

HEALTH HINTS.

BABIES' NEED OF SLEEP.—A young baby should spend most of its time in sleep. Never allow it to be awakened for any purpose whatever. A child's nerves receives a shock every time it is roused from sleep, which is most injurious to it. Admiring friends should be made to wait until it is awake to kiss it and play with it. After it is nursed at night put it back in its crib, and if it is comfortable it will soon fall asleep. It should never sleep in the bed with an older person. Place the crib with its head to the light, so as to protect the eyes from the glare. A light canopy serves to ward off draughts. Curtains cut off the supply of fresh air, and, excepting a mosquito netting in summer, should not be used. Until a child is two years old it should spend part of each day in sleep, taking a long nap morning and afternoon. *Ladies' Home Journal.*

HOW TO DRESS A BABY.—A baby should be warmly dressed, but not encumbered with clothing. When it perspires freely it is too warm, and is likely to take cold if the air happens to be colder than usual or it is exposed to a draught. On the other hand, a great deal of vitality is wasted in the efforts of nature to keep the body warm if it is not protected with sufficient clothing. A young baby should have a flannel band long enough to go twice around it. Be very careful not to put it on too tight, and fasten it with small safety pins. On this put a long-sleeved cashmere shirt, buttoned all the way down the front. No one who has used an open shirt will ever return to the old-fashioned kind that have to be put on over the head. Next comes a long flannel petticoat, or pinning blanket, sewed to a cotton waist, and over that a loose white slip. Two napkins, one of cotton, the other of swan's-down or flannel, should be used. Twilled cotton is the softest, most absorbent material for napkins. Some mothers prefer linen diaper, but it does not retain the moisture as well as the cotton. A knitted blanket, or an embroidered cashmere one, can be wrapped around the baby unless the weather is very warm. It is always safe to use one when it is carried from one room to another, to protect the head from draughts. Little knitted socks keep the feet warm and add much to its comfort. Do not be afraid of fresh air. Open the window and provide artificial heat sufficient to keep the room at a temperature of sixty-eight degrees. Do not let the air blow directly upon the child; a screen placed near the window, or a strip of flannel pinned in front of the opening, will prevent this. Take the baby into the open air every pleasant day, putting on sufficient clothing to keep it warm. Do not trust it in a baby carriage with a young girl whose carelessness might injure it for life. Always dress and undress a young baby by an open fire. If it cries during the day, unpinning its foot blanket and warming its feet will sometimes quiet it. *Ladies' Home Journal.*

SLEEPING ROOMS.—In the most of our dwellings the important rooms, as far as the health of the inmates is concerned, are the kitchen and the sleeping room. In these two the mistress of the house, who keeps no servant, spends the largest part of her life; but it is to just these rooms that the least sanitary attention is commonly paid. We shall speak now only of the sleeping room. In this we all spend, or should spend, one-third of the day, the period designed by nature for repairing the wear of the physical and mental machinery. No greater mistake was ever made than to look on the time spent in sleep as wasted. We have improved upon such sleeping rooms as were not unusual a few generations ago; rooms forever unvisited by sunshine; rooms opening from the kitchen, so that the spoiled air of the day was breathed over again by night; rooms in low, stiling garrets, or, worse still, mere closets, wholly cut off from sunshine and from the pure outside air. But many housekeepers still need hints on the subject.

1. A sleeping room should never be a small one, dependent for most of its air on an open window. Such a room is seldom safe, and in certain states of the weather the air is sure to be shut off.
2. Few rooms are large enough not to require continuous ventilation. The two sleepers are constantly vitiating the air. No air is pure which contains an excess of carbonic acid, and at every breath a certain amount of oxygen is converted into this poison-

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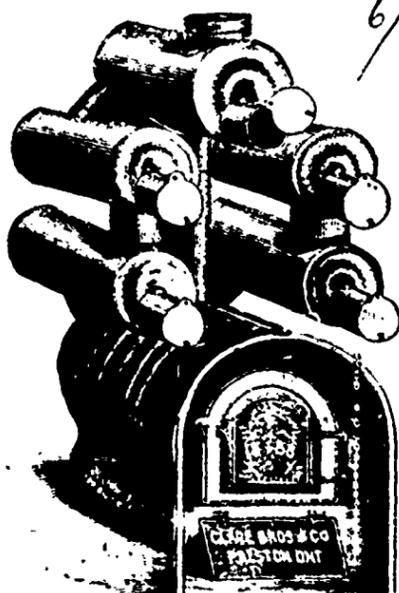
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ous gas. Think of twelve thousand such inspirations during the night! Moreover, each breath conveys with the carbonic acid and throws into the air effete matter thrown off by the lungs, which is also poisonous. Nor is even this all. Millions of sweat tubes are all the time pouring their polluted waste into the room. Ventilation, it is evident, is a hygienic necessity. 3. Sunshine is essential to a good sleeping room. Sunshine is a powerful disinfectant, and every sleeping room needs to be disinfected daily. Let the head of the family appropriate the sunniest room; the guest room, with its occasional occupant, is of secondary importance. 4. The sleeping room should be in an upper storey. As the night air cools, many of the disease producing particles sink to the lower strata. It is said that one may live safely in a malarial region by avoiding the night air and sleeping above the ground floor. 5. The sleeping room should not only be one of the most spacious, but one of the cheeriest and neatest and best-furnished rooms in the house. It should be emphatically "the chamber of peace." *Youth's Companion.*

RULES FOR A CLEAR SKIN.—Don't bathe in hard water; soften it with a few drops of ammonia, or a little borax. Don't bathe your face while it is very warm, and never use very cold water for it. Don't attempt to remove dust with cold water; give your face a hot bath, using plenty of good soap, then give it a thorough rinsing with water that has had the chill taken off it. Don't rub your face with a coarse towel; just remember it is not made of cast iron, and treat it as you would the finest porcelain—gently and delicately. Don't use a sponge, or a linen rag for your face; choose instead a flannel one. Don't believe you can get rid of wrinkles by filling in the crevices with powder. Instead give your face a Russian bath every night; that is, to bathe it with water so hot that you wonder how you can stand it, and then, a minute after, with cold water that will make it glow with warmth; dry it with a soft towel and go to bed, and you ought to sleep like a baby, while your skin is growing firmer and coming out of the wrinkles, and you are resting. *Ladies' Home Journal.*

SOME USES FOR BORAX.—Sprinkle places infested by ants with borax, and you will soon be rid of them. Blankets and furs put away, well sprinkled with borax and done up air-tight, will never be troubled with moths. A little borax put in the water before washing red or red-bordered tablecloths and napkins, will prevent their fading. Ring-worms will yield to borax treatment. Apply a strong solution of borax three times a day; also dust on the fine powder very often. Silver spoons and forks, in daily use, may be kept bright by leaving them in strong borax water several hours. The water should be boiling when they are put in. Put a teaspoonful of borax in your rinsing water; it will whiten the cloths and also remove the yellow cast on garments that have been laid aside for two or three years. One of the best things to clean the scalp thoroughly is to dissolve one-half teaspoonful of borax in a quart of water and apply it, rubbing it in well. Rinse thoroughly in clear water. For washing fine nice flannels nothing will cause them to look so nice as borax in the water, a tablespoonful of borax to a pail of water being the right proportion. Always wash baby's little flannel skirts, shirts, etc., in this way. Always wash baby's mouth and gums every morning with water in which you have put a pinch of borax. It keeps the mouth fresh and sweet, and prevents that uncomfortable affliction, a sore mouth, with which so many poor babies are troubled when their mouths are not kept perfectly clean. Borax water is excellent for sponging either silk or wool goods that are not soiled enough to need washing. In washing cashmere or wool goods put a little borax in the water. This will cleanse them much more easily and better, without injury to the colours. Do not rub them on a board, but use the hands, and throw on a line without ringing. Press them on the wrong side and they will look almost like new. *Good Housekeeping.*

A HOME QUESTION.
To the Editor of THE CANADA PRESBYTERIAN. I want to bother you just a little about a "household question." I have used