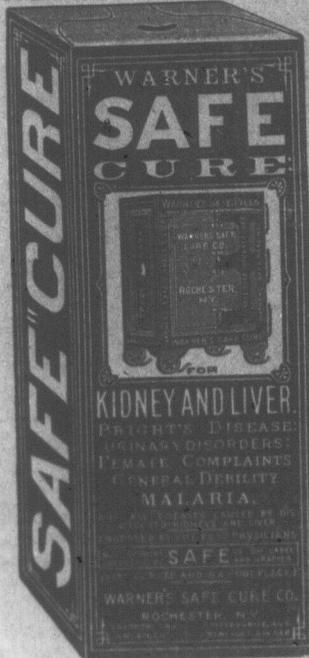


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The Home.

Commonplace Lives.

"A commonplace life," we say, and we sigh. But why should we sigh as we say? The commonplace sun in the commonplace sky Makes up the commonplace day. The moon and the stars are commonplace things, And the flower that blooms, and the bird that sings, But dark were the world, and sad our lot, If the flowers should fail and the sun shine not— And God, who studies each separate soul. Out of commonplace lives makes his beautiful whole.—Susan Coolidge.

Medical Education of Women.

The time has passed when any one can enter the profession of medicine without being well equipped with a thorough education and some means to start upon. Many of the colleges for women have a two-years medical preparatory course through which the student must pass before she is admitted to the regular schools of medicine, which cover the work of two more years.

Thoroughly educated women have met with flattering success, but those who have been prepared in a perfunctory manner for their work have not succeeded so well. The highest positions, both in medical societies and in medical colleges, have been accorded women who have shown themselves pre-eminent in this profession.

In England the success of women practitioners has been gratifying. They have not only secured many of the highest medical prizes, but a large number hold responsible public appointments. Among these may be mentioned Miss Jex-Blake, dean of the Edinburgh School of Medicine for Women; Mrs. Philson, member of the Senate of the University of Bombay; Miss Edith Shore, medical officer to the General Postoffice, London; Miss Julia Cock, medical examiner for the Government Life Assurance Fund, and Mrs. Scharlief, Queen's lecturer on philosophy to the National Association for Nurses.

A great many appointments are held in India by qualified medical women. This is especially necessary, as Indian women will not avail themselves of the services of medical men. One of the most successful Indian physicians in Rukhmbai, who was so successful a few years since in breaking through the iron-bound precedents of her land and resisting a contract of marriage made for her according to Indian custom in her infancy. Her efforts in this country and England in bringing before the public the deplorable condition of the child widows of India caused a much-needed reform. She came to London, and, though possessed of an imperfect knowledge of English, she successfully passed her medical examinations. She has taken degrees at the Scotch medical colleges and at Brussels, and is now house surgeon of the Kama hospital at Bombay.

The Consumption of Tea.

According to recent report, the consumption of tea is steadily increasing both in America and England, and there is a proportionate falling off in the coffee drinkers. This, too, in spite of the fact that each year brings out, on an average, several new patent contrivances for making coffee by improved processes.

The consumption of tea in Great Britain alone during a single year increased 2 per cent. The popularity of the afternoon tea has no doubt led to an increase of tea drinking in this country, and hard times have no doubt led to an increased consumption of the cheaper beverage. The principal reason, however, is the unsatisfactory manner in which coffee is generally prepared. We do not need any more patent coffee pots or any improved methods. To the carelessness of cooks in preparing

their coffee is due the fact that the beverage is losing popularity. Grocers handle browned coffee in the same way they do the raw bean, leaving it often in open vessels exposed to the air, and the aroma and flavor of the berry become hopelessly lost.

Raw coffee beans are improved by keeping, providing they are stored in a dry place protected from excessive heat and cold. Coffee should be prepared as soon as possible after it has been browned and ground. Excellent coffee can be made by boiling, providing the simple directions for the process are conscientiously followed, or by "dripping on a coffee biggin" by the common French method if directions are also followed. The maid who is guided by "her sweet will" and refuses to be guided by rule can never make a cup of delicious golden-brown coffee redolent of the aromas of Araby and heaped with snowy cream.

In Germany, where the coffee is browned and ground each morning before it is made, there is no falling off in the consumption of coffee. The Germans and French remain the best makers of coffee in the world, and probably the largest consumers in proportion to their population.

Sunny Nurseries.

Many mothers do not realize the curative powers of sunshine. English authorities on nursing consider it essential to an invalid room that it be on the sunny side of the house and have an open fire, which shall act as a ventilator as well as a means of heating the apartment. Where the room is heated by steam or hot water and properly ventilated, the open fire may be dispensed with. The noise of putting on fuel and the dust of such a fire are often very annoying to a nervous invalid.

Little children are much more likely to endure the hardships of winter without cold or ailments of any kind, if they are kept in a bright room where they can play about in the sunshine when they are indoors.

It cannot be too often repeated that any infant should be taken out if it is old enough to be ridden out in a carriage. It increases its chances of a healthy, happy life if it is taken out every day in winter at the midday hour, when it is the warmest. The only days when it should be kept in are those bleak, cheerless days when wind-storms rage. A slight snowstorm should be no hindrance to the daily outing. Do not muffle the windows of the nursery in draperies. Finish them with weather strips, if necessary, to shut out draughts, and roll up the shades to the top of the frame, to admit all the sun possible. Let the floor be hard-finished wood or painted wood, protected by a thick rug, and let the children have boxes of clean sand as well as other playthings. There is a tonic power in the contact with soil, and all healthy children instinctively clamour to build castles in the sand.

C. H. Dow, former president of the Commercial Bank of Denver; S. B. McClurken, teller, and Dr. O. E. Miller, a customer, have been sentenced to the penitentiary for wrecking a bank. Dr. Miller got ten years, Dow seven and McClurken five.

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