

rent, and also be provided with the implements to do it. It is this eternal "picking up" after disorderly men and boys, who learn to think that picking up after them is women's business, which makes the labor of women so interminable. Were each member of a family careful not to make work, the labor of nearly all households would be half lessened. In fact, the principal secret of a happy household is teaching the children how to help themselves and to help others."

### CROUP.

BY AN EMINENT PHYSICIAN.

There is no sound more alarming to an inexperienced mother than the hoarse, barking cough of a child at night, indicative of an attack of croup. There is something in the sound itself of such a cough which is frightful. Those who hear it for the first time often start up alarmed as if a stranger had entered the room. But to the experienced mother or nurse, the croupy cough excites other and far more painful apprehensions. It indicates the onset of one of the most dangerous diseases of childhood. She knows full well that a relentless inflammation has laid its hand upon the throat of her child, and that all the skill of medicine and her tenderest care may not be able to relax its fatal grasp.

What is croup, that it should be so dangerous? Simply a slight inflammation of the windpipe, just where the vocal-cords are drawn across the larynx. At that point, the air-passage is narrowed to a mere slit, and through this small aperture respiration is carried on. If, now, the soft tissues surrounding this aperture should swell, however slightly, the opening would be diminished in size, and respiration more or less impeded. This is precisely what occurs in croup. The inflammation involves the soft parts about the vocal-cords; they swell and gradually fill up this little slit-like opening; respiration becomes more and more difficult; and if the case proves fatal, the child dies of suffocation or exhaustion.

Croup is peculiarly a disease of early childhood, rarely occurring after the age of ten years. In a hundred deaths by this form of inflammation, it is estimated that 13 will occur in the first year of life, 25 in the second, 22 in the third, 16 in the fourth, 11 in the fifth, and 12.3 in the succeeding five years, while the remaining fraction, 0.7, will represent the proportion of deaths beyond ten years of age. Croup is most frequent at that season when there are the greatest fluctuations of temperature—as early in the spring, and late in the fall. It is more common among males than females. It is very fatal, because the

inflammation is so peculiarly situated; tenfold the inflammation that here destroys life would scarcely excite an apprehension if located on the skin. It is often limited to a surface of the size of the thumb-nail, but it happens to be located at the very entrance of the breath of life to the lungs.

There are two kinds of croup—false and true, or spasmodic and membranous. The false or spasmodic is a harmless spasm of the muscles of the larynx, coming on suddenly, and as suddenly disappearing, without fever or other disturbance of the system. The true is attended with fever, often slight, and terminates with the formation of a membrane lining the cavity of the larynx, or limiting itself to the vocal-cords and the space between them.

The vital element in the treatment of croup is the confinement of the patient to a uniform temperature of about summer heat, or ranging from 72° to 75° Fahr. The air should also be saturated with moisture. The object sought by this treatment is to so medicate the respired air with heat and moisture as to render it soothing to the irritated membrane of the air-passages, and thus relieve the congestion, when used early, or inflammation, when resorted to after this process has been established. To be successful, this treatment should be persevered in until all hoarseness disappears, and not intermitted for an hour, night or day. The greatest danger occurs at night, between midnight and five o'clock in the morning, when the external air is coldest, and the fire is allowed to go down or out, and the mother or nurse sleeps soundly. If the thermometer falls below 70°, all the symptoms immediately grow worse. To this treatment should be added rubbing the neck and chest with camphorated oil, and the application of several folds of flannel to the throat and neck, and oiled silk to the chest. Occasional doses of ipecac, when the cough is dry, are very useful. This treatment, persistently followed, will save the majority of cases of true croup.—*Hearth and Home.*

### SELECTED RECIPES.

**OYSTER PIE.**—Line a deep dish with good puff paste, not too rich. Roll out the upper crust, and lay on a plate just the size of the oyster-dish; set it on the top of the dish and put into the oven, as the crust must be nearly cooked before the oysters are put in, for they require less time than the crust. While the crust is baking, strain the liquor from the oysters; thicken it with the yolks of eggs, boiled hard and grated—three eggs for seventy-five oysters; add two tablespoons even full of butter, and the same quantity of bread or cracker crumbs; season with pepper, salt, and mace