

The Home Mission Journal.

A record of Missionary, Sunday School and Colportage work. Published semi-monthly by the Committee of the Home Mission Board of New Brunswick.

All communications, except money remittances, are to be addressed to

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Health Column.

Don't For The Nurse.

Don't hang curtains around the cot. Children need plenty of air, especially when sleeping.

Don't place the cot in a position where the light will fall on the child's eyes; nor in a draught.

Don't make up the baby's bed on the floor. The air is most pernicious near the floor, and purest in the middle of the room.

Don't forget that children's clothing should be warm, but light.

Don't forget to remove the child to a cot, with a hair mattress, when it old enough to leave the cradle.

Don't neglect to air the children's bed clothes every day, taking them in about noon.

Don't allow a child to sleep with an elder person; its rest will be less disturbed, and more beneficial alone.

Don't neglect any of the foregoing hints.

BREATHE THROUGH THE NOSE.

The hygienic mother of the present day sees to it that her children keep their mouths closed when asleep and at all other times when not necessary for the purposes of eating, drinking or talking.

The evils of breathing through the mouth cannot be too strongly dwelt upon.

In the first place the invisible dust which constantly floats in the air is drawn in directly to the lungs, injuring hereby the delicate membranes of the entire breathing apparatus.

Catarrhal trouble frequently results simply from this careless habit of breathing, not to mention more serious disorders which are quite liable to ensue.

Another evil resulting from this practice is the unbecoming and foolish expression given to the face by habitually going about with the lips apart.

When a child is allowed to sleep in this manner, the habit becomes an extremely difficult one to break during the waking hours as well.

The entire personal appearance may be greatly disfigured by carelessness in this particular.

By breathing through the nose the air is both warmed and purified before it reaches the lungs. The nostrils act as a sort of sieve, allowing only pure air to pass beyond their domains.

A sudden blast of icy air taken through the mouth and reaching directly the lungs, is often provocative of cold and even pneumonia.

Teachers of physical culture insist that their pupils shall keep the mouth closed during all physical exercise. Every athlete will vouch for it that he keeps his wind longer by breathing through the nose. Just so soon as he begins to breathe through the open mouth he loses ground. His mouth becomes dry and parched and a sharp pain in his chest soon forces him to desist the exercise.

"Breathe through the nose," is a maxim which cannot be too often or too emphatically repeated.

NUTRITION AND PSYCHIC LIFE.

Nutrition is the basis of modern physiology of all psychic life. Food is the first instinct of the soul. It has been computed that from one-half to three-fourths of all the world's energy goes to the seeking for food. The first fact to be considered is that every cell in the body has its own hunger, probably wanting something, differing,

however slightly, from all the rest. It takes out what it wants from the blood. So that what we call hunger is a far-off echo of the sum of the hungers of the individual cells, like the roar of distant waves from the deep.

The brain is an organ of digestion and its activity is just as necessary for health as that of the muscles. There the chemical changes are most active. The blood goes into the brain richer and comes out poorer than in any other part of the body.

We live not alone by what we digest, but by what we digest in a higher plane. It is a universal law that with nutrition goes happiness. The appetite, the joy of being alive, gives rise to all art and the higher developments of the mind. If people cannot eat and assimilate food they cannot be educated. Along with loss of appetite goes loss of love for work. To be weak is to be miserable. All diseases are self-starvation. They originate in fatigue which is unsatisfied cell-hunger.

The necessity of judicious, wholesome food is paramount. You can educate a long time by externals and not accomplish as much as good feeding will accomplish by itself. Children must be supplied with plenty of nutriment if they are to develop healthy, either in body or mind.

G. STANLEY HALL.

Temperance Column.

"It's Breaking My Heart."

The newspapers never reported a more pitiful story than the following: A wretched mother dropped dead about four weeks ago at the feet of a son who had been a burden and a sorrow to her. This son, who was thirty years old, instead of helping his mother, spent his wages for whiskey. At last the mother concluded that committing him as a habitual drunkard might lead to his reformation. She was called to the witness-stand to swear to the complaint, but the strain was too great for her, and she fell dead with the words on her lips: "It's breaking my heart!" No orator, living or dead, ever delivered a temperance lecture equal to this in pathos and eloquence.

A Conclusive Argument.

A noted temperance lecturer once visited the shop of a hatter, and asked him to give something to "the cause." The shopman coldly replied that he had no interest in it.

"I am sorry to hear that," he said, "for it shows me that you are not acquainted with your own business."

"If you are more familiar with the business than I am," said the man, with some spirit, "I shall be happy to take lessons of you."

"Well," said the lecturer, "you deal in hats, and intend to make a little money on every hat you sell?"

"Certainly."

"Whatever makes men content to wear old, worn-out hats does your craft an injury?"

"Yes."

"Well sir, if you and I were to walk out along the wharves, and through the streets and lanes of this city, we should see scores of men wearing on their heads old, miserable slouched hats, which ought years ago to have been thrown into the fire. Now, why don't those men come at once and buy of you?"

"That is not a difficult question to answer," said the shopman. "They are too poor to buy hats."

"What has more influence than liquor in emptying their pockets, and not only that, but injuring their self-respect to such an extent that they are willing to wear old clothes?"

"Nothing," said the man, hastily. "Here is some money for your cause!"—*Ram's Horn.*

A Tomahawk Well Used

An Indian chief, seeing that his young men were being weakened and ruined by the "fire-water" which was brought by the white traders, forbade that any more liquor be brought within his limits.

A Frenchman dared to come and bring a keg of whiskey, and was about to draw it, when the

chief discovered the violation of his prohibitory law.

The old man drew his tomahawk from his belt, cut the hoops from the keg, spilled the whiskey on the earth, then turned to the trader, and holding the tomahawk over his head, said: "Go home, you dog. If you bring the fire-water again, I'll split not only the keg, but your head, too. The speech was short but sufficient.

An Easy Start.

Dr. Lobb tells the story of a man who stood at a bar pleading for a glass of liquor. The bartender refused him, having been warned not to sell him any. He tried to bribe the man to supply him, but the bartender was firm. "You have had delirium tremens," he said, "and I dare not sell to you." The man was angry, and he stepped aside sullenly to make room for two young men, who gave their order and received their drink without demur.

The first man was annoyed, and he said to the bartender: "You would doless harm by giving me the liquor than giving it to them. I am ruined, body and soul, and it can make no difference to me now how much I drink; but those young men will be ruined by it, as I have been. When I was of their age you sold me liquor freely enough. Now, after I have been drinking for years, you refuse me and you ruin someone else." Then turning to the young man, he said: "Keep on thus, and in a few years you will be like me."

Let it Rest.

Ah! how many hearts on the brink of anxiety and disquietude, by this simple sentence, have been made calm and happy!

Some proceeding has wounded us, by its want of tact; let it rest, no one will think of it again.

A harsh or unjust sentence irritates us; let it rest; whoever may have given vent to it, will be pleased to see it is forgotten.

A painful scandal is about to estrange us from an old friend; let it rest, and thus preserve our charity and peace of mind.

A suspicious look is on the point of cooling our affections; let it rest; and our look of trust will restore confidence. . . .

Fancy! we who are so careful to remove the briars from our pathway, for fear they should wound, yet take pleasure in collecting and piercing our hearts with the thorns that meet us in our daily intercourse with one another. How childish and unreasonable we are!—Gold Dust.

"Tempted Like as we Are."

It is a great comfort and encouragement in our trials and temptations to know that Christ has suffered the like, and has overcome. It is told that "at the siege of Mons during the glorious career of Marlborough, the Duke of Argyle joined an attacking corps when it was on the point of shrinking from the contest; and, pushing among them, open-breasted, he exclaimed, "You see, brothers, I have no concealed armor, I am equally exposed with you. I require none to go where I shall refuse to venture. Remember, you fight for the liberties of Europe, and the glory of your nation, which shall never suffer by my behavior; and I hope the character of a Briton is as dear to every one of you." So it is with our Leader. It is not only of the grave that we may all say that we

go through no darker rooms
Than Christ passed through before.

A recent writer justly remarks that every human being, in essentials, is pretty much like every other human being—depressed, if not crushed, by adversity, depreciation, or want of encouragement, repelled by unkindness, active or passive, pleased by praise, spurred to fresh endeavor by appreciation, won by friendship.

Those who are found blessing God under their losses, will find God blessing them after their losses.