

## IN THE SICK ROOM.

When a person of means in the city is taken dangerously ill a trained nurse is usually called in to attend to the case, but in the country this is not so convenient, and the family, assisted perhaps by the neighbors, do the nursing.

While the devotion of the household is not to be questioned, the fact remains that an inexperienced person does not understand the business as well as one who has made a study of it, and suggestions along that line may be very helpful.

To relieve the restlessness caused by being compelled to lie still, a slight change in position, or a gentle rubbing with the hand will sometimes work well. For a person weakened by a long illness a cream rub is very refreshing. Rub gently every part of the body, having the hand moistened with sweet cream, until the circulation is slightly stimulated and the skin absorbs the cream. In this way the dry and starved skin is nourished and the whole system is benefited.

Fever patients are usually benefited by frequent bathing, if it is carefully done so as to avoid the danger of taking cold. If the patient can be wrapped in a blanket, inside of the usual bed clothes, while being bathed, there will be very little danger of taking cold or of getting the bedding damp. After the bath give a good dusting of borated talcum powder. This gives a cool, pleasant feeling to the skin that is very soothing to the patient. The powder may also be used to cool the skin at other times when the bathing is not advisable.

Wiping the face with a soft cloth wrung from cool water is often very welcome. Do not give it a hasty wipe and consider it done, but wipe every spot on the face carefully, and especially the lips, which are usually dry and uncomfortable.

When giving the patient a drink of water be sure that it is fresh and pure. Use a thin glass that is not too large, and the patient will feel better satisfied.

In serving the food be careful to have it tastefully prepared and put on dainty dishes. A healthy appetite will enable the possessor to relish food from almost any kind of dishes, but the invalid must have something to please the eye as well as the palate.

Wear shoes that will not squeak or make unnecessary noise in moving about the room, but do not go on tiptoes, as this is very irritating to the patient. Never whisper in the sick-room nor carry on conversation in a low voice just outside the door.

Arrange the windowshades to make the light comfortable for the eyes of the patient, and have the ventilation good without allowing a draft to reach the bed.

## HELP YOURSELF.

Fight your own battles, hoe your own row, ask few favors of anyone, and you will succeed a thousand times better than those who are always beseeching someone's patronage. No one can ever help you; you can help yourself, because no one will be so heartily interested in your affairs. The first step will not be such a long one, perhaps; but, carving your own way up the mountain, you make each one lead to another. Men who have made fortunes are not those who had a fortune given them to start with, but who started fair with a well-earned dollar or two. Men who have, by their own exertion, acquired fame, have not been thrust into popularity by puffs, begged or paid for, or given in friendly spirit. They have stretched out their hands and touched the public heart.—Selected.

## WONDERFUL CHANGE.

"Frances, I should like you to take this rabbit to your grandma, and remember, don't stop to gossip on the way, but go there as quickly as you can and return immediately."

"Yes, mamma," replied Frances, cheerfully. First securing the lid so that Bunny could not escape, she took the basket on her arm and was soon trudging on her way to grandma's.

But when she saw her best chum, Mabel, she forgot about what mamma had told her, and straightway began to talk long and earnestly. So absorbed was she that she didn't notice mischievous Freddy Jones quickly take the rabbit from the basket and put in its place a cat.

At last she entered grandma's house. After kissing the dear old lady she announced that mamma had sent a plump rabbit. As she spoke she opened the basket. To say they were surprised would be putting it mildly. "My dear," said smiling grandma, "that rabbit looks too much like a cat for me to enjoy it."

On her way home Frances paused again to tell the wonderful tale to Mabel of how her rabbit had been changed into a cat. While she was talking, Freddy Jones quietly took the cat from the basket and replaced the rabbit.

Frances poured forth her tale to mamma. Mamma looked decidedly doubtful, so Frances raised the lid of the basket in order to show the cat. But instead of the cat she found the rabbit! Mamma was much grieved that Frances should tell her such an untruth. And Frances was punished for her fault—not for her untruthfulness, as mamma supposed, but for her other fault of gossiping and disobedience. Later, when Frances learned from Freddy of the trick he had played, she resolved never to be guilty of such a fault again.

## A HUMAN CORK.

Bathing in Great Salt Lake is a unique experience. Flights of steps lead down into the water from the interminable platform along which the bathhouses are situated. The water is quite shallow at first, and you find rare enjoyment for a time in wriggling your toes about in the salt that forms the bottom in place of accustomed sand. You are obliged to wade out some distance before you experience the peculiar buoyancy of the lake. First, you feel your feet trying to swim out from under you. You find it more and more difficult to walk. You begin to float in spite of yourself. Then you realize that you are non-sinkable. You can't sink if you want to. Throw yourself on your back or sit down or try to swim, and you bob about like a rocking-chair in a freshet. You feel as though you had been turned to cork. You can't help looking at the phenomenon subjectively. You don't see that there is anything peculiar about the water. It looks and feels like other bathing water—until you get some of it in your eyes or in your mouth. Then you wish you hadn't come. Ocean water is sweet in comparison. In fact, the chemists tell us it is eight times less salty.

You can't drown in the lake by sinking, but you can be suffocated to death, which is just about as uncomfortable and undesirable. We found signs everywhere warning us against being too talkative or too frolicsome in the water.

When we came out we brought with us large deposits of salt on our skin. As the water evaporated we found ourselves covered with white crystals. Only a strong shower bath of fresh water or a good clothes brush can put you into fit condition to dress.—The Travel Magazine.

## BABY'S OWN TABLETS

### A LITTLE LIFE SAVER

Baby's Own Tablets have saved many a precious little life. There is no other medicine for children so safe and sure in its effects. The Tablets cure stomach and bowel troubles, teething troubles, destroy worms, break up colds and prevent deadly croup. And you have the guarantee of a government analyst that this medicine does not contain a particle of opiate or narcotic. Mrs. J. La-roque, Log Valley, Sask., says:—"I am a great believer in Baby's Own Tablets. I have used them on many occasions and know of no medicine equal to them in curing the common ailments of babies and young children." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

## WIRELESS TELEGRAPH.

All battered and lamed and shattered and maimed the mail-ship crawls into port,  
And the belted tire and the volted wire are the toys of the whirlwind's sport;  
And the gray sea's teeth in the depths beneath where the coiled, green serpents play  
Are crumbling, crunching, numbling, munching, at the cable lengths away—  
But now they may howl, the storms, and growl, at the work of the linemen's hands,  
But gone is their pride with the boast of the tide that bit at the deep-sea strands.

For a sentence thrills through the bastioned hills that has neither voice nor form,  
Nor rocks of the might of the Chaos-prize that labors the earth with his storm;  
Bitted and bridled and shackled and girdled and bound with a linkless chain,  
The brute powers cower at the god-like power that dwells in human brain:  
Man has stolen the wings of the deathless Things that range where the spirit is lord.  
He is leagued anew with the Silence through the strands of a strandless cord.

—Selected.

## THERE'S EVERYTHING IN BEING FIRST.

The first train in Canada was operated on what is now a part of the Grand Trunk Railway and this great system has ever been on the alert to stay in the first rank. In keeping with this general policy the "International Limited," the premier train of the Grand Trunk System, is also the finest and fastest train in Canada, and one of the fastest long distance trains in the world. Leaves Montreal every day at 9:00 a.m., Toronto 4:40 p.m., arriving Detroit at 10:00 p.m. and Chicago at 7:40 a.m.

It will not do to laugh at "good resolutions." Did you ever know a person to undertake any really great task without one?—Exchange.

"The heart that loves sets no time limit to its service, nor stays to measure its gifts, for Love must serve and Love must give."—Exchange.

Gentleness of speech has made the most wilful to be as the heart of a little child and filled many a troubled life with the peace of Jehovah.

He who is false to present duty breaks a thread in the loom, and will find the flaw when he may have forgotten the cause.