## THE BARRIER.

BY EDITH M. THOMAS.

The gate stood wide, and wide the door,
As on a thousand nights before,
And in their wonted threshold tryst
The lamplight and the moonlight kissed.
The room its welcoming graces wore,
As on a thousand nights before;
The soul of all that mansion bright
Sent out a voice into the night,
As on a thousand nights before.

What's this? Across the open door
Some viewless threads, so silken fine,
Do challenge every pass of mine;
So silken fine, so airy light,
Yet stanch with cruel magic might!
There is no Arab cimeter
Can part such clews of gossamer,
Nor any storm can rend adrift,
Nor fire devour with tongues most swift.

Such silken courses stronger are
Then bolt on bolt, or forged bar,
More fell than lance of hedging guard,
Than dragon of the couchant pard;

For these at length a conqueror know,
Or opiate draught or steely blow;
Love can by might put these away,
But love no cunning weapon hath
To cleave the gossamer's viewless path.

Wide open stands the gate—the door,
As on a thousand nights before;
Yet I there through may pass no more,
As on a thousand nights before!

—*The Independent.*

## THE HOME.

### Living by Rule.

Oliver Wendell Holmes thinks that he owes his good health and the retention of his mental vigor in his eighty-first year to the extreme care he has long taken of himself. Never robust, he was still wiry in his earlier and maturer life; but since he has reached eighty his hygienic is unceasing. The rooms that he daily occupies are equipped with barometers, thermometers, aerometers, every kind of instruments, in short, to prevent his incurring the slightest risk of taking cold. He knows that pneumonia is the most formidable foe of old age, and he is determined to keep it at a distance if possible. He never gets up until he knows the exact temperature, during winter, or takes his bath without having the water accurately tested. He lives by rule, and the rule is inflexible. His time is scrupulously divided; so much allotted to reading, so much to writing, so much to exercise, so much to recreation. His meals are studies of prudence and digestion. He understands the specific qualities of all ordinary foods, and never departs from the severest discretion in eating.—*Times and Register.*

### Take Time to Eat.

The opinion that hurry in eating is a prolific cause of dyspepsia is founded on common observation. The ill results of "bolting" the food have been attributed to the lack of thorough mastication, and to the incomplete action of the saliva upon the food. Two-thirds of the food which we eat is starch, and starch cannot be utilized in the system as food until it has been converted into sugar, and this change is principally effected by the saliva. But there is a third reason why rapidity of eating interferes with digestion. The presence of the salivary secretion in the stomach acts as a stimulus to the secretion of the gastric juice. Irrespective of the mechanical function of the teeth, food which goes into the stomach incompletely mingled with saliva, passes slowly and imperfectly through the process of stomach digestion. Therefore, as a sanitary maxim of no mean value, teach the children to eat slowly—and in giving this instruction by example, the teacher, as well as the pupil, may receive a benefit.—*Sanitary Inspector.*

### Hints for the Housewife.

LEMONS can be kept fresh for a long time by placing them in a glass jar filled with cold water and changing the water every few days.

VESSELS in which milk is kept should be cleansed first with cold, and not with scalding hot water, as most people are accustomed to wash them.

A LITTLE turpentine sprinkled over shelves in closets and storerooms is a safe guard against insects. It is useful, also, for cleansing paint, a spoonful to a pail of warm water being about the right proportion.

IT is not only ignorant servants, but otherwise sensible people, who will persist in starting a fire by pouring on kerosene oil. The practice is a dangerous one, and the order against its use in this way should be rigidly enforced in every household.

THERE is a great deal of nutritive power in chocolate. The small unsweetened tablets are excellent for lunch, or to eat when one is hindered from taking a meal at the regular hour, as happens often in travelling, or when shopping or interrupted by business engagements.

THE most potent and most perfect remedy for sleeplessness is to drink hot water. If one awakes in the night, as hopelessly wide awake as if galvanized or electrified with vital activity, an invariable remedy is a glass of perfectly hot—not warm—water. It can be heated over the gas, or over a spirit lamp, and sipped while almost at boiling heat, and one who tries it will find himself going off to sleep like an infant, and getting, too, the most restful and peaceful sleep imaginable.

FOR chapped lips, dissolve some beeswax in a little sweet oil by heating together gently. Apply to the lips several times a day and avoid wetting them as much as possible. An old-fashioned recipe for a perfectly harmless face lotion is the following: Take seeds of pumpkin, melon, gourd and cucumbers, and pound them to a powder, adding fresh cream to dilute the powder, then add sweet milk enough to make a thin paste; a few drops of oil of lemon, or of lemon juice must be added. Apply this to the face for half an hour at a time or it may be put on when retiring and left on over night.

BOILED HAM.—Soak the ham over night in a boiler full of cold water. When ready to cook it, scrape, wash, and trim it carefully and cut off the hock; after being properly cleansed and trimmed put it on in cold water sufficient to cover it well, and after it begins to boil allow a quarter of an hour for each pound and let it boil slowly. When a fork stuck in it comes out readily it is done. The boiler should then be lifted off of the fire and the ham allowed to stay in it till time to serve it. Remove the skin, trim again if it needs it, which is apt to be the case, and send it to the table hot. The gravy that runs in the dish, being the juice of the ham, is very nice served with rice.—*Ladies' Home Journal.*

CABBAGE PUDDING.—Chop up small enough white cabbage to fill a large baking pan when done. Put it in a pot of boiling water that has been salted, let it boil until tender, then drain thoroughly in a colander. In two quarts of the cabbage stir half a pound of butter, salt and pepper to taste; one pint of sweet cream and four eggs beaten separately. Add also a pinch of cayenne pepper; put in a pan and bake for half an hour.—*Ladies' Home Journal.*

## THE FARM.

AN experimental black walnut grove now nearing fruition in Michigan is rapidly developing, and from which the owner, in a very few years, will reap the harvest of the most profitable crop ever planted in the State; and the owner's greatest regret is that he did not enter more extensively into the business. He says if he had planted half his farm with black walnuts, the standing timber in twenty-five years would have been worth three times the balance with all his stock, buildings and other improvements.—*Portland Journal of Commerce.*

KILL THE POOREST PIGS FIRST.—It often happens on every farm, says an Eastern paper, that the pork barrel gives out early and the farmer is obliged to resort to his pig-pen for a fresh supply. It is almost equally common for the inexperienced farmer to select the most thrifty pig in his lot for killing first. This is nearly always a mistake. The lack of thriftiness is not cured by age, and when one pig is 80 and the other 100 weight, the increase is likely to be 120 and 200 if both are kept long enough. The stunted pig should be killed as soon as it is in fairly good condition. A thrifty pig will pay for keeping until it rolls in its own fat, and will often pay better between 100 and 200 pounds than at any earlier period of its growth.

TO RAISE TURNIPS CHEAPLY.—As soon as the wheat is off, plough the land, harrow thoroughly. Sow broadcast one pound of seed to the acre, and go over it with a heavy roller. It is important to sow immediately after harrowing the land, and if the roller is light and cannot be weighed down, go over twice. When the turnips are large enough to hoe take the cultivator shovels one foot apart and go through them; or better set cultivator shovels into a long stick like a corn marker, one foot apart. At the end of eight or ten days go through the turnips again crossways and they are as good as hoed. It is easy to raise from one hundred to three hundred bushels to the acre if the land is in good order. If not, put twelve to fifteen bushels of hen manure on before harrowing.—*American Agriculturist.*

AS TO SOUTHDOWN MUTTON.—Some one has said that mutton may be the best and most savory meat to be found anywhere; it may also be the toughest, most unpalatable, and unwholesome. While, comments a Western editor, we do not affirm that Southdown mutton always fills the first condition above stated, and never the last, we can safely say that well-bred and well-filled yearling Southdowns, if properly dressed, will produce meat more pleasing to the palate, more easy of digestion, and more nutritious, than the meat from any other animal, not even excepting venison and wild fowl, with all their reputed gamey, spicy flavor. Nor does it require that the pure bred animal itself be slaughtered. The first cross with a pure Southdown will do wonders in the way of improving the quality of the mutton.

HORSES IN DARK STABLES.—According to one of our best equine authorities the pupil of the horse's eye is enlarged by being kept in a dark stable. He has a harness put on him and is suddenly brought out into glaring sunlight, which contracts the pupil so quickly, as to cause extreme pain. By persevering in this very foolish and injudicious, as well as cruel, practice, the nerve of the eye becomes impaired, and if continued long enough loss of sight will ensue. To see how painful it is to face a bright light after having been in the dark, take a walk some dark night for a short time until the eyes become used to the darkness, then drop suddenly into some well-lighted room, and you will scarcely be able to see for a few moments in the sudden light. You know how painful it is yourself, then why have your horses repeatedly bear such unnecessary pain? All who regard the comfort and health of their horses should avoid dark stables.

— The statistics of the Methodist church of Canada as now completed are of special interest: The number of members is 233,868, showing an increase of 36,399 in four years; the number of ministers and probationers for the ministry, 1,748; of local preachers and exhorters, 3,142; of Sunday schools, 3,173, with 28,411 officers and teachers, 226,050 pupils, and an average attendance of 129,811. Of the pupils, 33,449 meet in class, and 41,522 have taken the total abstinence pledge. The number of baptisms from 1886 to 1890 was 73,374; and the total value of the church property is $11,597,491.—*Wesleyan.*

— An institution like Chautauqua or Ocean Grove cannot be built and kept alike by clever speakers, or pretty tableaux, interesting as these features may be in themselves. The existence and prosperity of all these great summer parliaments of religion, as they may be called, can only be explained by taking into account the fact that Christian people generally are profoundly interested in everything that relates to Christianity. There are undoubtedly many people who hold their religion in a state of solution in summer; but they are by no means in the majority.—*Tribune.*

— "I use Ayer's Cherry Pectoral freely in my practice, and recommend it in cases of Whooping Cough among children, having found it more certain to cure that troublesome disease than any other medicine I know of."—so says Dr. Bartlett, of Concord, Mass.


## A Great Event

In one's life is the discovery of a remedy for some long-standing malady. The poison of Scrofula is in your blood. You inherited it from your ancestors. Will you transmit it to your offspring? In the great majority of cases, both Consumption and Catarrh originate in Scrofula. It is supposed to be the primary source of many other derangements of the body. Begin at once to cleanse your blood with the standard alterative,

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"For several months I was troubled with scrofulous eruptions over the whole body. My appetite was bad, and my system so prostrated that I was unable to work. After trying several remedies in vain, I resolved to take Ayer's Sarsaparilla, and did so with such good effect that less than one bottle

**Restored My Health**

and strength. The rapidity of the cure astonished me, as I expected the process to be long and tedious."—Frederico Mariz Fernandes, Villa Nova de Gaya, Portugal.

"For many years I was a sufferer from scrofula, until about three years ago, when I began the use of Ayer's Sarsaparilla, since, which the disease has entirely disappeared. A little child of mine, who was troubled with the same complaint, has also been cured by this medicine."—H. Brandt, Avoca, Nebr.

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### A GREAT AMERICAN MAGAZINE.

THE SUCCESS OF "THE CENTURY" AND ITS PLANS FOR 1891.

THE CENTURY MAGAZINE is now so well-known that to tell of its past success seems almost an old story. The N. Y. "Tribune" has said that it and its companion, "St. Nicholas for Young Folks," issued by the same house, "are read by every one in thirty of the country's population,"—and large editions of both are sent beyond the seas. It is an interesting fact that a few years ago it was found that seven thousand copies of "THE CENTURY" went to Scotland,—quite a respectable edition in itself. The question in England is no longer "Who reads an American book?" but "Who does not see the American magazines?"

A few years ago "THE CENTURY" about doubled its circulation with the famous War Papers, by General Grant and others, adding many more readers later with the Lincoln History and Kennan's thrilling articles on the Siberian Exile System. One great feature of 1891 is to be

"THE GOLD HUNTERS OF CALIFORNIA,"

describing that remarkable movement to the gold fields in '49, in a series of richly illustrated articles written by survivors, including the narratives of men who went to California by the different routes, accounts of the gold discoveries, life in the mines, the work of the vigilance committees (by the chairman of the committees) etc., etc. General Fremont's last writing was done for this series. In November appears the opening article, "The First Emigrant Train to California,"—crossing the Rockies in 1841,—by General Bidwell, a pioneer of pioneers. Thousands of American families who had some relative or friend among "the Argonauts of '49" will be interested in these papers.

MANY OTHER GOOD THINGS ARE COMING,—the narrative of an American's travels through that unknown land Tibet (for 700 miles over ground never before trod by a white man); the experiences of escaping War-Prisoners; American Newspapers described by well-known journalists; accounts of the great Indian Fighters, Custer and others; personal anecdotes of Lincoln, by his private secretaries; "The Faith Doctor," a novel by Edward Eggleston, with a wonderfully rich programme of novelettes and stories by most of the leading writers, etc., etc.

It is also announced that THE CENTURY has purchased the right to print, before its appearance in France or any other country, extracts from advance sheets of the famous Talleyrand Memoirs, which have been secretly preserved for half a century—to be first given to the world through the pages of an American magazine. All Europe is eagerly awaiting the publication of this personal history of Talleyrand—greatest of intriguers and diplomats.

The November CENTURY begins the volume, and new subscribers should commence with that issue. The subscription price $4.00 may be remitted directly to the publishers, The Century Co., 33 East 17th St., New York, or single copies may be purchased of any newsdealer. The publishers offer to send a free sample copy—a recent back number—to any one desiring it.


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## TEMPERANCE.

### Alcohol and Morality.

Dr. T. L. Wright points out most forcibly the deadly effects of liquor on the moral element of man's nature. This, though one of the most serious aspects of liquor curse, is rarely dwelt upon by teachers and writers on temperance in the manner it merits. Not only does liquor wreck the physical constitution and impairs the powers of the brain, but it most insidiously undermines the moral nature. In discussing this phase of the question, Dr. Wright says:—

"In general terms, it may be said that no instance has been recorded where the influence of alcohol upon a good man, when carried to its full extent, has failed to taint his moral nature. Nor has an instance ever been known of a character so base, so bestial and inhuman, that alcohol could not sink it still lower. It seems, in fact, true, as far as the world's experience extends, that the depths of depravity into which alcohol may plunge the human soul, have never yet been sounded. In its position as a wrecker of good morals, alcohol stands 'proudly eminent.' Few things are so bad, as to have no good in them; but, aside from certain properties available in therapeutics, alcohol seems, in its impressions on the human organism, to be singularly bad. In all its long and dreary history, it has never been known to add anything whatever to a man's real character for piety, or sympathy, or love to his family, or kindness to his fellow-man.

"Alcohol deadens the conscience of anyone who partakes of it, let his motives in drinking be what they may. The casual drinker often partakes of alcohol without any clearly defined purpose, certainly without the slightest intent of committing an unlawful act. Yet, the poison affects him as it does others; it paralyzes his conscience, the acuteness of his sensibilities is blunted, and he is peculiarly liable to be led into improper and unlawful conduct. The drinker is deprived of intellectual soundness as well as of moral capacity; and yet the law says 'Drunkenness is no excuse for crime.'

"Shakespeare knew the deadly spell that alcohol casts on morality:

"'If I can fasten but one cup upon him
With that which he hath drunk to-night already,
He'll be as full of quarrel and offence
As my young mistress's dog.'

saith 'honest Iago.'

"A person intoxicated will commit offences in thought, in speech, and in conduct, which in his sober moods he would view with abhorrence. The tendency of drunkenness is inevitably toward crime."

And yet it must be remembered that the State licenses the gin mills which destroy good citizenship, fill prisons, turn home into Hades, and starve wives, mothers and children. Truly we are a civilized people!


**DONALD KENNEDY**

**Of Roxbury, Mass., says**

Don't write to me when taking the first bottle of my **Medical Discovery.** I know how it makes you feel, but it's all right. There are certain cases where the **Discovery** takes hold sharp, but it is the diseased spot in you it has taken hold of, and that's what you want. The **Discovery** has a search warrant for every humor, from backache to scrofula, inside and outside, and of course it makes a disturbance in your poor body, but the fight is short, you are better by the second bottle; if not, then tell me about it, and I will advise. I will, however, in the future, as in the past, answer any letter from a nursing mother.

Sincerely yours,
DONALD KENNEDY,
Roxburgh, Mass.

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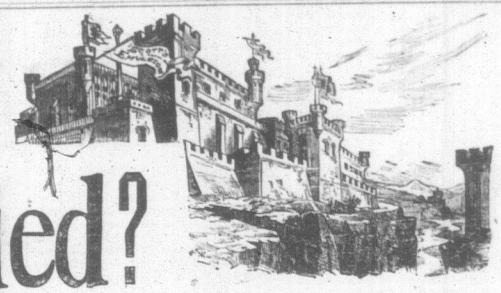

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