

THE HOUSEHOLD.

MEANS OF HEALTH.

Here is something worth knowing. If, say, fifty people are shipwrecked on an almost desert and very unhealthy island, and all are exposed to the same disease-producing causes, exposure to wet, to obnoxious vapors, and to cold and privation, and forty of these fifty fall sick, it does not by any means follow that they will suffer from the same complaints. Indeed, hardly any three of their illnesses will be the same, and ten out of the fifty, as we have seen, escape scot-free. And why, you may ask, is this? It is simply because the causes of disease to which they were each and all exposed have a habit of seeking out the weakest part in each individual and attacking that. Thus exposure to cold, which might produce inflammation in the lungs in one person, would bring on an attack of rheumatism in another.

We learn from this that the best plan to avoid illness, and pass unscathed through the midst of spreading sickness, is to keep the body healthy and the mind cheerful. You have heard what a happy immunity medical men and district visitors have from many diseases, how they can mingle freely with fever-stricken patients, and pass unharmed through wards polluted with plague and pestilence. Is it, think you, because they bear charmed lives or carry about them some prophylactic that protects them, amulet that shields them from the daggers of death? Yes; but the prophylactic is attending to all the ordinary rules of health; the amulet is a hardy constitution engendered by so doing. When medical men do fall victims to the disorders they have been fighting against on behalf of others it is generally after they have been thoroughly worn out and their systems weakened by the fatigue and long-watching. And from this fact again we may learn a lesson.

What are the things which, taken together, tend to keep an individual up to par, up to her or his best, in body and mind? This question is easily answered. They are chiefly these: early rising, the bath, exercise, pure air, and good water, temperance in eating and drinking, work to keep mind and body employed, a contented mind and sound sleep, which latter is the invariable reward of a day well spent.

Fortify your bodies, then, strengthen your systems by regularity of living, and your guerdon will be this—strength and beauty, that true beauty which is born of health and is independent of the allurements of a well-furnished toilet table.

Extremes of heat or cold are very likely to produce illnesses of many kinds, and both should be guarded against to the best of one's ability. Heat causes languor, depression, and faintness, feelings with which we were all pretty well acquainted during some days of the summer that has fled. Exposure to the sun's rays is not only dangerous, but at times fatal. It is far better, however, if shade can be obtained, to be out of doors than in on a sultry day, because while heat depresses one, the fresh air counteracts its evil effects and keeps the body in tone.

Exposure to cold and damp or wet is even more dangerous, for this reason, the surface of the body gets chilled, and the blood leaves it, and is driven in upon the internal and vital organs, interfering with the performance of their duties, and sometimes causing inflammation itself.

Let us take the familiar instance of a common cold; the lungs are lined throughout exactly the same kind of moist skin or membrane that covers the inside of the lips and cheeks. When on account of exposure to cold the blood is driven in upon this surface, it becomes reddened and irritable, and more moisture is exuded than is needed; it is the accumulation of this moisture which makes one cough. Wet or damp feet are injurious as far as they cause the blood to be chilled, for all the blood in the body passes through the feet once in about three minutes or less; if then the feet are damp or wet or cold, does it not seem just like running your blood through a refrigerator.

Cold applied to the whole body at one time is not so dangerous as sitting in a draught and chilling one portion of it, for in the former case there is a general and uniform lowering of the system, which will be followed by a reaction; in the latter the balance of healthy circulation is lost.

Want of exercise is a fruitful source of ill-health. Without it the wheels of life seem

to clog, no organ does its duty properly, and if the seeds of disease are sown or breathed into a body weakened for want of exercise, it will find plenty to feed upon.

The want of good refreshing sleep tells wofully upon the constitutions of both young and old, for it is during sleep that the nerves get recruited and that new life and energy is instilled into blood and brain and sinew.

Too much hard work and over-study are both sure to weaken the body and prepare it for the reception of any infection or passing ailment. Anxiety and anger, and grief, and violent emotions of all kinds cause the body to lose tone.

As to intemperance in eating, it keeps the body in a constant fever, banishes dreamless sleep, blanches the cheeks, impoverishes the blood, destroys beauty, and ages one before her time. I speak strongly on this subject, because I feel convinced that over-eating is the cause of tens of thousands of the illnesses from which we suffer.—*Girl's Own Magazine.*

WHO IS IN FAULT.

Your two year old baby has a bad temper, you say. Will you think me very cruel, if I say that I think the difficulty is too much sewing-machine and too little fresh air? You sit down in your nursery with the baby playing about on the floor, and take care of him and sew all day, going out but seldom—isn't that so? I can hear you answer already—"Yes; but how can I help it? I can't leave him much with the girl; the kitchen floor isn't a fit place for him, and she's too busy to take proper care of him. If I go out I must take him, and to stop and dress him and myself uses up so much time out of the very best part of the day, that I don't seem to accomplish anything with my sewing. Besides, I am making him some of the sweetest little dresses, with such cunning little tucks, that I can't bear to leave them."

And so you sew on, impatient at every interruption. Your very interest in your work making you "hurry to see how it is going to look," the atmosphere of the nursery growing more and more charged with mental electricity and bad air, till finally the little fellow makes some request more unreasonable than any previous one, but which, if you were in your best estate, you would refuse so pleasantly or substitute something equally good so readily that he would be quite satisfied. Instead, you are provoked that he should ask anything more when you are half-killing yourself (as you think) for him now, and you give him an angry denial. Then comes a storm of angry crying; your irritated nerves respond with an equally angry (shall I say it? Oh! poor human nature, it's true!) shake or even slap. He answers back saucily, or refuses to obey you, perhaps even strikes at you with his puny little hand, and then you must punish him. But in what state of mind or body is either of you for that most difficult and delicate task—a just and fair punishment. The affair degenerates into an angry quarrel between a strong person and a very weak one. Well for you if, before the thing is over, the little fellow doesn't say between his sobs, as I heard a child say once, "Mamma, I didn't mean to be naughty; but you began it, mamma!"

With what a sinking heart and reproachful conscience you look back after your passion has cooled off, and very likely, unless you are a good deal wiser than most of us, feeling your injustice, you undo what little good your discipline may have done, by injudicious indulgence afterward. And—what has become of your sewing? Now, suppose you philosophically say, I might as well take care of this child out-of-doors as in the house; and so you and he go out for a walk, leaving your nursery windows open meanwhile. How changed everything is when you return! How much better he behaves! you say; and I doubt not if he could speak, he would say the same thing of you. "But the dress isn't finished that day." No, but "as the life is more than meat, and the body than raiment," so are red cheeks better than white dresses, and a happy heart than a ruffle.

Then on long hot summer afternoons there is a deal of moral suasion in a good bath, and fresh clothing, even if he has had his regular "wash" in the morning. I have seen three or four children behaving like a troop of snarling little savages, transformed by a course of cold water, hair brushes and a few clean clothes, into a company of pleasant, well-behaved, civilized little Christians. If

children's clothes are uncomfortable, either too tight or too loose, they will sometimes be cross from that alone. Think of the miseries children endure from tight skirt-bindings, loose under-waists that drag down on their shoulders, stockings that won't stay up, and hats that continually slip off!—*Mary Blake, in Scribner's Monthly.*

A HINT TO GIRLS.

A wood-engraver, being asked why he did not employ women, replied, "I have employed women very often, and I wish I could feel more encouraged. But the truth is that when a young man comes to me and begins his work, he feels that it is his life's business. He is to cut his fortune out of the little blocks before him. Wife, family, home, happiness, are all to be carved out by his own hand, and he settles steadily and earnestly to his labor, determined to master it, and with every incitement spurring him on. He cannot marry until he knows his trade. It is exactly the other way with the girl. She may be as poor as the boy, and as wholly dependent upon herself for a living, but she feels that she will probably marry by and by, and then she must give up wood engraving. So she goes on listlessly; she has no ambition to excel; she does not feel that all her happiness depends on it. She will marry and then her husband's wages will support her. She may not say so, but she thinks so, and it spoils her work."—*Standard.*

SUITABLE DRESSING.—The real good taste of dress is simply always to be clean, always to be attired fit for the occupation of the hour, and never to be overdressed. To be sweeping a room, teaching a class, tending a household, serving a meal, or going to market in a training skirt, or puffed out with huge paniers or bedizened with jewellery, is as inconsistent as it would be to attend a ball or a Court drawing-room in a morning wrapper. Common sense requires for work a working dress. Those who live only a fashionable life need to have suitable attire. Those always at work need only working clothes, save for holidays. In the matter of holiday clothing, too, good sense and good taste dictate that the contrast should not be too violent with that of the daily appearance. Those most extravagantly attired on holiday occasions are often slovenly on working days. The attempt to assume a dress beyond her station displays a want of self-respect on the part of the wearer, a sense of shame at her own position.—*Girl's Own Paper.*

IT MAY BE NOTICED that the waist of a child is large in proportion to the other measurements of its body, as compared with the waist of the adult man or woman. The reason for this is to give the organs of digestion and assimilation room to play, and to dispose of the quantity of food taken by the child, which is out of all proportion to its size and age. That is, the child grows physically by taking and disposing of a large quantity of food. It may be noticed, too, that the head of a child is large in proportion to the rest of its body. The reason for this is that the child may receive and utilize, in its growing period, a considerable quantity of mental pabulum. The head of a child is large for a reason similar to that for which the abdomen of a child is large. To maintain that the proper way to educate a child is by drawing out what there is in his mind, is as true to the facts of the case, and as much in accordance with the methods of nature, as to essay to make a child good and strong by trying to pump out what you have not put into his stomach.

SOFT WATER.—The great advantage of soft water over hard in cooking is well known; besides giving better results in cooking it is much more economical. In making soups, tea and coffee, more meat, more tea, more coffee are required to give an equal strength with hard than with soft water. Soft water makes much better bread, Hard water shrivels peas and beans in the boiling.

AN EMINENT Physician in England, Dr. Ferguson, has found that children who used habitually tea and coffee as a part of their dietary grow on an average only four pounds per year, between the ages of 13 and 16 years, while those who had milk night and morning instead of tea grow 15 pounds each year.

OATMEAL WATER GEMS.—Set a pint of oatmeal to steep over night in a cup of water, in the morning add one teaspoonful

of white sugar, a pinch of salt and one cup of flour with one teaspoonful of baking powder. Grease gem pans and put one and one-half tablespoonfuls in each, and bake fifteen minutes in a moderately hot oven.

PUZZLES.

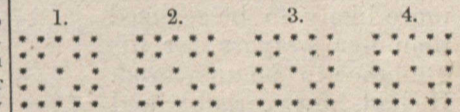
CHARADE.

Although in sable plumes my first
Displays himself on high,
His reputation is the worst,
His tastes are low, his race is curst—
We're glad to see him die.

My next is in the water found,
Or in the cozy inn,
Where talk and drink go freely round,
Or in the court maintains its ground,
Or keeps the thief from sin.

My whole is placed in humble hands,
And when with skill applied,
Will bring to light the golden sands.
'Tis known and used in many lands
It seeks what others hide.

DIAGONAL SQUARES.



In these squares you may read all the lines both ways, forward, backward, down, up and diagonally. The word in No. 1 is a settled opinion. No. 2 is a note in music. No. 3 presents a smooth surface. No. 4 is a large trading vessel.

TRANSPPOSITION.

My first was used to hitch or tie,
In place of modern hook and eye;
My next to counsel or to guide;
My third to trick, deceive, to hide;
My fourth in Turkey is a coin;
My fifth is son to neighbor Boyne.

A HALF SQUARE.

1. Belonging to the stars. 2. A small shoot
3. A heavy, igneous rock. 4. A quick, smart
blow. 5. Yes. 6. A letter.

CHARADE.

My first is a boy's nickname; my second is something we all prize; my third is a near relative; my whole is a great inventor

CURTAIN AND BEHEAD.

Curtail a poison and leave a curse.
Horse gear and leave a mean dog.
A Bible farmer and leave a lady's fur.
A kind of earth and leave to injure.
A planet and leave wet land.
Morning and leave a bird.
A country in New Hampshire and leave the note of a bird.
An unlawful desire and leave a small creek.
Behead a city of Holland and leave a disease.
A journey and leave denoting ownership.
Sparkle and leave to attend.
An animal of the chase and leave to touch.
To swallow fluid and leave an enclosure.
A small bird and leave a small length.
A thicket and leave particles adhering together.

ANSWERS TO PUZZLES OF MARCH 15.

Riddle.—Stone—tone—one.
Hidden Authors.—1, Cowley. 2, Willis. 3, Dryden.

Reversible Word Square.—

STEW
TIDE
EDIT
WETS

Diamond.—

P
RIP
RAVEN
PIVOTAL
PETTY
NAY
L

Curtailments.—Charm, char.
Shame, sham.
Scarf, scar.

Word Square.—

PETARD
ELINOR
TINGLE
ANGOLA
ROLLER
DREARY

Metapiasm.—Lear, pear, dear, bear, sear, mear, fear, hear, wear, gear, near, tear, year, rear.