

Health in the Home

Tiring Children

The injury done to children, and more especially to delicate children, by over fatigue, is not sufficiently recognized by many mothers and nurses.

Too long walks, games that call for too much exertion, which must be kept up until the end, too late hours for going to bed, or too early hours for getting up, are all causes—every-day causes—of over fatigue.

Now, mark this, fatigue from work or play, as bodily exercise of any sort, is the reverse of injurious to those who are physically strong. If we are in good health and vigorous, it does us no harm to go to our beds tired at night.

We sleep all the better for it and rise refreshed in the morning. To be over-tired, however—so tired that we cannot sleep—is bad for any one.

Constipation

Constipation is more prolific of human misery than any other one cause. As foes to health, typhoid, smallpox and diphtheria—the three most dreaded infections—are comparatively insignificant, since they do not occur to more than one per cent. of the number afflicted by constipation, and are themselves frequently caused and always greatly aggravated by the latter. A majority of the race, rich and poor alike, are habitually constipated. It poisons the entire system, since it compounds the absorption of ptomaines and toxins that should be eliminated. The train of evils that follow this form of auto-infection is almost limitless. It maintains itself in a hundred ways and finally slays its victims by thousands, although some other name goes into the death certificate.

But it tortures when it does not actually kill, and renders its victims incapable of making the most of themselves in business, in social life or the intellectual world. It robs the complexion of its clearness, the eye of its brightness, the step of its elasticity. It is a slow but sure form of suicide. The victim finally poisons himself to death. No matter what the death certificate says, the fundamental cause of one-half the deaths recorded is constipation. It is often ignored and may be called by any one of a dozen names—uremic poisoning, heart failure, remittent fever, etc.

The relief must be sought by curing the habit.

Celery as a Medicine

One of the latest ideas is that celery is a cure for rheumatism. It is asserted that the disease is impossible if the vegetable be cooked and freely eaten. The celery should be cut into pieces and boiled in water until soft, and the water drunk by the patient. Put new milk, with a little flour and nutmeg into a saucepan with the boiled celery, serve it warm with pieces of toast, eat it with potatoes, and the painful ailment will soon yield.

A New Wrinkle

There is a new wrinkle, says the Brooklyn Eagle. It is located at the corners of the eyes, and is a wrinkle which indicates deep thought. The



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wrinkle, or the group of wrinkles—when first seen may seem indicative of old age. But actually the lines are formed by study, by reading, by thought and by constant and repeated efforts of mentality. The age at which you may expect these wrinkles naturally is forty. But, if they appear under that, then it is a mark of too much brain work.

Rules for Dyspeptics

The following rules are applicable to all cases of dyspepsia and indigestion:

1. Eat slowly and masticate thoroughly.
2. Drink fluid an hour before or two or three hours after meals, rather than with food.
3. Eat at regular hours.
4. If greatly fatigued, lie down and rest quietly before and after luncheon and dinner or supper.
5. Avoid as much as possible taking business worries or professional cares to the table.
6. Take systematic exercise in the open air. Bicycle and horseback riding are the best forms.
7. On rising, cold sponging and vigorous friction of the body are advisable.
8. The bowels should be kept open by laxative foods and fluids rather than by medicines.
9. Avoid too much variety at any one meal. Take meat and vegetables at separate meals.

Those who think Christianity weak because there are more women than men in the churches, would do well to consider why there are so many men in the penitentiary.

Mrs. Hooglan looked up at the clock, and then slapped the iron she had lifted from the stove back on the lid with a clatter.

"Talk about toime an' toide waiting for no man," she muttered, as she hurried into the pantry, "there's toimes they wait an' toimes they don't! Yesterday at this very minute 'twas but tin o'clock, an' to-day 'tis quarter to twelve!"

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Sunday at Home

Peace

In Me ye might have peace—in Me I have not promised it elsewhere; Turn to the world—it is not there, But only weariness and care.

Oh, cease then from thy fruitless quest in love,
It was in love I stir'd thy nest
That thou might'st come at last to see

That peace is only found in Me;
IN ME ye might have peace.

Good Work

"If there is one rule above another which I wish to impress on those who are starting out in life," writes Charles Kingsley, "it is this—take pains. Take trouble. Whatever you do, do thoroughly. Whatever you begin, finish. It may not seem worth your while at the moment to be so very painstaking and exact. In after years you will find that it was worth your while, that it had paid you by training your character, paid you by giving you success in life, paid you by giving you the trust and respect of others."

Church Going

It is not enough that we go to the House of God, in a general way, sometimes here, sometimes there. The result will be that there will be little attachment or interest anywhere, and little of good done anywhere, little of good received. When Solomon had a host of wives, he had very little love for any of them. Affection becomes rather thin when spread over so wide a surface, and the one who distributes his favors among a number of churches is of little service in any, has but little interest in any, and that little is very liable to grow steadily less until it dies out.

Dangerous Half Truths

It is often harder to convince a man who is half right than it is wrong than it is a man who is wholly wrong. "A half a loaf," we say, "is better than no bread," but a thief with no bread and unable to steal any is likely to learn more quickly the duty of honest work than a thief with half a loaf. Nothing so binds and enslaves men as half truths. It is often easier to deliver them from full error than from half contentment with truth. It depends, however, on the direction in which men are moving and upon their contentment with what they have. Moving from error to truth men often have to move through half truths; but if they are stationary in half truths, or stop when they reach them, their being half right makes it only the harder to show them that they are wrong.

The word "power" in religion not infrequently stands for the worst form of cant. It is spoken of as if it consisted in fluent and rambling religious speech, or in volubility of fluent utterance of religious language.

There is a difference between doing right and not doing wrong. One is turning our back on what is wrong, and the other is turning our face to what is right. The two are essentially distinct.