

## HOUSEHOLD.

### The Bedroom.

When one considers that nearly a third of each day is, or ought to be, passed in sleep, it will be appreciated how important is the question of the place where the sleeping hours are passed. The body is believed to be less resistant to injurious influences during sleep than in waking hours, and therefore the bed and bedroom should be so arranged that the body may be shielded so far as possible from the assaults of disease at this time.

The location of the bed is important. It should, if possible, be placed with the head or foot against the wall, so that free access may be had to both sides. This is not only for convenience in making the bed, but also and especially that the sleeper may not get his face into a corner against the wall in such a way that he is forced to breathe over and over the air just exhaled from his lungs, and charged with poisonous matters.

For the same reason the bed should not be in an alcove, where the air stagnates and is almost impossible of renewal. The old days of closely drawn bed-curtains are fortunately all gone, but the alcove is almost as bad, especially if filled with a double bed occupied by two persons. A light iron or brass three-quarter bed, with a wire spring covered by a not too thick mattress, and standing in a thoroughly ventilated room, yet not in the direct draft, and occupied by but one person, is the ideal of hygienic night quarters.

It would seem hardly necessary at the present day to insist upon the need of keeping open windows—yet it is necessary, for the dread of the mysterious night air, charged with all sorts of mephitic vapors, has worked upon so many generations of our forefathers that it has become almost an instinct with some to shut it out of the bedroom. If the night air were poisonous there would be no safety anywhere, for it would sift in to some extent in spite of all precautions. But the night air is purer than the day air, and the more of it one draws into his lungs while he is asleep the better will he be able to contend against the dusty, smoky, carbonated day air of the city streets.

There are many devices for letting in air through cracks or between window-sashes, but there is nothing so good as the top sash lowered and the lower sash raised until the two are even, so that the fresh air can pour into the bedroom in the greatest possible volume.—'Youth's Companion.'

### Provided For.

'Good wife, what are you singing for? You know we've lost the hay, And what we'll do with horse and kye is more than I can say;

While, like as not, with storm and rain, we'll lose both corn and wheat.'

She looked up with a pleasant face, and answered, low and sweet:

'There is a heart, there is a hand we feel but cannot see;

We've always been provided for and we shall always be.'

He turned around with sudden gloom; she said, 'Love, be at rest;

You cut the grass, worked soon and late, you did your very best,

That was your work; you'd naught at all to do with wind and rain,

And do not doubt but you will reap rich fields of grain;

For there's a heart and there's a hand we feel but cannot see;

We've always been provided for and we shall always be.'

'That's a woman's reasoning—we must because we must.'

She softly said, 'I reason not; I only work and trust;

The harvest may redeem the day—keep heart whate'er betide;

When one door shuts, I've always seen another open wide.

'There is a heart, there is a hand we feel but cannot see;

We've always been provided for and we shall always be.'

He kissed the calm and trustful face, gone was his restless pain;

She heard him with a cheerful step go whistling down the lane,

And when about her household tasks full of glad content,

Singing to time her busy hands, as to and fro she went:

'There is a heart, there is a hand we feel but cannot see;

We've always been provided for and we shall always be.'

Days come and go—'twas Christmas tide, and the cheerful fires burned clear;

The farmer said, 'Dear wife, it's been a good and happy year;

The fruit was gain, the surplus corn has bought the hay, you know.'

She lifted then a smiling face and said, 'I told you so!

For there's a heart and there's a hand we feel but cannot see;

We've always been provided for and we shall always be.'

—'Waif.'

### Childhood Notions.

(Ida M. Shepler, in the 'N. E. Homestead.')

Children are forming judgments of people all of the time from chance allusions made of them. And so often the judgment formed is not just. We are too ready to find fault with those we really respect, and in our hearts know the true worth of, and too chary of giving people the credit for good they deserve. The child hears of the faults and forms its ideas as to that person, and that person wonders why the child shrinks from him or gives pert answers instead of polite?

I remember silently noting slighting remarks made of a woman who was rather odd in her speech and dress. These remarks were made by a member of the family, whom, as a child, I looked on as knowing about all there was to be known. I had no use for that woman, and as the years went on my dislike increased, simply because of long nursing. At last chance, over which I had no control, set this woman and myself down in close quarters as companions. The first week I found myself wondering, the second week I was getting meekly ashamed that I had so long avoided and held her in half contempt; the next week I was congratulating myself on having found such a bright, loving friend, and shaking myself for not owning her long ago. So much for childish judgments and notions. One should be very careful how they speak before children.

### The Care of the Sick Children

Shall we send the children to the hospitals, and will better care be afforded in that way? So long as the home is healthful and the mother well and able the answer is pretty nearly a unanimous negative. For the child, the comfort of the mother's presence and his trust in her and the comparative ease with which he can be cared for, make it as a rule a better thing to have home conditions. If the mother be nervous, however, or if she be poor and must neglect her child for her daily work, then by all means give the baby the benefit of quiet, skilful attendance and sunny rooms, and be sure he will be better off. A nurse having charge of the children's ward in a large hospital tells the writer that after once sending a child to them, the mother never hesitates to trust them with her little ones a second time.—Clara L. Came, in 'Good Housekeeping.'

### Things Bad for the Lungs.

Dust and smoky or dusty places are bad. Dark, damp, or crowded rooms are bad. Dirty shops and stores, dirty saloons and dance-halls, dusty kinds of business, like marble-cutting, sorting feathers, or making cigars, are bad for weak lungs. To sit bent over one's sewing or other work is bad. Self-indulgence and intemperance are very bad. Vice which weakens the strong kills the weak.

#### THINGS GOOD FOR WEAK LUNGS.

Fresh air in plenty prevents consumption. Sunshine kills the germs. Choose sunny rooms. Open the windows and let the air in. Keep the house clean. If a consumptive has moved out of a room, have the Board of Health disinfect it. Be in the open air as often as

can be. Outdoor work is vastly better than indoor work. Keep the feet dry. Breathe with deep, long, full breaths, so as to carry the fresh air to every corner of your lungs. Do this always for several minutes in the morning and at night. Breathe through the nostrils and not through the open mouth. Spend your money for simple and well-cooked food,—good fresh meat, eggs, oatmeal, rice, and other vegetables, and for bread and butter, milk and fruit. Do not spend money for beer or other liquors or for quack medicines or 'cures.' Live a regular life, and keep the bowels regular. Get plenty of sleep. Daily bathing is good. Keep clean company and a clear conscience. Courage is very important.—'Christian Register.'

### How to Eat.

Don't bring worries to the table,

Don't bring anger, hate or scowls;

Banish everything unpleasant,

Talk and eat with smiling jowls.

It will aid your own digestion,

If you wear a smiling face;

It will jolly up the others,

If you only set the pace;

Knowing something funny, tell it;

Something sad, forget to knell it;

Something hateful, quick dispel it

At the table.

Care domestic, business troubles,

Ills of body, soul or brain;

Unkind thoughts and nagging tempers,

Speech that causes others pain,

Public woes and grim disasters,

Crimes and wrongs and right's defeat—

None of them are to be mentioned

When you sit you down to eat.

Knowing something funny, tell it;

Something sad, forget to knell it;

Something hateful, quick dispel it

At the table.

—'What to Eat.'

### Compensation.

(Adelbert E. Caldwell, in 'Waif.')

When I hear you folks complaining,

That some others have more wealth

Than have you, I feel like asking,

'Would you swap it for your health?'

Though they may live in the suburbs,

Breathe a sweeter, clearer air,

I've no doubt that of some good things,

You have much the larger share!

Let them boast of lazy leisure,

Toiling no more than the flowers,

Would you give your nights of mending

For their empty, aimless hours?

When worn out for parents, children,

Till you seem a slave to Care,

Think how much more love—the purest,

Falls to you than is their share.

There's no use to be discouraged,

Foolish to be grieved, distressed—

If you don't have all the comforts,

That come crowding on the rest;

Earth is but the starting signal,

Keep a-smiling, do and dare,

And of Heaven's joys and pleasures,

You may get the largest share.

### Worth Knowing.

Sausages are more digestible and free from grease if they are placed in a wire basket and cooked for five minutes in boiling water. Lift the basket and drain, pierce the sausage gently in several places, roll in flour and brown in a covered spider or bake in the oven in a covered pan. Pour off the superfluous grease as it collects, and when the sausages are nicely browned lift on a platter, pour off nearly all the grease in a bowl and prepare a thickened milk gravy in the pan.

Bacon is much better flavored and more digestible when cooked in the oven. Lay the thin slices with rind removed on a toasting rack and place the rack over a deep tin dripping pan. Set in a hot oven for from three to five minutes according to the thickness of the slices. When brown and crisp slide onto a platter, pour off the grease and use for frying bacon, or make