

# THE HOME

## HYGIENIC VALUE OF WORK.

(By Emily Tolman.)

An eminent physician, Dr. R. C. Cabot, in a paper read before the United States Social Science Association, bears emphatic testimony to the hygienic value of work. He says: "We think it is not sufficiently realized that work is a great, if not the greatest, factor in keeping well. Physicians sometimes tell a man to give up work, without realizing that they are compelling almost as serious a change as if they told him to give up eating. My convalescent patients sometimes say, 'I don't feel fit for work,' and the answer is, 'You will never be fit to work if you wait till you feel like it. The only thing that will make you feel better is the tonic and stimulus of getting to work.'" As an example of what work will do for a man, Dr. Cabot mentions the former Premier of England, Mr. Arthur Balfour, who was physically miserable until he was induced by a wise physician to enter upon his strenuous public career.

"It is quite a chore to learn to hang around," was the remark of an active business man who had been persuaded by his wife to take a vacation, and was trying to kill time at a certain summer resort. What he needed was some interesting avocation to substitute for the usual daily routine. In the midst of toil we may long for leisure; but when the leisure comes, most of us soon tire of it, and find ourselves ready to sing with Wordsworth in his "Ode to Duty."

"Me this uncharted freedom tires, I groan beneath the weight of chance desires." People with nothing to do fall easy victims to ennui, and to what a little girl called "nervous prosperity."

"Properly regulated work," says a student of nervous disorders, "strengthens the nerves and protects against neurasthenia." No doubt Helen Gould working hours at her desk, managing her many charities, is a happier and healthier woman than the fashionable idler.

When the historian Parkman was debarr'd by ill-health from his chosen literary pursuits, he engaged in an other form of work. Sitting in a wheel chair, he cultivated his garden and became the authority of his time on rose culture.

A delicate young woman who had been without a housemaid for several weeks, smilingly said to the writer, "I am doing my own work now, and I am afraid it agrees with me."

A woman physician, believing in the hygienic value of work, established a summer sanitarium in the country, where she has had notable success with nervous invalids. Work and outdoor life are the principal factors in the treatment. Here ladies who have never done a useful thing in their lives engage in light household tasks, and do such gardening as their strength will permit. Wielding the trowel or the hoe, they learn to watch with interest the growing plants, and to eat with zest the fruits of their toil. In bad weather they are employed in weaving rugs or some other useful indoor occupation.

"Get work, get work. Be sure 'tis better than what you work to get," says Mrs. Browning. While this is true, the value of the product undoubtedly affects the value of the work. Hence exercise merely for the sake of exercise is less beneficial than that which produces a desirable result. A walk taken merely for a constitutional is more fatiguing and far less healthful than a walk which leads to the accomplishment of some worthy object, or one taken in the company of a friend, when the time is spent in agreeable conversation. "In valuable exercise," says Dr. Cabot, "there is no self-reference. Attention is turned away from self."

The convalescent woman is usually easier to deal with than the convalescent man, because there are so many light tasks in which she can employ herself and occupy her mind, while the man, unable to go to his office or engage in his regular business, is often at a loss for diversion. That was a wise young physician who, on recovering from a long siege, of typhoid fever, employed his convalescence in knitting, while his wife read aloud from some entertaining book.

Children are naturally fond of work. At least this is true when they see their elders at work, and should be taken advantage of in early years. It is often easier for the mother to do the work alone than to accept the eagerly proffered help of the child, but the child being more important than the work, it is better to have the work less well done, or to be hindered in its accomplishment, if thereby the child is trained in habits of industry and helpfulness.

Some congenial occupation is essential to the health of every human being. I even doubt if unceasing grinding, monotonous toil is worse or more wearisome than rapid, monotonous idleness.

## ALLOW NO QUARRELS AT MEALS

In many families, especially at this season of the year, when every member from the head of the family down to the little six-year-old shaver feels hot and tired and cross, there seems to be a sort of unwritten law to the effect that all the unpleasantness of the day shall be aired and discussed at the table.

Things that have gone awry, unsettled grievances and disagreeable and gloomy subjects seem to be in order only when the whole family is seated at the table for the evening meal. In such an atmosphere the meals are hastily eaten and indigestion is the certain result.

With all the good things of the season on the table now, it does seem a shame to spoil an enjoyable dinner by wrangling and quarrelling. It kills hunger, breeds ill-will, results in dyspepsia and breaks up all semblance of home life. Too much conversation at the table is perhaps bad, but it can never equal the harm done by vindictive arguments or even a stubborn angry silence. Perhaps every member of the family sits down to the table with the avowed intention of preserving the peace—at least as far as his responsibility in the matter is concerned. A trivial thing often leads to a general family row.

Perhaps little Mary, down at the end of the table, has, in a moment of negligence, conveyed the last bit of preserves—Mamma, justly indignant, but a trifle too hasty, fairly withers Mary with her stern reproaches. Mary, also out of temper, answers back and the ball is started rolling. Mary is sent away from the table, even though tired Papa ventures an opinion that she might perhaps be given another chance. Then at this point big sister Sue gives a few suggestions as to how children should be trained. Mamma is angry, Sister Sue is determined to have her say, and the whole family goes up in the air. The entire meal is spoiled—and there you are.

The meal hour is surely the time when cheerfulness and pleasant subjects should be the watchword of the family. Each member of it should try to speak of the very pleasantest things that have happened to him during the day. Laughter and smiles should be in order. Let every one come to the table smiling and it will take a mighty disagreeable topic to turn all of those smiles into scowls and frowns. If the table manners of the children are not what they ought to be, do not nag them so persistently that they are half afraid to eat half a mouthful of food. Correct them quietly and firmly and attend to punishments and further instructions at some other time.

Do not bury your husband in a perfect avalanche of questions the moment he sits down to the table and, on the other hand, impress upon him that he must reserve the unpleasant financial affairs of the household for discussion with you at another time. Be cheerful yourself. Impress upon each member of the family the value of a smiling countenance, cheerful topics and the obligation resting upon him to do all in his power to make the meal a pleasant one. It will pay in many ways and the benefit is mutual.

## HELPFUL HINTS.

Paint that sticks to glass can be removed with hot vinegar.

Squeeze a few drops of lemon in the water in which potatoes are boiled just before they are done and they will not turn black.

In a large family it is well to save time and labor by folding sheets and towels as soon as they are dry and running them through the wringer.

To prevent new clothespins from breaking pour boiling hot water over them and let them stand until the water is cold before using the pins.

If soda is mixed with flour in making ginger cookies with sour milk instead of being dissolved in milk, as is the usual way, they will be lighter.

A good way to make starch for dark dresses is to place lump starch in a pan and color a dark brown in the oven; then make in the usual way.

Do you think it a crime to yield to spring lassitude? When you feel as though you could no longer drag around, instead of resisting it, indulge in a nap.

Luncheon potatoes—Wash medium-sized potatoes and cut in two lengthwise. Salt and pepper them well and cover with grated cheese. Bake half an hour in a hot oven.

To clean plaster of paris ornaments cover them with a thick coating of corn starch, and allow this to become perfectly dry. Then it may be brushed off, and the dirt with it.

If a couple of tablespoonfuls of

sweet milk is added to a tub of hard water before putting in bluing it will surely prevent the bluing from lodging in the clothes in unsightly spots.

Stale bread should be thoroughly dried in the oven, then ground to a powder—a rolling pin will do—and away in cans to be ready at time for croquettes or scalloped dishes of any kind.

To avoid a draft in ventilating a sick room tack thin cheesecloth on a screen frame, raise window and put frame under. In this way a window can be left open night and day until patient is well.

## LITTLE KINDNESSES.

You gave on the way a pleasant smile  
And thought no more about it;  
It cheered a life that was sad the while  
That might have been wrecked without it;  
And so for the smile and its fruitage fair  
You'll reap a crown some time—somewhere.

You spoke one day a cheering word,  
And passed to other duties;  
It warmed a heart, new promises stirred,  
And painted a life with beauties.  
And so for the word and its silent prayer  
You'll reap a palm some time—somewhere.

You lent a hand to a fallen one,  
A lift in kindness given;  
It saved a soul when help was none,  
And won a heart for heaven;  
And so for the help you proffered there  
You'll reap a joy some time—somewhere.

## D. G. BICKERS.

TO WASH CHAMOIS GLOVES.

Many women like chamois gloves, but they refrain from wearing them because they do not know how to wash and care for them, consequently find the indulgence in their fancy rather costly. A girl who wears them a great deal and finds them very satisfactory says: "I always wash my gloves myself, using a half basin of tepid water, pure white soap and one teaspoonful of sweet oil. How do I keep them from shrinking? Well, first I rub them in the ordinary way, then I put them on and scrub the seams with a small hand brush. If very dirty I use two waters for the washing. The rinsing, however, is the main point, and I always use tepid water, adding to it a teaspoonful of sweet oil. The drying process is tedious, so it is a good idea to keep two pairs on the go, and let each pair get thoroughly dry after the laundering process. While drying, I let them hang by the wrists, and when dry crush softly between my hands to soften them."—Eagle.

## LOOKS FOR SUDDEN WAR.

Winnipeg, June 1.—War without a minute's notice is what the Earl of Clanwilliam expects. The Earl and Countess of Clanwilliam are spending a couple of days in the city on their way to the Pacific coast. Germany, the Earl says, only awaits a favorable opportunity to pick a quarrel with England, and they will let loose the dogs of war without notice of any kind. England is, however, awakened to the crisis and is prepared for eventualities. The Earl says England is grateful to all the colonies for their offers. He points out that a Dreadnought would be of no use in Canada, but would have to be near England to be of service. A couple of cruisers could, however, be kept in Canada and they would serve as training schools for a big naval reserve.

A specific for that troublesome and often dangerous complaint, the whooping-cough, is as follows:—Mix one ounce drachm each of tincture of eucalyptus and glycerine. For a child of one year of age give six drops in a little water in a teaspoon every four hours. Add two drops for additional year of age—for a child of two years eight drops, and so on. Should a paroxysm occur between the interval of the doses give half a dose. Keep the child warm, the system well nourished, and the bowels open, and with care in these respects and the early application of the above remedy the disease will not last over three weeks. Besides this, the debilitating illness is avoided.

A BLACKING FOR THE KITCHEN STOVE.

Put a tablespoonful of molasses, a piece of soap the size of an egg, a quarter of a cake of patent stove polish and a cupful of black coffee into a tin can or any old metal dish. Set this upon the stove when it is lukewarm. Have handy a stick five inches long with a rag tied to the end to act as a swab. Slip your hand into a paper sack, and swab diligently. The rag should be woolen. The more it is used the brighter the stove. Keep adding coffee as the heat of the stove dries the swab. Rub hard and fast before the stove gets dry.

## REMOVING SCORCH.

An old negro laundress is responsible for the following cure for bad scorched places caused by too hot irons: A half pint of vinegar is put on the stove in a porcelain-lined saucepan. To this is added the juice of a large onion and two ounces of Fuller's earth. The mixture is boiled for five minutes, strained, cooled and bottled.

In removing the scorch a little of the mixture is put on a clean white linen rag and rubbed over the scorched place until it disappears. Several applications may be necessary.

## Big Paper Mills and Parisian Corset Company's Factory Destroyed

Quebec, June 9.—What threatened to be one of the disastrous conflagrations that periodically visit the Ancient Capital, declared itself shortly after noon today in the heart of the mill and lumber and wooden house district of St. Rochs, almost lining the track of the Canadian Pacific Railway, and close to Prince Edward Street.

By one o'clock the lumber mills of Beland and Gignac, the biggest in the district, and several adjoining dwellings were in flames.

At two o'clock the fire seemed to be under control. The water supply was good and detachment of the R. C. G. A. from the Citadel was sent down in charge of Lieut. Tilmaine to assist the firemen. They did good work in scattering the lumber piles near the mill which had taken fire and which were burning fiercely.

The Corset Factory of the Parisian Corset Company was totally destroyed and so far twenty to thirty houses have gone up in smoke.

On Lallament Street all the houses have been burned from Dorchester Street as far as the Lion Leather Factory on Caron Street, and on both sides of the street. It looked for some time as though the fire would spread along Dorchester Street but here to was fortunately stopped.

The Gignac and Beland lumber mill, the lumber piles adjoining, and the Parisian Corset Factory, owned by Mr. Ernest Ross, are the largest losses, though many of the private dwellings on Prince Edward Street were valuable ones. The loss will run from \$100,000 to \$150,000. Only by the plentiful water supply and exertions of the firemen were the flames stemmed at all.

## BEWARE OF OINTMENTS FOR CATARRH THAT CONTAIN MERCURY

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by J. C. Cheney & Co., Toledo, Ohio, contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c. per bottle. Take Hall's Family Pills for constipation.

## STOMACH TROUBLES.

Many remarkable cures of stomach troubles have been effected by Chamberlain's Stomach and Liver Tablets. One man who had spent over two thousand dollars for medicine and treatment was cured by a few boxes of these tablets. Price, 25 cents. Samples free at W. A. WARREN'S, BRIDGETOWN; A. E. ATLEE'S, ANNAPOLIS ROYAL, and BEAR RIVER'S DRUG STORE.

A new anesthetic is reported to be coming into use in London and to be received with high praise by the profession. It is called stovaine, and its special merit is that it can be used in the case of patients whose hearts are so weak as to preclude the use of either chloroform or ether. Stovaine is administered by spinal injection, and renders the patient insensible to pain, but not unconscious.

## Hawking Machines.

Catarrh Sufferers Are Nothing But Hawking, Spitting and Blowing Machines; Says an Authority.

Is it possible that in these days when cleanliness and sanitary reform is being preached in the churches, schools and at public gatherings, that thousands of people will continue to suffer from catarrh when there is an absolutely certain remedy always on hand.

Hyomei (pronounced High-o-me) is a pleasant, medicated and antiseptic air. Breathe it in and it will cure catarrh. It will stop foul breath, watery eyes, and crusts in the nose in a few days.

Mrs. H. W. Wilson, of Johnson St., Wallaceburg, Ont., says: "Yes, we are great friends to Hyomei for the reason that Mr. Wilson has had catarrh for several years and tried several remedies and doctors, but nothing has relieved the trouble like Hyomei. His trouble is from pains across the eyes and a burning or huskiness in his throat. Sometimes much difficulty in breathing, the glands in his eyes and nose swollen and the disease made him literally sick all over. He cannot say enough in praise of Hyomei, and there is nothing that can give better relief to catarrh than this remedy, which we heartily recommend."

A complete Hyomei outfit, consisting of a strong, hard rubber pocket inhaler and a bottle of Hyomei, costs only \$1.00, and extra bottles, if afterwards needed, cost only 50 cents each. S. N. Wearse sells it and guarantees it to do exactly as advertised.

Hyomei also cures Asthma, Bronchitis, Coughs, Colds and Infant's Croup.

## MOTORISTS' GUIDE.

The following table will be found of much value to motorists touring the province. The table is made up from authentic cyclometer measurements:

Yarmouth to Port Maitland	12
Port Maitland to Salmon River	5 3-4
Salmon River to Meteghan River	13 1-4
Meteghan River to Weymouth	18
Weymouth to Plympton	7 1-4
Plympton to Digby	12
Digby to Bear River Bridge	7
Bear River Bridge to Annapolis	13 3-4
Annapolis to Granville Ferry	1
Granville Ferry to Bridgetown	15 3-4
Bridgetown to Lawrencetown	8 1-2
Lawrencetown to Middleton	6
Middleton to Aylesford	14 3-4
Aylesford to Berwick	5
Berwick to Kentville	13
Kentville to Wolfville	7 1-2
Wolfville to Grand Pre	3 1-2
Grand Pre to Windsor	14 1-4
Windsor to Mt. Uniacke	21 1-4
Mt. Uniacke to Bedford	16 3-4
Bedford to Halifax	10 1-4

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