

*Cycling is excellent* for rheumatism, constipation, corpulency, indigestion, and liver complaints. Take regular exercise on your cycle, and see that your diet is light and nutritious.

*Oatmeal is invaluable* for supplying the teeth with nourishment, so also is brown bread, as it contains, in minute quantities, lime. Brown bread has always been recommended for bone and tooth building, therefore should be given to children in preference to white bread.

#### DANGERS OF THE MILK JUG.

A great deal of attention is now being paid to the dangers which lurk in uncooked milk. Scientific research has proved beyond doubt that tuberculosis in cows can be conveyed to human beings in the milk. The particular from of this disease which is conveyed in milk is consumption of the bowels, and the chief sufferers are little children, whose chief food consists of milk diet. A Royal Commission has been held to report on the health of cows kept in cow-houses, and the result is very startling. However much care is bestowed on cows kept in confinement, it is certain that such conditions of life simply invite tuberculosis, and it has been calculated that at least half a million of those cows whose milk is daily sold, suffer from the disease. It is a curious fact that England is almost the only civilised country which consumes such large quantities of uncooked milk. In many foreign cities milk is supplied in sealed glass bottles, and the milk in these bottles, before it reaches the retail dealer, has been raised to such a degree of heat as to destroy all germs. Comparatively few mothers are alive to the necessity of cooking milk before using it as children's food, and those who do realise the danger, complain that they cannot depend upon their servants to do it regularly. Surely such a duty is one that should be undertaken by the mother herself when the health and welfare of her offspring depend upon its due observance. When the milk first comes into the house it should be immediately put into an enamelled saucepan, kept entirely for this one purpose, and brought up to the boil. One moment at boiling point and all danger of tuberculosis vanishes, and not only the germ of this fatal disease, but those of scarlet and enteric fevers likewise, for uncooked milk it is well known, is a

most active disseminator of these two great scourges to infant life.

#### A NOVEL IDEA FOR THE NURSERY.

A nursery floor should always be bare at the sides, but covered in the centre with a good thick rug. Is it often urged that bare floors are not good when there is a baby who spends most of its time creeping about or playing on the floor. If a baby is learning to creep in cold weather I do not think it at all desirable that it should creep upon the poor at all. Creeping is the exercise by which a child strengthens its limbs for the first effort to walk, and it gets just as much valuable exercise by crawlings back and forth over a small protected surface, say from three to five feet wide, as it does crawling over the cold nursery floor; were it is constantly catching cold and running the risk of being hurt by its older brothers and sisters in their rough play. A clever lady writing on this subject says: It saves infinite trouble with a creeping child if it is confined in a pen placed in one corner of the room, or better still, the child may be raised from the floor by placing him on some low couch surrounded by a railing. Such a pan may be easily contrived without much expense. In this enclosure a baby may be placed from the period when he begins to creep until such time as he has learned to walk with certainty and vigour. By means of the side of the pen he is soon able to raise himself to his feet, and by clutching the firm rail he easily learns to walk round its circumference, which to him seems endless. With a few simple playthings for company inside the rail, and with a friendly face and voice outside, but within sight and hearing, the child during this usually most troublesome period of its life becomes simply no trouble at all, but grows and thrives and shows that it is absolutely unnecessary for a creeping baby to undertake the dangerous navigation of the nursery floor.

#### TURPENTINE.

Manifold are the uses of turpentine. Turpentine is an article that should always be kept in the house. It can be use in many ways, and take the place of more costly remedies for many things. It has a disagreeable odour, but its numerous virtues should always recommend it. For a severe cold in the chest and throat, turpentine mixed with a little heated sweet oil, or goose oil, or melted lard,