

BATHS AND BATHING.

The skin is to be regarded as an important organ richly supplied with blood-vessels and nerves, sweat and oil-forming glands; it encases and covers all the other organs and tissues, protects them from injury from without, is the chief regulator of the temperature of the body in general, and is the remover of certain waste products.

In general terms a bath and the subsequent rubbing to dry the skin primarily increase the blood supply, or the rapidity of the blood current, or both together, in the skin; cleanse the skin from its own and other impurities, and thus free the little openings of the sweat and oil glands from obstructions tending to prevent the proper discharge of their secretions upon the surface: the secondary effect lies in the promotion of the health of the body as a whole, in so far as the proper functional performance of a most important organ exerts an influence on that of all the others.

A daily bath is even more important for a baby than for a grown person for obvious reasons; and, indeed, the delight which babies manifest in a properly-managed bath is good evidence as to its usefulness.

Up to three months of age the bath should have a temperature of ninety degrees, and may be given in a large basin; after that period, or even before, according to the size of the child, a larger bath will be needed, and the temperature may be gradually reduced not more than two degrees at a time until, at six months, it reaches eighty degrees. It may then be reduced gradually again to seventy-five degrees, but at these low temperatures the bath must of course be short.

Always use a thermometer, that you may know exactly what you are doing; a suitable one costs a mere trifle.

But, above all, observe closely the effect on the child. If the child is pale, tired, or bluish for some time afterwards, the bath was either too prolonged or the water was too cold.

The rules given above as to temperature are, of course, only general ones, and are applicable only to healthy, vigorous children; for delicate children get specific directions from your doctor unless you have reason to be sure of your own experience. Infants do not readily manufacture heat, but a cool bath if well borne renders them less liable to take cold easily. Flabby and over-fat children, as well as those who are debilitated from any cause, scrofulous, or bow-legged, are often decidedly benefited by adding rock-salt to their bath, in the proportion of about a quarter of a pound to the gallon. When sea-water itself can be had fresh and clean it may, of course, be used. The salt makes the bath more stimulating and tends to increase the circulation. A brisk rubbing should always follow the bath.

For children between the ages of three and twelve to fifteen it is impossible to do more than give the most general directions. Use your observation and common-sense in each individual case; children of the same family differ nearly as much as those of different families.

Bear only in mind these few principles which I firmly believe to be safe as well as sound, and which apply to grown persons as well as to children. A daily washing of the whole body on arising in the morning with the use of soap on certain parts, at least, and with cool fresh water, followed by vigorous rubbing with not too soft a towel, is a valuable aid to health.

Let the bath be short and cautiously make it as cold as is consistent with thorough reaction, reaction meaning that the person is in a glow all over and warmer after than before the bath was taken.

A basin full of water is sufficient for a bath if a tub, for any good reason, cannot be used.

A warm or hot (95°—110°) bath is best taken immediately before going to bed. Warm water relaxes at first the blood-vessels of the skin and leaves them for a time in a highly susceptible state to the action of cold; a sudden chilling of the surface may then result in dangerous congestion of internal organs. If you do take a warm bath during the daytime, carefully avoid strong currents of air or much change in the temperature for several hours, that the vessels may have time to recover their tone. These general rules apply as well to the swimming-bath for boys and adults.—*Youth's Companion.*

FORM BANDS OF HOPE!

The celebrated Dr. Richardson of London, England, in a recent address there, said the temperance cause would never win the day till women generally were heartily engaged in it; and that is a true saying. Blessed be God, in this favored land women in great numbers are its most earnest and successful advocates. In another equally important matter, however, England has the advantage of us, and that is in the formation of Bands of Hope. With the women and the children on the side of temperance how long would Legislatures treat temperance petitions with scorn and coddle the liquor traffic?

The Manchester (Eng.) Band of Hope recently memorialized the School-Board of that city to introduce Temperance Readers into the public schools, and their petition was treated with respect. Upon investigation, however, it was found that all the temperance readers recommended, except one, were already in use. Happy Manchester! When will every school-board everywhere be as far advanced! Seeing that Bands of Hope can be made efficient, not only for the improvement and instruction of the children composing them, but for the effect they produce upon the parents, and the public eye, even on school-boards and it may be on Legislatures, why are such bands not more common among us? Nay, why has not every church of every village or ward its Band of Hope? There is no difficulty in getting up these delightful and useful associations! The expense is trifling, the pleasure and the profit great.

Let us suppose there is at least one earnest Christian temperance man or woman (if more, the more the better) in a neighborhood in city or country. Let that person make it known in the school or schools of the vicinity that a Band of Hope is to be formed on, say, the next Saturday afternoon, at such a house or school-room or hall, to which all children are invited. Then let a supply of tiny bits of blue ribbon be prepared, to be pinned to the vesture of those who join the band, and two or three speakers be ready to tell little temperance stories briefly and lead the singing of well-known hymns. At this meeting the use and purpose of a Band of Hope should be briefly explained, and as many as chose to join it would have their names taken down. Then they could elect their president and secretary, and ask the lady or gentleman who had called them together to be their superintendent. They could then get the blue ribbon to wear, and be told that when the fine weather came there would probably be a picnic in the grove, and when Winter came a soiree or two. On public festivals also they would walk in procession, with banners and mottoes, and, if possible, a band. If that could not be had, they could sing while marching. The hymns should be marching, cheerful melodies with stirring choruses. These and other pleasant plans would endear the temperance cause to the young, and produce a strong impression on the public mind, which could not but highly approve of the object of such training.

Whoever would enlist children heartily in any plan must give them plenty to do. Singing, reciting pieces, marching, making speeches, cheering, clapping hands, etc., should all come into use as means to an end, but long, prosy addresses from grown people should upon no account be permitted. Whoever will adopt some plan like that above sketched will get plenty of help and be a great benefactor to his or her neighborhood, and be remembered gratefully for life by many of the members of the Band of Hope.—*New York Witness.*

OUR BOYS.

Yes, our merry, active, busy, frolicsome boys! What a comfort it is that they have mothers to bring them up, for really it sometimes looks as though all the world, except a lad's mother, were determined to make an Ishmael of him. Hear how curiously or imperiously Jack or Charlie is addressed; too often, by young gentlemen only a few years his seniors. How often grown-up sisters, in their daintiness and elegance, act very much as though the twelve-year-old little brother was a member of some other species than their own, and unfortunately, how often even fathers, who were boys once, but have forgotten their boyish experiences, are much too peremptory in manner and ironical in speech when addressing their sons.

Peremptory in manner, I repeat. There is such a thing as being inflexible where prompt obedience is required, and still gentle and dove-like in the way of showing it. Begin with the wee ones in the nursery and train them to mind promptly and speak the truth from the cradle upward, and there never need be harsh words spoken, nor disagreeable conflicts of authority with rebellion when the children are half-grown.

By the time a boy or a girl has reached the age of twelve, character is very largely formed. The stamp has been set upon it for all future years. It is the early years which receive the deepest impressions. Therefore, in the first years should mothers be careful to establish good habits, and above all, to endeavor to bring their sons to the dear Lord for His blessing.

The years of adolescence are often full of restlessness. The boy is, perhaps, overflowing with vivacity, and his gay spirits lead him to do and say things which look idle and foolish to grave middle age. On the other hand, it may develop a tendency to morbidness, retreating into himself and repelling sympathy. Either way, he requires delicate handling. It is an inestimable benefit to a boy to be confidential with his mother at this period of life, telling her his trials and troubles and receiving her counsel.

As a rule, mothers do not pet their older children enough. The sweet soft words, the caresses which are lavished on the babies are not freely bestowed on the older children. And yet a mother's tender hand smoothing her big boy's brow, her fingers straying through his hair, her kiss in passing him, are tangible evidences of her love which are beyond price.

It is beautiful to see the knightly grace, the loverlike devotion which some sons show their mothers. Be assured if you must win this crown of crowns, that you must win it by being your boy's friend all the way on from his baby-hood. Do not be afraid of demonstration. Many a hungry soul is half-famished in the midst of plenty, simply because those around him are so afraid of showing their affection by speech and smile and touch.

There ought to be some place in the house for a boy's possessions. If he like tools he should have liberty to use them and a place for a workshop. If he is fond of dumb animals, tolerate his cats and dogs, pigeons, chickens, pets of all kinds, even though you dislike such creatures yourself. If he has a craze for collections, whether of minerals, ores, postage-stamps or butterflies, assist him, to follow his bent.

Let your boys be permitted to bring their companions freely into the house. There are mothers to whom this advice is superfluous. There are others, among my readers too, who care more for clean and shining porches, for stairways and halls, carpets, oilcloths and paints than they do for the welfare of their sons. So, very complacently, they send the latter off to play with Tom or Harry, whom they (the mothers) do not know, somewhere quite out of sight and hearing, and then they rejoice in their clean, well-kept houses.

Dear friends, well-brought-up boys, happy boys, sunning themselves in the atmosphere of a Christian home, are worth a thousand times more than handsome houses and luxurious furniture.

Look out for a boy's reading. Crowd out the bad by supplying him with plenty of good reading. The little fellows who were disarmed of pistols and knives in a Philadelphia school the other day, juvenile highwayman, equipped for a career of plundering on the Western plains, had been reading "flash literature." What were their mothers about to let the boys get hold of the papers which contain such poison?

There are papers and magazines which are quite exciting enough to please any boy, yet are pure and wholesome. Then there are on the home shelves or in the public libraries a great many authors whose charm for the young is perennial.

A boy's evenings at home should be made bright and pleasant. Evenings in the street are fatal to many a lad.

Not too much training, mothers, if you love your boys. All good home government leads up to intelligent self-government. Never lose sight yourselves of your own accountability to God as mothers, and keep before the boys the feeling that they too are responsible, and must answer to God for the talents entrusted to them.—*Christian Intelligencer.*

PUZZLES.

CROSS-WORD ENIGMA.

My first is in Plymouth and Salem,
My second in market and stall;
My third is in harbor and shelter,
My fourth in lofty and tall.
My fifth is in picture and painting,
My sixth is in naked and nude;
My seventh in ripple and wavelet,
My eighth in rugged and crude,
My ninth is in student and study,
My tenth is in cushion and chair,
My eleventh in summer and winter;
My twelfth in trouble and care,
My whole was a noble reformer,
Who battled for truth with his might;
He defended the faith 'mid opposers,
And manfully stood for the right.

HALF PYRAMID.

This is formed by adding a letter to each word from the apex down.

The wrong was * mistake only.
And I * very sorry for it.
For we were one * * * as we say in French.
I always replied * * * to all she said.
And now to make an * * * I am quite willing.
But what shall the * * * * be?
I am happy to be the * * * * although not guilty of intentional wrong.

PL.

A proverb of 31 letters.
T p h a i m e o o t r i n t f h i n o c
a s i r a t t e .

Author.—D g r n a u w o d y e .
Where Written.—T n h i g o h b g t u .

CHANGE OF FEET.

Change the last letter of each word so as to produce a new one.

1, Change an animal to a measure; 2, change boiled corn meal to a fragrant scent; 3, without light to courage; 4, change the stopper of a barrel to a case for a bed; 5, change without life to without hearing; 6, change a sleigh to a boat; 7, change a small particle of matter to a small insect; 8, change the stump of a tree to a set of horses; 9, change a grunting ox to a large root; 10, change a ship's boat to an open root; 11, change feebleness to soundness; 12, change a drop of fluid from emotion to oxen harnessed together; 13, change to walk affectedly to playing badly on an instrument; 14, change a water-lizard to that which seems to some men the most attractive thing in life.

ANSWERS TO PUZZLES.

CHARADE.—Dramatic.

DIAMOND.

A
A B D
E L L E N
A L B I N O S
A D L I B I T U M
O E N I Z E N M
N O T E S
S U N

DOUBLE DIAGONAL.

D u d e s
D r o l l
B i e s t
O e n i z e n
T h r u m

CROSS-WORD ENIGMA.—Sphinx.

DECAPITATION.—W hale-hale-ale.

RIDDLE.—AN EGG.

CORRECT ANSWERS RECEIVED.

Correct answers have been sent by Stan-fell Wainwright, and Hannah E. Greene.

THE ATTEMPT to establish careful and systematic Bible study by a system of questions for written examination has been tried by Sunday-school workers of the Berlin and Wetherfield Sunday-school Union in Connecticut. The matter was put in charge of a committee, consisting of John B. Smith of New Britain and W. H. Hall of West Hartford. The scheme provides that near the close of each quarter the visitor shall send to all the schools co-operating, a scheme and questions for a written examination. The papers containing the answers to be forwarded to the visitors for examination. Each paper is to be accompanied by the name of the writer in a sealed envelope, and these envelopes will not be opened except where the papers are successful. The names of the pupils who are successful will be reported at the annual meeting of the Union and be printed with its minutes, and the school which furnishes the largest percent of successful candidates will receive as a testimonial a valuable blackboard, map, or other appropriate Sunday-school equipment. The pupils undertaking to pass this examination were specially cautioned to know—first, the title and golden text of each lesson; second, the facts stated in the lesson; and, third, a duty taught or suggested by each lesson.—*S. S. World.*