

The Names of Women.

Give your daughter but one name in baptism. She will be perfectly content with it. Her lover never requires, never uses but one of her names, if she has half a dozen. In the height of his tenderness he never exclaims: "Amelia Jane, come to my arms!" He simply extends his arms and cries: "Amelia!" When the girl marries let her always keep her surname. Then when ever we see a woman's name, we shall know whether she is married or single, and if she is married we shall know what her family name is. If she has earned a reputation as a writer or a doctor or an LL. D. as Mary Brown, she will carry that with her as Mary Brown Johnson; and in all cases there will be spared an infinite amount of talk and inquiry as to who she was before she was married. This system is essential to the "cause" of woman. It may be said that it lacks perfection in two respects; we could not tell from the three names whether the bearer of them might not be a widow, and it makes no provision for a second marriage. These are delicate questions. In regard to the first it is nobody's business to know whether the woman is or is not a widow, unless she chooses to make that fact prominent, and then she has ways enough to emphasize it. And in the second place it does not at all matter what becomes of the name of the first husband. It is the woman's identity that is to be preserved, and she cannot be required to set up milestones all along her life.

Annabella is not Annabella, or fair Anna, but is the feminine of Hannibal, meaning gift (or grace) of Bel. Arabella is not Arabella, or beautiful altar, but Orabella, a praying woman. In its Anglicized form of Orabel it was much more common in the thirteenth century than at present. Maurice has nothing to do with Mauritius, or a Moor, but comes from Almaric-himmel-reich, the Kingdom of Heaven. Ellen is the feminine of Alain, Alan or Allan, and has possible connection with Helen, which comes from a different language, and is older by 1,000 years at least. Amy is not from amee, but from amie. Advice or Avis does not signify advice, as some think. It comes from Ædwis, and means happy wisdom. Eliza has no connection with Elizabeth. It is the sister of Louisa, and both are daughters of Heloise, which is Helewis, hidden wisdom. There is, indeed, another form of Louisa, or rather Louise, which is the feminine of Louis, but this was scarcely heard of before the sixteenth century. Emily or Amelia are not different forms of one name. Emily is from Æmylia, the name of an Etruscan gens. Amelia comes from the Gothic amala, heavenly. Reginald is not derived from Regina, and has nothing to do with a queen. It is Rem-alt, exalted purity. Alice, Adelais, Adelaide, Aliza, Alix, Adaline are all forms of one name, the root of which is adel, noble. But Anne was never used as identical with Annis or Agnes (of which last the old Scottish Annas is a variety); nor, as is sturdily maintained, was Elizabeth ever synonymous with Isabel.—[*New Orleans States*]

A Sunshiny Husband.

A sunshiny husband makes a merry, beautiful home worth having, worth working in and for. If the man is breezy, cheery, considerate and sympathetic, his wife sings in her heart over her puddings and her mending basket, and renews her youth in the security she feels of his approbation and admiration. You may think it

weak or childish, if you please, but it is the admired wife, the wife who hears words of praise and receives smiles of commendation who is capable, discreet and executive. I have seen a timid, meek self-distrusting little body, fairly bloom into strong, self-reliant womanhood under the tonic and the cordial of companionship of a husband who really went out of his way to find occasion for showing her how fully he trusted her judgment and how fully he deferred to her opinion. In home life there should be no jar, no striving for place, no insisting on prerogatives, or division of interests. The husband and wife are each the complement of the other. It is as much his duty to be cheerful as it is hers to be patient, his right to bring joy into the house as it is hers to sweep and garnish the interior. A family where the daily walk of the father makes life a festival, is filled with something like a heavenly benediction.

Twelve Rules for the Care of Ears.

1. Never put anything into the ear for the relief of toothache.
2. Never wear cotton in the ears if they are discharging pus.
3. Never attempt to apply a poultice to the inside of the canal of the ear.
4. Never drop anything into the ear unless it has been previously warmed.
5. Never use anything but a syringe and warm water for cleaning the ears from pus.
6. Never strike or box a child's ears; this has been known to rupture the drum-head, and cause incurable deafness.
7. Never wet the hair, if you have any tendency to deafness; wear an oiled-silk cap when bathing, and refrain from diving.
8. Never scratch the ears with anything but the finger, if they itch. Do not use the head of a pin, hair pins, pencil tips or anything of that nature.
9. Never let the feet become cold and damp, or sit with the back towards the window, as these things tend to aggravate any existing hardness of hearing.
- 10a. Never put milk, fat or any oily substance into the ear for the relief of pain, for they soon become rancid and tend to incite inflammation. Simple warm water will answer the purpose better than anything else.
11. Never be alarmed if a living insect enters the ear. Pouring warm water into the canal will drown it, when it will generally come to the surface, and can be easily removed by the fingers. A few puffs of tobacco smoke blown into the ear will stupefy the insect.
12. Never meddle with the ear if a foreign body, such as a bead, button or seed enters it; leave it absolutely alone, but have a physician attend to it. More damage has been done by injudicious attempts at the extraction of a foreign body than could ever come from its presence in the ear.—*Health and Home*.

SLEEPLESSNESS.—Rise early, exercise freely in the open air, and do not sleep in the day time. Eat light suppers, and retire at a regular hour. Sponge the body with tepid water, and rub briskly with a coarse towel. Winter night clothes should be made of flannel, sufficiently long to cover the feet and prevent contact with cold sheets. Do not give a child paregoric or soothing syrups, for sleeplessness or fretfulness. Sedatives should never be administered, except by the advice of a physician.

Valuable Hints to Young Ladies Going into the Country.

New York Journal: "It is well enough to go into the country and play tennis and croquet, go on fishing-excursions and picnics, and sit in the hot sun half of the day; but what shall one do with her complexion?" lamented a fashionable young lady the other day.

Some one suggested that it was fashionable to return home as brown as an Indian.

"But I do not get brown," she exclaimed; "I turn a horrid red, and then my skin begins to come off, and my face gets rough and does not look at all pretty."

For the benefit of such young ladies the following items were given by an old lady of 60, who is still considered a beauty, and who retains a complexion noted for its delicacy of coloring:

Wear a large white sun hat when outdoors in the daytime, even if sitting in the shade.

The neck should never be permitted to be sunburned; and to avoid this wear thin flannel underwear, with a lawn or muslin dress, and tie a silk handkerchief about the throat when out boating.

A cheap toilet-water is made out of a half pint of water, a small cup of cider-vinegar, and the same amount of milk. Put into a jar or bottle and apply to the face with a soft sponge. Let it remain over night or until perfectly dry, and then wash it off with warm water. It will remove tan.

A shining face may be avoided by ladies who do not use powder if it is bathed over night with warm water, and the eyes only sponged in the morning.

A pomade for the face, to remove tan and whiten the skin, is made out of an ounce of almond paste, the juice of two lemons, and a little eau de cologne. It is to be applied at bed-time and left on the face until morning.

Gloves should be worn constantly to prevent the hands from tanning. The most serviceable are large ones of dog-skin of a dull tan shade, and these are suitable for most country pleasures.

Rain water is best for toilet purposes, and keeps the skin soft and smooth. Boiled rain water is considered as effective as a Turkish bath in removing tan.

Masks of white cloth dampened with warm water are worn at night by ladies who have the courage to stand their unpleasantness, and are considered most effective for beautifying the complexion.

Dark-colored veils of heavy gauze are a protection against the sun when driving or riding.

THE OCEAN'S BED.—The bed of the ocean is to an enormous extent covered with lava and pumice stone. Still more remarkable is it to find the floor of the ocean covered in many parts with the dust of the meteorites. These bodies whirl about in the heavens like miniature comets, and are for the most part broken into innumerable fragments. We are all familiar with the heavenly visitants as shooting stars, but it has been only lately discovered that the cosmic dust forms layers at the bottom of the deepest seas. Between Honolulu and Tahiti, at the depth of 2350 fathoms, over two miles and a half, a vast layer of this material exists. Falling upon land, this impalpable dust is undistinguishable; but accumulating for centuries in the sea depths, it forms a wonderful story of continuous bombardment of this planet by cometary bodies.