

## HOUSEHOLD.

### Eat Slowly.

The opinion that hurry in eating is a prolific cause of dyspepsia is founded on common observation. The ills resulting from bolting food have been attributed to the lack of thorough mastication, and to the incomplete action of the saliva upon the food. Two-thirds of the food which we eat is starch, and starch can not be utilized in the system as food until it has been converted into sugar and this change is principally effected by the saliva. But there is a third reason why rapidity of eating interferes with digestion. The presence of the salivary secretion in the stomach acts as a stimulus to the secretion of the gastric juice. Irrespective of the mechanical function of the teeth, food which goes into the stomach incompletely mingled with saliva passes slowly and imperfectly through the process of stomach digestion. Therefore, as a sanitary maxim of no mean value, teach the children to eat slowly; and in giving this instruction by example, the teacher, as well as the pupil, may receive benefit.—Selected.

### A Pillar of Strength.

Do you realize, my dear readers, what a pillar of strength and what a daily blessing good eye-sight is? Very few people care for their eyes properly, and it is only when failing sight warns us of the danger, that we realize the injury we are doing them. When for any reason the eyes become weak and inflamed, the lids red and swollen, dissolve a teaspoonful of boracic acid in a cupful of warm water, and bathe them in it every two hours during the day. Noted oculists use this remedy and say it is harmless and reliable and safe. When the lids become red and swollen, put a few drops of this boracic acid solution in the eyes with a dropper, and open and close them rapidly, so as it will reach all the affected parts.

One should be very careful not to use strong or dangerous drugs in the eyes, for they have been known to do permanent injury. I have found such quick relief from this simple wash, that I felt like I might do good with it, especially with young mothers who live in the country and have to rely upon themselves oftentimes. Let such mothers fortify themselves with such safe, helpful remedies as boracic acid, for children so often have weak eyes from cold, and this is also good to gargle and to snuff up the nostrils for catarrhal colds. It gives almost instant relief, and for the eyes there is nothing so good.—The Living Church.

### Household Hints.

To keep silver bright, plunge it into hot borax water occasionally; let it stand for an hour or two, then rinse with clear, hot water, and wipe dry.

When buying a broom, test it by pressing the edge against the floor. If the straws bristle out and bend, the broom is a poor one, for they should remain in a solid, firm mass.

### 'A HIGH TRIBUTE.'

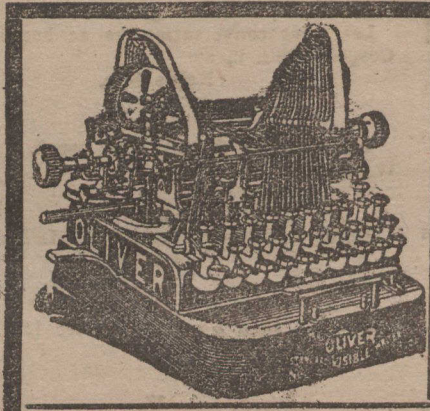
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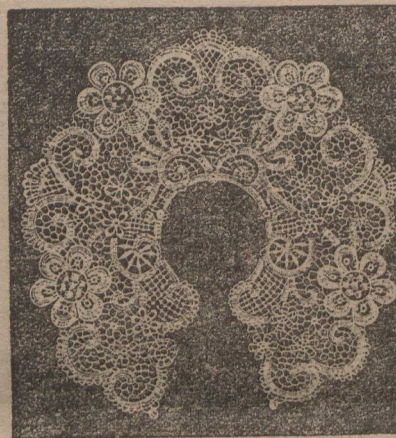
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