

HOUSEHOLD.

Reviving the Apparently Drowned.

('Lake George Mirror.')

1. Loosen the clothing, place the face downward, with the forehead resting on one of the wrists, and the face turned to one side. Open the mouth; seize the tongue between the fingers, covered with a handkerchief or piece of cloth, and draw it forward between the teeth; clean mouth and throat from mucous by passing the forefinger, covered with a handkerchief, or piece of cloth, far back into the mouth, thus opening a free passage to the windpipe.

2. Turn the face upward, shoulders resting on a folded coat or pillow; keep the tongue forward; raise the arms backward and upward to the sides of the head (this expands the chest and allows the air to enter the lungs); then slowly move them downward, bending them so that the elbows will come to the sides and the hands cross the pit of the stomach, and press them gently but strongly against the sides and chest (this forces the air out of the lungs). Continue the two movements (which produce artificial breathing) very deliberately about ten or twelve times in a minute continue, until natural breathing is resumed, or until satisfied that life is extinct.

3. While this is being done a little friction on the chest may be produced by rubbing gently with warm flannel, and the body may be stripped and wrapped in dry blankets.

After natural breathing begins, continue very gently, for a few minutes, the two movements which produce artificial breathing.

After breathing is fully restored, give the patient a teaspoonful of brandy, hot sling or tea, two or three times a minute, until the beating of the pulse can be felt at the wrist.

Rub the legs and arms upward, and the feet and hands with warm dry flannel.

Apply hot cloths to the body, legs and arms, and bottles of hot water to the feet.

CAUTION.

1. Do not be discouraged if animation does not return in a few minutes. The patient sometimes recovers after hours of labor.

2. Do not allow the tongue to fall back and close the windpipe, while the arms are being worked.

3. Do not rub the legs and arms until natural breathing is restored.

4. Do not put any liquor in the mouth until natural breathing is fully restored.

5. Do not roll the body or handle it roughly.

6. Do not allow the head to hang down.

The Girl With a Shadowed Life.

(By Mary R. Baldwin.)

There are some girls whose lives seem to be set in shadowed places. It may be that financial reverses, invalidism in the home, or the wrong-doing of a member of the family has become a cloud above the daily experience.

At the time when the nature of the young girl should gladly open to all the sweet and beautiful influences of life, if she is susceptible, the adverse condition in the home will affect her spirits, and may even lay a depressing hand upon her development.

The shadow of invalidism darkens many a home where a young nature is beginning to feel the mystery of life beyond her, and unless the invalid has received the blessed influences of discipline, and has not yielded to its hardening forces, the home is a place of trial to those who must daily come in contact with the querulous, disabled member of the household. There are invalids who raise a forbidding hand against even the innocent pleasures of the young, and seem to desire to throw a pall over the whole home experience.

A letter has just come to me from a lovely girl into whose life a deep loss has entered through the death of her mother, which left her with the care of the home, of her father and two younger sisters, and the burden of an unhappy invalid aunt.

She writes:

'I have met another trial. Mother always gave my sisters a birthday party, and as the anniversary of Annie's birth came near I was in great perplexity, for Aunt Sarah grew nervous and exacting, hardly allowing a laugh in the house. I felt that I must disappoint the girls by giving up the party, or make Aunt Sarah very angry by going on with it. I set my wits to work and decided to go over to a friend of Aunt Sarah's who had many times taken her to ride. I begged a favor that she would invite her for a short drive in the country on the afternoon set for the party, and keep her out as long as possible. The lady had been a dear friend of my mother's, and understood the circumstances, and was very glad to be of service.

'She arranged the whole thing beautifully, and the last guest had departed when she drove into the yard with a seemingly transformed woman by her side. Afterwards, this friend in need, as she took my hand, whispered, "My dear, every time you enter a sea of trouble, if you are able to ride the wave, you come out stronger and better for the trial." I have learned, I think, through these every day perplexities to ride waves. I don't set my will against Aunt Sarah's as I did at first, and I don't murmur at providence so much, but I try to find a way out of the difficulty.'

A dark shadow over a home is that of the persistent wrong-doing of one of its members. It may be a father or a brother who has entered a downward path, and if the daughter, or the sister, has high standards of purity and truth, and is of a thoughtful, sensitive nature, she must endure much suffering, be beaten back often in her hopeful efforts to reclaim the loved ones, and at times despair of worthy living for herself.

How shall the girl be true to her best thought of living, and find strength to resist all of the influences of discouragement? How live her own God-given individuality, while under the awful cloud of the sin of one whom she loves and tries to save?

Well, there is but one answer—by just being true to her best self. Not by going out of her way to give a moral lecture, or by giving herself up to wailing, though at times these have their place in the experience, but by a steady purpose of right living, full of loving interest for the erring, and by that trust which shall brighten the hope so that the darkened home shall never be without its ray of light.

To bear the yoke in youth has been the lot of many of the world's great souls and has made them strong to support the weak and the helpless, and worthy to lead the marching column of those who shall be crowned with honor.—'Christian Intelligencer.'

A Terrible Habit.

The use of the narcotics opium, morphine and cocaine appears to be increasing at an alarming rate. Dr. T. D. Crothers, of Hartford, Conn., one of our foremost experts on inebriety in all its virulent forms, in a paper on 'Morphinism among physicians' has made some startling revelations. He gives a statistical report concerning the history of more than three thousand physicians of the Middle and Eastern States, twenty-one percent of whom were using spirits or opium to excess; and his investigations lead to the general conclusion that from six to ten percent of all medical men are confirmed opium inebriates. Dr. Crothers further estimates 'that there are in the United States from a hundred thousand to a hundred and fifty thousand opiumists; that from thirty to sixty percent of insanity is due to narcotics; and that from forty to eighty percent of all degeneracy and neurotic diseases is attributable to these causes.' Physicians are especially exposed to this habit through their constant handling of these drugs. Often overdriven and worried in their work it is easy for them to find quick relief in a magic tablet of morphine, and the seeds of the habit are thus sown. Patients in not a few instances contract the habit from their physicians. Relieved a few times by the physician's hand, they find that they can relieve themselves, and the insidious process thus gets started. Many persons of nervous temperament make the fatal discovery that opium, morphine or cocaine will put them in a quiet and comfortable state of mind, or will enable them to sleep, and they resort to their use. They may be unaware of the danger of the practice, or more commonly they think, as inebriates generally do, that they

can control the habit and stop it at a safe point. But the use of these narcotics rapidly grows into a habit that binds the unhappy victim in slavery even more terrible and hopeless than that of alcohol. They produce hysteria, melancholia, dementia, acute mania, and suicide. The physical and moral wreck that results from the habitual use of morphine and cocaine is one of the most awful things in human life. Any one that is using these fatal drugs should instantly stop the practice and fight for the very life of the body and the soul. The report of the American Pharmaceutical Association in 1897 says that the Association 'should put itself on record regarding the use of opium and cocaine. We might as well take the lead and do something in the way of stopping as far as is within our power the use of narcotics, and restrict the physician's prescription for the sick only.' But the main responsibility must rest with the individual; and he should most rigidly restrict himself in the use of these drugs. No one should ever take them except when given in illness by a reputable physician. Every one should stoutly refuse and fear to use them as a means of physical or mental repose or stimulation, for such use is wrong and has in it the seeds of awful slavery and ruin.—'Standard.'

Useful Hints.

Linen may be made beautifully white by the use of a little refined borax in the water instead of using a washing fluid.

Wash fabrics that are inclined to fade should be soaked and rinsed in very salt water, to set the color, before washing in the suds.

In making bread, rub a little sweet lard or other fat over the top as often as it is kneaded, and it will not only rise more quickly, but have a soft, delicious crust when baked.

To test a ham, stick a sharp knife under the bone. If it comes out clean, with a pleasant smell, the ham is good; but if the knife is daubed and has a disagreeable smell do not buy it.

A furniture polish that may be made at home, and which is reliable, needs for a foundation half a pint of linseed oil. This should be boiled and put into a stone pipkin, two ounces of yellow wax, cut in thin shavings, being added. Set the pot in a saucepan of boiling water until the wax is thoroughly melted, then strain through muslin, and stir constantly until cold. Add a quarter of a pint of spirits of turpentine and a quarter of a pint of vinegar; mix thoroughly and bottle.—'Presbyterian Banner.'

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