat the song and cowboys and village people joined in the chorus. Never before had there been so much money spent at a church social in those parts.

When the chrysanthemums were sold "Kid" bought the first bunch. Then the cowboys bought, and presently there was not a flower left to sell. But in the girl's hand waved the largest and whitest one in the house.—Forward.

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