

THE HOUSEHOLD.

AN UNFULFILLED DUTY.

BY J. T. M.

Every good gift which is sent us adds to our cares and awakens anxiety lest we lose it, and when it is something so delicate that even a slight carelessness on our part may be the means of injuring it beyond repair we do all in our power to guard it from harm. Yet how often when that greatest of all blessings, a little child, is sent into a home, it is left almost entirely to the care of servants, while the mother is occupied by social duties which she considers more important than the daily needs of her child; not realizing that only her own constant watchfulness will insure its having all its wants properly met. Or, quite as sad in its results for the child, while the mother may devote all her time and energies to caring for it, through her ignorance its health, if not its life, will be sacrificed. How to properly care for a child is not a thing to be learned by inspiration any more than hundreds of easier and less important tasks which none of us would undertake without some preparation. But how many of the poor little mothers, who are working out this problem with their first baby (that most unfortunate of all babies) as a subject for their experiments, have had the training and instruction which would so much lighten their labors. When one sees all the suffering and sorrow which are caused by ignorance of these vital matters, it makes one feel that Herbert Spencer is right when he asserts, in his "Education," that "the training of children—physical, moral and intellectual—is dreadfully defective. And in great measure it is because parents are devoid of that knowledge by which this training can alone be rightly guided." He makes a vital and necessary part of education that which prepares for parenthood by teaching those general principles of physiology and psychology by which a child's body and mind are developed harmoniously.

We hear a great deal about the duties of children to parents, but people are beginning to realize that the duties of parents to children are quite as obligatory, and that the first of these is to give them an intelligent care which will develop them in the way God intended they should be. Even if we have done all in our power to fit ourselves for this charge, we shall make many mistakes; but what can we hope to accomplish if hardly a thought has been given to the subject, and the management of a child is varied to suit the caprices or convenience of its parents? Too often the irritability or wrong-doing for which a child is punished is caused by some wrong physical condition, which has been brought on by improper food or lack of exercise, and the mother is really more to blame than the child. The three parts of our nature are so blended and so dependent upon each other that unless we give our children sound bodies we cannot expect them to become either intellectually or morally what they otherwise would.

There are certain clearly-defined laws which govern the well-being of every child. They must have enough simple, nourishing food to supply the demand which constant growth makes upon their systems. They must have plenty of fresh air, both in doors and out, and exercise which calls in play all their muscles, to strengthen them; long hours of sleep to rest the delicate brain and stop for a while the ceaseless questioning which shows how active the little mind is in its waking hours. Add to these a daily bath and clothing which protects the extremities equally with the rest of the body, and a great deal has been done to insure good health to a child. But there are often peculiarities of physical constitution, just as there are differences of disposition, requiring special treatment to meet them. These a mother must find out for herself by constant watchfulness, caring for her children, if need be, as she would for the flowers in her conservatory, by having a different method for each.

The older sister in a large family if she is so fortunate as to have a wise mother, can learn a great deal through helping in the care of her younger brothers and sisters. But if it has not come to her naturally in this way, a girl should not be allowed to grow to womanhood without some knowledge of the laws of health and the treatment of sickness, which will be so important to her in meeting the responsibilities which the years will bring

her. It is quite as necessary that she should be a good nurse as a good housekeeper; and though there is much that can be learned only through actual experience, if she had been made thoroughly familiar with general principles and taught to use her judgment, mother love will soon teach her to adapt them to the special wants of those dependent upon her.

She must have a definite knowledge of what is right and what wrong, and calmly make the laws which shall rule her little kingdom, instead of feeling so helpless in a crisis that she is glad to catch at any advice, even though it may come from no better source than an ignorant nurse.

Look to it then, parents, that you not only do your best to rear your own children to strong, useful man and womanhood, but that you also do what you can to qualify them to discharge similar obligations in their turn. Such teaching, wisely given, would do much to make them realize that a little child is a gift from God, to be received worthily only by those who have a pure heart and an earnest purpose to develop all that is highest and best in the soul which has been given into their keeping. Do this, and not only your own children, but generations to come, will "rise up and call you blessed."—*Christian Union*.

CARING FOR THE EYES.

It is always important to sit up straight. Stooping is not only injurious to the eyes, but to the lungs and spine. Reading or writing in a car or carriage is hurtful to the eyes. Do not read in bed or lying down in a swinging hammock. Sleep in a well ventilated room, and lie in such a position that a bright light will not strike your eyes when you awaken. Bathe your eyes freely each night and morning. Any foreign substance in the eyes can usually be removed by taking the upper eye-lid between the thumb and finger, and drawing it down over the lower lid, gently pressing it toward the nose. Little children should be careful not to distort the eyes by constant winking or twitching of the eye-lids, or by turning the eyes toward the nose. Many children have thus become permanently cross-eyed.

Dr. Noyes, a well known oculist of this city, says that many people are studying at the expense of their sight, and thousands of women are weakening their vision by sewing. Small print reading at night should always be avoided, and the eye should never be subjected to a continual strain. Let the light fall over the left shoulder. As to color blindness, Dr. Noyes states that one of the tests for it is to pick out a green, light pink, and dark purple in small skeins from fifty to sixty such skeins of assorted colors. The three colors are shown to the candidate, and he is told to match them by selecting three such skeins from the heap. The matter is not so easily done as it would appear, and only a man of very good sight can be certain of selecting the proper skeins. In men, about one in twenty-five are color blind, and in women, only one in twelve.—*Evangelist*.

BREAKFAST CEREALS.

Human vitality is maintained by the constant replacement of wasted matter by food; naturally it is very important that the right kind of food should be taken to carry out this purpose. Our food consists of animal and vegetable matter, with some mineral substances, and among the vegetable matter we consume, none are more nourishing than the cereals. The constituents of cereals are rich in the extreme, giving us nitrogenous and carbonaceous food, or food that makes substance and supplies heat. Therefore cereals are plentifully cultivated and are the real mainstay of our food supply.

The first meal in the day, after we have passed the hour of rest, is a serious one; perhaps this meal, our break of fast or breakfast, is the most important one in the day, for on it depends the vitality we shall possess for the day. Now suppose that we supply ourselves at that meal with nourishment that has little value; suppose we take substances which may stimulate us a little, or merely please our palate, or be indigestible, we shall suffer all day from want of strength and insufficient nourishment. It is at our breakfast that we lay the foundation for the day's wholesome meals, and for that strength which shall carry us through the occupations of the next twelve hours. Living is a constant giving and taking, and requires a

constant supply of substance to carry on this process.

In former times our breakfasts were mostly made of cereals, milk, eggs, butter, cheese, honey; since the introduction of coffee, tea and cocoa among us, breakfasts have changed and are not so nutritious as they used to be. It is certain that nothing is so wholesome in the morning as a good cereal porridge, instead of the stimulating action of tea and coffee alone. We refer to what is said of breakfast in "How to Live in Summer," published by Mrs. Lewis, where the following passage occurs:

"There is no doubt that we should greatly benefit by breakfasts made of some cereal, as wheat, oats, barley, corn, or even rice, combined with milk or water, flavored with a little spice and sweetened with molasses or sugar. These breakfasts are always digestible and nourishing. A porridge of wheatmeal, or oatmeal, or hominy, or rice, made with milk, or milk and water, or water alone, will give sufficient nourishment to various workers. The wheat and oats will give strength to heavy, the corn and rice to light workers."

The cereals of wheat, oats, barley and corn can all be used with benefit for breakfast meals; the taste may vary and some prefer one, others another; as difference of occupation and constitution will have to be considered. Wheat and oats give strength and power of exertion to muscle-workers, barley is an excellent brain-food, and corn supplies much heat.—*From "Food and Life."*

SACRIFICED.

Avarice and social pride makes victims, as well as fashion, and sometimes by the same means. A correspondent of the *New York Evening Post* gives a melancholy example in the following story related to him as he sat by two graves which had attracted his attention in a Baltimore cemetery.

There was an ambitious Baltimore mother, and a very rich and marriageable young scion of a stately house, and the former had heard that the latter had said that he would marry only a blonde—a woman with yellow-gold hair and dark eyes if such he could find.

The mother had a lovely daughter, but her hair was brown. As, however, modern art could change the spots of the leopard, that little difficulty could be compassed; the mother took the daughter to New York and had her transformed into the goldenest of blondes. She then went with her to Saratoga, where the young man was to pass the gay season. The result was electric—the young man beheld his ideal—an arrangement was speedily made for the marriage.

The sad feature of the story is that it was a real love match, and the young man would have loved the beautiful girl brown-haired as nature had made her. Of course the blonde-hair fiction might have been sustained for some time, but very soon after the marriage the young lady became very ill, and an ugly and strange eruption appeared on her neck.

The hair dye had wrought poison in the blood. People still tell how she was glittering with diamonds when she was carried out in the arms of her husband from the stately old mansion in Baltimore and placed in the carriage to be borne away to another city for medical treatment, which was of no avail. She died before the year was ended, and her broken-hearted husband soon followed her to the grave.

SWAGGERING YOUNG LADIES.

Mrs. H. W. Beecher in the *Christian Union* thus pleads with the girls—and their parents—to guard against the tendency to low language and "free-and-easy" behavior:

The necessity of shielding children from the contamination of low associates and from the habits which such companionship will surely bring is of the utmost importance. Low expressions—"slang phrases" as they are termed—will be one of the first fruits. A "free-and-easy" way of talking and acting among strangers in the streets or stores, and at last ventured upon at home, will be the next. These two most offensive habits usually go hand-in-hand, and, very strangely, unless we look at it as an evidence of natural depravity, are eagerly caught up by the young.

With girls, especially, if they are allowed to use such low phrases, other unfeminine traits will soon follow; often a coarse, swaggering manner, instead of the graceful, lady-like carriage that indicates refinement and modesty.

When girls or young ladies (?) are seen with their hands thrust deep into the ulster pocket, or surtout, as is now the term, and the Derby tipped on one side, talking and laughing loudly and walking with masculine strides, they have no cause for complaint if the rude, ragged, little gamins in the street take infinite satisfaction in running after such nondescripts and calling, "I say, mister!"

PUZZLES.

CHARADE.

With Noah in the ark, my first
Confinement close endured,
But though he long has wept and wailed,
At last he's wholly cured.
Salt water now, instead of fresh,
The doctors recommend.
And say if he can have a smoke
He'll come to some good end.

My second oft will gratify,
And pleasure great convey;
Sometimes it gives us leave to go,
Sometimes obstructs the way;
And many varied forms it takes
To vex, perplex, annoy,
And yet a curious fact we see,
It causes equal joy.

My whole is oft by poets sung
Even when humble, small,
And covered o'er by brambles wild,
As with sad Nature's pall;
But when I'm numbered with the great
In honor, place, or fame,
'Tis fitting that the king of bards
Alone should name my name.

DOUBLE ACROSTIC.

Cross words: 1. A surgical instrument. 2. An animal. 3. An ancient tyrant. 4. A city of Scotland. 5. A falsehood. 6. Earnest. 7. The evil deity in Scandinavian mythology. 8. A heavy burden. 9. A breach. 10. A large water animal.
The primals and finals name two noted American poets.

INVERTED PYRAMIDS.

1. Take the initial and final letters from acquire and leave a part of the person; from this, and leave a vowel.
2. Take from a company, and leave artifice; from this, and leave a consonant.
3. Take from a kind of shrimp, and leave uncooked; from this and leave a vowel.

CURTAILMENTS AND BEHEADINGS.

To the name of a gifted man,
Affix a letter, if you can,
And find his avocation.

Curtail a piece of work he did,
You'll find a word that now is hid—
A madman's occupation.

Behead another, you will find
Measures of a certain kind
Used by the English nation.

A BOUQUET.

1. What all wish their happiness to be.
2. A useful coin of small value, and an adjective pertaining to sovereignty.
3. A mighty race now rapidly passing away, and a covering for the feet.
4. Substance formed at a low temperature, and a natural production.
5. One of the primary planets, a common winged insect, and an ensnaring apparatus.
6. An accompaniment usually of military and civic processions.

ANSWERS TO PUZZLES OF APRIL 15.

Charade.—Pen-man-ship.

Numerical Syncopations.—1. Axle, ale. 2. Clove, cove. 3. Linden, linen. 4. Five, fie. 5. Plait, plat. 6. Living, ling.

Twelve Hidden Biblical Rivers.—Nimrim, Euphrates, Cherith, Ahava, Arnon, Abana, Kedron, Pharnar, Hiddekel, Kishon, Gihon, Kanah.

Anagrams.—Handkerchief. Patriarchs. Inauguration. Valentine. Magnanimous. President. Washington. Incombustible. Synagogue.

Diamond.—

N
H
O
G
H
O
M
E
R
N
O
M
I
N
A
L
G
E
N
E
T
R
A
T
L

Charade.—New-ton.