

provided the music have married and gone. The music seemed to be missed so much until the phonograph came, and what tremendous possibilities for good it has. We can hear in our homes the wonderful voices that thrill thousands, and music, that we, who live so far from the great cities, and who never would otherwise have the opportunity of hearing, can, through this wonderful medium, enjoy in our own homes. Let us be careful in choosing our records to get good music, as there is some trashy music that sets a standard of musical taste morally dangerous and musically misleading. By good music, I do not mean music heavy and lifeless. Good marches are good music; good to the ear and good to the spirit. Good waltzes, choruses, quartettes, and some of the bright, popular music, are all right, as we need the bright as well as the grave. But discard the songs of vulgar slang and coarse innuendo, as we want to teach our children to like the best, and there is no surer way for a man to love good music than to hear it in his home as a child.

Now, about listening to music. Few musicians have not confronted the insulting nuisance of the ill-bred individual who persists in talking as soon as the first sounds of a musical composition are heard. When playing in the home of friends the musician is placed in a very awkward position. He must either undergo the humiliation of stopping, and being accused of boorishness, or endure the affront. To play effectively, without the attention of those to whom you are playing, is impossible; no matter how beautiful the music may be, conversation always distracts. It is said that upon one occasion while Franz Listz was playing before the Emperor Nicholas, the Russian monarch started to converse with another guest. Listz stopped playing immediately. The Emperor turned in surprise and asked why the great pianist had ceased. Listz, with his ever-ready wit, replied, "When His Majesty speaks, all must be silent." Everyone should realize the majesty of music. When music speaks, let all be silent. Just here I have a clipping called the Society Insult:

"Just why some ill-bred people feel that they have a special privilege to whisper as soon as a musician commences to play is hard to tell. Nothing is so annoying to the artist. He works for months, yes, years, to perfect an interpretation, and does not relish having it marred by the bad manners of the ignorant. To converse during the performance of a worthy musical composition is about as sensible as visiting an art gallery for the express purpose of cutting gashes in the masterpieces."

Music is bound up in life, and a necessity of existence. Of its usefulness in daily life there can be no question. What would religious services be without organs and singing? What would armies be without bands? If music were a luxury, would people spend so much time and money on it? It is because it is a necessity to satisfy certain requirements of the mind. From the cradle to the grave, one finds in music an expression of his highest, richest, divinest life. Music soothes the infant to quiet slumber; by its aid the lover wooes and wins the maiden of his choice. Music heightens the joy at the wedding, stimulates the flagging footsteps of the soldier on the march, is the expression of joy and thankfulness for the harvest season, aids by its voice the merrymaking after toil. It glides with healing sympathy into the funeral rites, and in death, had we but ears to hear, the music from the other world might roll in upon us and resolve in heavenly harmonies all discords of earth's jangling life.

ON HELPING THE SICK.

[A paper given by Mrs. John Irwin, at a meeting of the MacLennan Branch of the Women's Institute.]

In the first place, most of us know what sickness is, that when sickness comes into our homes, it causes worry and anxiety. Very often we need help, and in a country place how many of us feel able to pay for trained nurses' help? Therefore, we should all be willing to help in some way. We don't know the day we shall be laid on a bed of sickness ourselves, and need help, and if we do not help others, how can we expect

help when we need it? The Scriptures tell us we must help one another, and bear one another's burdens, so let us all try to do something to help the sick around us.

Now, the rest of my paper is composed of "Hints on Home Nursing."

Let me begin by advising every woman who has not a thermometer in her home to invest in one and study a few things about temperature. This would save hours of worry and anxiety to many, and many times save calling in a doctor. If the temperature and pulse were more understood, many times a person, especially a child whose temperature has risen and who complains of sickness, if put to bed, kept on light diet, and given generous doses of medicine until the bowels move freely, may escape a severe illness. Solid food of any kind must be avoided if the patient has a fever; in every case it raises the fever. When severe illness does come, and you wish to nurse the patient as carefully as possible, begin by making her comfortable. The comfort of the patient is a rule which must never be lost sight of. One necessary treatment for lowering fever is a sponge bath; there is all the difference in the world between sponging a patient to reduce temperature, and bathing a patient for cleanliness. Before beginning to either bathe or sponge, see that you have everything you will require at the bedside before you disturb the patient. Have a piece of old blanket to put under the patient to protect the bed. Sponging is done with long, slow strokes, first one part of the body, then another. Squeeze the sponge or cloth so that it will not drip. Two minutes for each limb and breast, and five for back, in very high temperature, will be required.

Lukewarm water for sponge-bathing gives best results. A light rub with the towel is sufficient for drying; the water will quickly absorb on the hot skin, then rub each limb, after drying, with alcohol.

Usually the patient, if not disturbed, will fall asleep after a sponge bath, and there is nothing like natural sleep to reduce temperature.

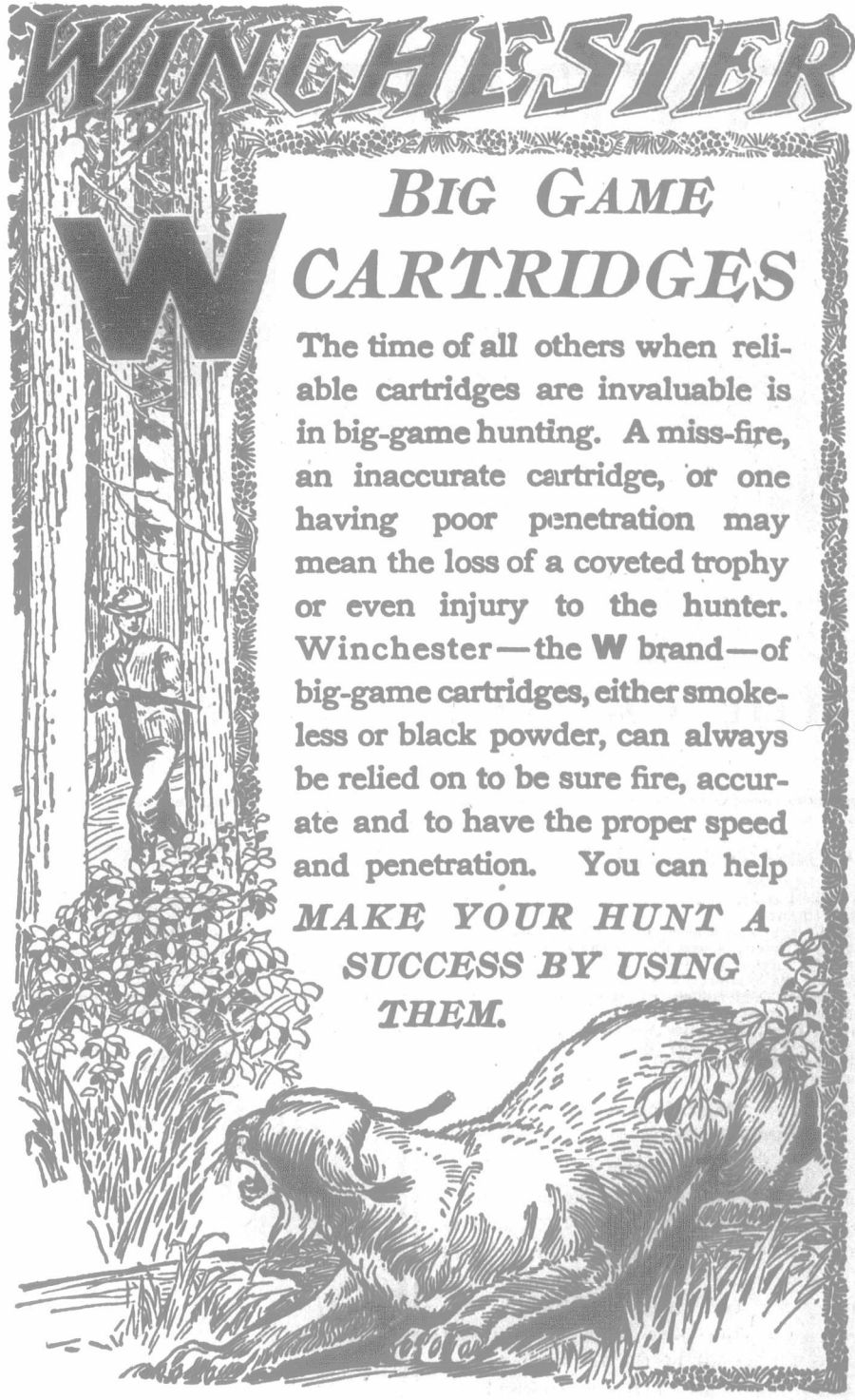
Give nourishment and medicine always on time, not twenty minutes before or after the hour. Don't be afraid to give water to drink; patients should have all they want. Water taken internally, or applied externally, also helps to reduce temperature. Keep the patient's feet always warm. If you haven't a rubber bottle fill gem jars with hot water; test them to see that they do not leak, and wrap flannel around them, taking care that you do not burn the patient. Don't worry a patient asking questions, for anyone very sick, talking is hard work; and don't ask her what she would like to eat. If she knows she will soon tell you, otherwise you must do the thinking. Don't whisper in a room where a patient is very sick. This may seem very insignificant advice, but worth your attention, as it tortures every nerve in the body, although many a kind and loving person, with no thought of being cruel, has done it.

The care of the mouth in sickness is another very important item that should have attention. From the first, keep the mouth clean, by all means, by using a mouth-wash. I will mention here a couple of good mouth-wash mixtures I use: First, lemon juice, glycerine and water equal parts, which, as a rule, the patients prefer to my next mixture: Two parts listerine, one part water. Wash the mouth three times a day. Have the mixture made up in a bottle, pour a little in a dish, take a cloth and place around the index finger, and wash the tongue and around the teeth and gums well. Put this cloth away, take a fresh one, and so on, until well washed. Have a paper on hand to place the cloths in, and when through, burn at once. Remember that a sore mouth, like a sore back, is much more easily prevented than cured. Just one more hint. Don't darken a sick-room. Push up the blinds, and let in every ray of sunshine that is to be had, and all the fresh air possible. How many neglect using fresh air and sunshine. The saying is, "Where the sunshine does not enter, the doctor does," and we all know that sunshine and fresh air are much cheaper than a doctor. Many more hints could be given on general nursing, but we believe that a few, strictly observed, will be of more value than the knowledge of many not carried out.

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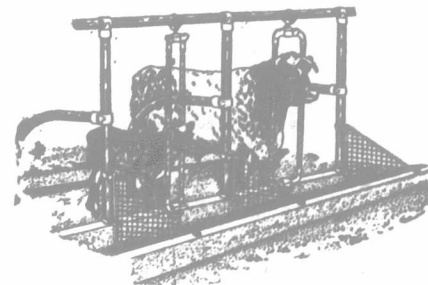


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