

HOUSEHOLD.

Hints on Health,

The Position of the Head in Sleep.—Custom has imposed the use of the bolster and the pillow, but it does not of necessity follow that they are advantageous or conducive to sound sleep. Physiologically, we are entitled to entertain a doubt, seeing that physiologists are still unable to state authoritatively whether the brain in sleep is congested or anaemic. The general experience is that the lower the head the deeper the sleep, and vice versa. Apart from morbid conditions which render it impossible to some persons to sleep with the head low, conditions which vary ad infinitum from the mere preference for a thick bolster to positive physical causes, and, possibly, physiological conformation, render the head-low position in bed intolerable to some. It is urged against the use of these supports that they inflict a constrained position of the neck, which interferes with the passage of blood to and from the brain, and contracts the thorax. On the other hand, unless one lies on the back it is obvious that the neck must be uncomfortably curved in the absence of a pillow, far more so than would result from even a very thick bolster. On the whole, it would seem that in order to obtain sleep as deep and as reposeful as possible, we ought to aim at having the head as low as is consistent with actual comfort. To submit to absolute discomfort in view of a problematical and much disputed advantage is not an experiment that will commend itself to the majority of mankind.—'Medical Press.'

Peach Trifle.—Put a layer of sliced and sweetened peaches in a deep glass dish and cover with a thick layer of sponge cake crumbs. Pour over this a soft, rich custard while yet warm, reserving the whites of two eggs, to which add two tablespoonfuls of white sugar, and beat until perfectly stiff. Spread this over the custard and keep on ice until time to serve.

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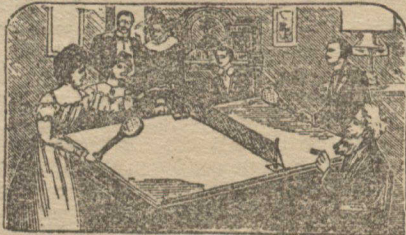
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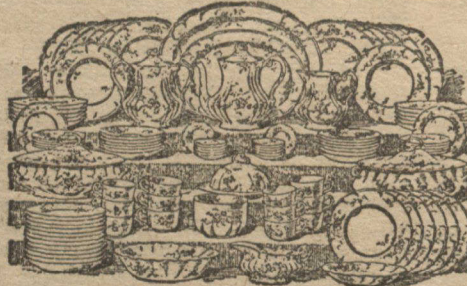


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