

UNCLE TOM'S DEPARTMENT.

MY DEAR NEPHEWS AND NIECES,—

"Taking the year together, my dear,
You'll always find the May."

says the old song, and very true words they are. Gone are "the uncertain pleasures of an April day," as Shakespeare terms them, but, after all, were not those self-same pleasures appreciated all the more for their very uncertainty, and now there is no more

"Waiting for the quiet rambles,
Where the fragrant hawthorn brambles,
With the woodbine alternating,
Scent the dewy way."

for dear old May, with her wealth of fair wild blossoms, is here. In the gardens the crocus and tulip have awakened from their long sleep, and each seems to vie with the other in making beautiful its surroundings. The plum trees are bowers of beauty, and the young, tender grass comes "creeping, creeping everywhere."

On every side we see countless things that make us give an emphatic affirmative to the question so often heard, "Is life worth living?" With so many blessings surrounding us, who can doubt it! Only those persons who misuse the gifts so beneficently given can think otherwise. Attracted this morning by the singing of a little bird, I stood for some moments watching him. He was perched upon a low branch of a lilac bush, singing his clear, sweet matin-song; then up higher he hopped and again poured forth the glad-some tune; up and up from spray to spray, singing as he went, till at last he reached the topmost twig, and then my tiny songster burst forth into a glorious morning anthem, his little throat swelling and his small body quivering, as if the very joy of existence so filled his heart that the tiny frame could scarcely contain it. Then down he flew from his lofty perch, his bright little eyes searching for tidbits of one kind and another till his breakfast was secured, and then up again he flew and once more the joyous song gladdened my ears. He was only a common, insignificant-looking graybird, but he faithfully and cheerfully performed the work which God sent him here to do, making the world seem brighter and better for his presence. I thought if so tiny a creature can add to the happiness of the world, how much more should we do, who are so much more gifted, to benefit our fellow-creatures? I think we cannot do better than follow the example of that little bird—keep going upward, singing as we go, and doing our duty, whatever it may be:

"Never looking beyond us,
Out of our little sphere;
If we could fill another,
God would not leave us here."

Dearie me, I wonder if that little bird was conscious of the long train of thought he aroused in your old uncle's mind!

Other songs are greeting my ear just now, for the curtains of night are closely drawn and the morning songsters are hushed, but the chatter of a rippling stream near by, and the many-toned chorus of the frog's band, make a melody not lacking in charms.

I believe one of my boys wants to know "if Uncle Tom is still interested in the Puzzle Department." Interested—I should say I am! Not only in the puzzle work, but also in the life-work of all who have been, are or will be members of his happy family. The hand that pens these lines may one day have to leave its pleasant task to someone younger, but whenever or wherever he hears of the success of any of his boys or girls, a thrill of pride and pleasure will fill the heart of

Your loving UNCLE TOM.

Puzzles.

1—CONUNDRUM.

What applied to them?
When walking along our country road,
One hot and sultry day,
An old and well-respected friend
I met upon the way.
Among other things I asked my friend
If he had abundance of joys.
Said he, the same applies to them
As to the father of my boys.

T. W. BANKS.

2—ENIGMA.

My FIRST is a girl's name.
My SECOND is a plant.
My THIRD is a portion of what means "basket."
My FOURTH is the prevailing fashion.
My WHOLE is a young lady.

LILY DAY.

3—PUZZLE.

When 4 was walking 21 the 456
Others went 4132 the 523
32 5436 the beautiful 1236
Whose 3216 was so 1456 and free.
The 456 was so 1456 and smooth
That we thought 'twas 123 456 but glass,
And for 2156 41 our lives we didn't care
For any other laddie or lass.

So we just went 4132 our fun,
And we didn't TOTAL the time
But our pastime was such a cheerful 216
That we cared 123 a 5613 or a dime.

T. W. BANKS.

4—DOUBLE ACROSTIC.

An antithetical proverb; to ruin; to exalt; a metal; to flow gently; a messenger. The initials form the name of a fruit, which alone, of all vegetable productions, possesses the opposite qualities of extreme offensiveness to one sense and of the highest gratefulness to the other sense most closely allied to it. The initials form the name of a place where it grows.

CLARA ROBINSON.

5—AN ACROSTIC.

The first letter in each line is taken, and when transposed they give the answer.

Dear cousin, in this puzzle, greet
A youth who, story tells,
Each night across the Dardanelles,
Like Neptune, swam his love to greet;
Nor breasting wave his strength did tire;
Repaid and buoyed by love's hot fire;
Engulfed at last by storms was lo't.

CHARLIE S. EDWARDS.

6—NUMERICAL ENIGMA.

423 is a number.
4567 belongs to earth.
678 well-known animals.
9, 10, 11, 2 is a story.
6514 is a fog.

654978 is worn in winter.

WHOLE is given to emotion.

LOUISE MCLACHLAN.

7—GEOGRAPHICAL ENIGMA.

DEAR COUSIN (town on coast of Newfoundland).—
I (town in British Columbia) hope you will have a good time on your birthday. (City in Maine) says she will be up on (bay on coast of Newfoundland) Sunday, and will stay awhile, and I think young (town in Ohio) will be with her. I would like if you and (lake between Michigan and Ontario) could be here also. I am going to put a tent up at the river, at the (cape on the south-west of England). Father has just bought me a lovely (name of rocks near Lake Superior) of (group of islands off British Columbia), and has promised me one of Queen (city on Vancouver island). I will then have three pictures, for I now have a picture of (lake running through southern boundary of Quebec). My brother (city in New Brunswick) and (county in New Brunswick) are going to (strait between Prince Edward Island and New Brunswick county), and (river in north-east territory of Canada) is going to (forest city of Ontario).

Your sincere cousin,
(Town in British Columbia).
HARMOND BRADLEY.



TWO LITTLE GIRLS AND THEIR PONY AT THE TORONTO HORSE SHOW.

8—CHARADE.

Now that I am a puzzler too,
With pride I almost burst;
I offer this charade to you
To find where I am FIRST.

SECOND the letters count, I vow
When you have found the word;
I don't ask you to count them now,
For that would be absurd.

To sing a THIRD and clap the hands
For me is far from meet.
I join your happy little band
To swell its scant COMPLETE.

RICHARD JOHNSON.

Answers to April 1st Puzzles.

1—Carpet. 2—Bark, dark, hark, lark, mark, park.
3—"The best laid plans of mice and men gang aft aglee."
5—Forgive.

6—(1) SPINE (2) T H I G H
P O L O H A L O
L L L L
N O G O
E H

Care of Consumptives.

We read a great deal about the sickroom and the care of the sick; but there is one class of people about whose care little is heard. I refer to consumptives—those poor beings who move about among us like shadows, cheerful in their non-belief, and dumb in fits of melancholy.

Medicine is considered the proper thing for them, medicine, fresh air and good food; but let me say that while these are good, more especially the last two, there is something else which must go with them to obtain the best results.

Good nursing is as desirable in cases of this kind as in any other, but that fact is seldom realized. We see the sick one sitting for hours in the warm sunshine and wonder he does not move about more;

he used to be so active! We wonder, yet hardly expect it, for he has sat that way so long that we have grown used to it, as we have to his poor appetite, his complainings of pains and his restless nights.

The consumptive's room should be the sunniest and airiest room in the house; the furnishings should be plain, with as little of drapery and wool carpet as possible. If the patient uses a cuspidor in his room he should (being able) take care of it himself, thoroughly washing it in hot water every day. A little water should be kept in it with a few drops of carbolic acid. When out of doors, about the yard, or on the street, Japanese handkerchiefs should be used; then, when he returns to his room they can be burned—this is not only for the good of those about him, but his own as well, for it is acknowledged by the best authorities that many consumptives would recover if they did not retake the disease through their own carelessness.

Good food and plenty of it is of the most importance in treating this disease. Provide eggs, as many as one can take during the day. They must be perfectly fresh, and, if taken raw, directly from the shell, are best and most beneficial, because most easily digested. Beef in all ways, but especially rare, roasted or broiled and in soup, is in order. Mutton is the next best; pork should be avoided. Cream, if it can be taken, is preferable to codliver oil. Pastry should be shunned as of little use. The great point is not to eat a large quantity of everything or anything, but only such a quantity as the stomach can take care of, and it should be of the most easily digested and most nutritious food.

For fruit, grapes are the best, followed by figs (in certain cases), oranges (especially before breakfast), and dates. The value of grapes can hardly be over-estimated. Onions, in the vegetable line, if the stomach will allow, are excellent, also tomatoes and celery. If oatmeal is used it should be thoroughly cooked, and the plain Scotch oatmeal is the best. This kind made into a thick batter by adding water and a little salt, rolled as thin as a wafer, and baked thoroughly, is easily digested and very nutritious.

Don't think, when you have fed your invalid, and furnished him a room, you have done all there is to do. You must try to keep him cheerful, for one thing, and he can't be that if left to his own thoughts all day.

Aside from this, there is a further duty of the highest importance to the welfare of your patient. The temperature of his room should be kept not lower than fifty-five degrees during the night and as near seventy degrees as possible during the day. He should have a warm room to dress in. Before dressing he should bathe his chest in alcohol, rubbing thoroughly. Some one ought, also, to rub his back in the same way. During this time he sips a cup of hot water, slowly, which will relieve his cough and prepare his stomach for breakfast. A few drops of listerine in this water is beneficial.

About two o'clock he should be thoroughly rubbed again, in alcohol, for this not only strengthens but rests him, and allows him to breathe freer and deeper. It also keeps the lameness from the chest, and is a preventive against taking cold.

At night, on going to bed, he should take a sponge bath. Dissolve a small handful of sea-salt in a pint of hot water, add a little alcohol, use this as quickly and thoroughly as possible, then rub with a coarse towel until in a glow. Then he should be rubbed over chest and back with an emulsion composed of three parts sweet oil to one of ammonia. Shake it well before using. After this treatment, let him have a glass of pure, cool water, and he will get the maximum of sleep, which is a glorious thing in his case.

Half a dozen times during the day, while sitting or standing, indoors or out, he should take twenty as long, deep breaths as possible, filling his lungs with new air.

WALTER M. HAZELTINE.

Treatment for Catarrh.

In the first place you need an atomizer if you are in earnest in your decision to treat your catarrh at home. Ask your druggist for the best, or, better yet, have your physician recommend one. Then get two ounces of listerine and two ounces of Do-bell's solution, and put in a bottle together. When you wish to use it take two teaspoonfuls of the bottle mixture and put in the atomizer with two tablespoonfuls of warm water, and use it thoroughly in each nostril four or five times. If the throat is inflamed spray that also, using the tip which comes purposely for the throat. The relief will be great. This should be used night and morning. I wonder if all know what a valuable remedy listerine is? It is excellent for the teeth, and also to use as a gargle for sore throat, or in catarrhal affections. For a gargle take one teaspoonful of listerine to six teaspoonfuls of warm water. If you cannot afford an atomizer pour the mixture into the palm of your hand and snuff it so that it will pass through the nostrils into the throat. Don't swallow it.—Marion.