

The Household.

Sleepless Nights.

An inability to sleep well at night is so common, and arises from such a variety of causes, reflecting persons will direct their attention to two things: Let each one ascertain for himself the cause of his unrest, and remove that cause. This is finitely more philosophical than to take chloral hydrate, opium, or any form of anodyne whatever. If late and hearty suppers cause restlessness, make the last meal of the day of cold bread-and-butter and a cup of hot drink, and nothing else whatever. Try this a week, note the result, and act accordingly.

Some do not sleep well because the head is so low that the blood flows towards it by gravitation, and does not get back easily, hence it accumulates in the veins, makes the head too full, and sleep is impossible. If the brain is excited at bedtime from study, passion, or solicitude, then too much blood is carried to it by the arteries, and refreshing sleep is equally impossible.

There are those who toss and tumble by the hour, the mind running round in the same circle of ruinous thought, producing in some cases an agony of sweat in great drops on the forehead. It is most mischievous for such persons to remain in bed a single moment; a thousand times better get up and wash and dress, midnight though it be, and either take a walk or indulge in light reading, or some deeply interesting narrative, until you get sleepy, then slide into bed as easily as possible.

It often happens that a person wakes up in the night from some unusual circumstances, and is not able to go to sleep for some time afterwards; then there is a tendency to wake up at the same time next night without cause, and before one knows it has become a habit; it can be broken up entirely in forty-eight hours, thus: go to bed two hours later, and be waked up an hour earlier; this is an almost infallible remedy.

Hunger, or cold feet, or excessive weariness, may prevent sound sleep. Persons who do not sleep well should eat moderately of plain, nourishing food, not tempt the appetite; this aggravates the disease by making too much blood; on the other hand, if too little is eaten, the nerve tissues are starved, and make too little hydra-carbon; neither leave off study altogether, nor exercise too much.

Sandbag for the Sick Room.

One of the most convenient articles to be used in a sick room is a sandbag. Get some clean, fine sand; dry it thoroughly in a kettle on the stove. Make a bag, about eight inches square, of flannel, fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen. This will prevent the sand from sifting out, and will also enable you to heat the bag quickly by placing it in the oven, or even on top of the stove.

After once using this, you will never again attempt to warm the feet or hands of a sick person with a bottle of hot water or a brick. The sand holds the heat a long time; and the bag can be tucked up to the back without hurting the invalid. It is a good plan to make two or three of the bags and keep them on hand, ready for use at any time when needed.—[Selected.]

Dr. Black's Ten Laws of Health.

1. Pure air is the food of the lungs. This is obtained by scientific ventilation, which consists in admitting currents or movements of air into the apartments through two or more apertures.

2. Good and properly cooked food, not food seasoned to cover up decay, partial or complete.

3. Water not iced, but cooled upon being placed upon ice, either in pitchers or bottles.

4. Adequate exercise in the open air in order to help the skin to throw off effete matter.

5. The sun-bath. No sitting or reading in darkened rooms or those lighted by gas. Gas burns up oxygen very rapidly. Sitting under a gas jet turns the hair gray, and by over-heating the scalp destroys its vitality and causes the hair to fall out.

6. Proper and sufficient clothing. That which is loose, light and warm. Light colors for Summer, dark for Winter. In Winter wear a flannel bandage around the abdomen.

7. Occupations which are of an outdoor character—eight hours for work, eight hours for sleep, eight hours for rest. The ten-hour rule has killed more than disease.

8. Personal cleanliness is essential. Bathe once a week. Baths to be of the same temperature as the body. Bathing enables the skin to throw off effete matter, causes the dead and useless epidermis to peel off.

9. No marriage with a near relative. No Jewish marriages.

10. Avoid wine, whiskey, beer, tobacco and prostitutes. Keep thy soul and body clean.—[Medical Summary.]

Neatness at Home.

It is as imperative for women to dress to please the husband, as it is for them to adorn themselves for their lovers, otherwise a moral deception is practised, and if they change, and are less anxious to fascinate his eye, they cannot wonder that it will weary of gazing upon a picture perfectly startling in comparison with that of other days. Insensibly, but surely, the mind reverts to these things, and the man reproduces his young fancy, and asks whether his ideal beauty was not always clothed becomingly in neatly flowing but graceful habiliments, and admirably adapted to her. The ideal of woman is surrounded with everything that is beautiful and sweet; we cannot associate with her anything that is vulgar and coarse, and yet how many are content to suffer men to do so, by appearing in their loose, untidy morning wrapper, ill-devised and not always of the freshest color, with hair unkempt, and a thousand things left undone, which, though if enumerated separately, are perhaps seemingly nothing, yet conduce to produce a beautiful whole.

Taste as well as money is required to make a woman well-dressed. Those who cannot expend an unlimited amount of money in replacing finery which is ever requiring change, to prevent it from becoming tawdry, should select plain yet becoming dresses. We have seen a face look as pretty beneath a straw bonnet tastefully trimmed, as ever it did beneath the finest Mechlin lace. We have seen a ball-room belle as beautiful in a snowy clear muslin made with taste, and not a single ornament about her,

as ever did one adorned with all that is rarest in silk or lace.

The French in this one thing excel,—there is more uniformity in their mode of dress—we do not perceive the enormous gap between the poorer and middling classes that we do in England. Into this part of the subject we will not, however, enter, since it would lead us far from our purpose, which is to impress upon our readers the elevating influence of nicety in dress. It is an index of a well-ordered and cheerful mind, the sign of a cultivated intellect, of refined delicacy, of sensibility, and a capability for appreciating what is high and noble. The old proverb speaks volumes:—"Cleanliness is next to godliness;" and this refers as much to dress as to anything; and let it be borne in mind that it is far more important to carry this golden rule into the bosoms of our homes, to work it out between husband and wife, brother and sister, than it is to affect it at certain times, and for hours which swiftly pass, and when gone leave but a transient impression on the mind. Pleasure and its pursuit pass quickly; but it is love which endures,—home love, which will last a lifetime, if properly ministered to by the nameless arts which affection prompts.—[From "Young Ladies' J1."

The Cook's Table of Weights and Measures.

SOLIDS.

Wheat flour, one pound is one quart.

Indian meal, one pound two ounces is one quart.

Butter, when soft, one pound is one quart.

Loaf sugar, broken, one pound is one quart.

White sugar, powdered, one pound one ounce is a quart.

Best brown sugar, one pound two ounces is one quart.

Eggs, ten eggs are one pound.

Flour eight quarts are one peck.

Flour, four pecks are one bushel.

LIQUIDS.

Sixteen large tablespoonfuls are one-half pint.

Eight large tablespoonfuls are one gill.

Four large tablespoonfuls are one-half gill.

Four gills are one pint.

Two pints are one quart.

Four quarts are one gallon.

A common-sized tumbler holds one-half pint.

A common-sized wine-glass holds one-half gill.

A teacup holds one gill.

A large wine-glass holds two ounces.

A tablespoon holds one-half ounce.

Forty to sixty drops are equal to one teaspoonful.

Dr. Davenport, a Brazilian traveller, relates how butter is made in that country. They fill a hide with milk, and it is tightly closed and lustily shaken by an athletic native at either end, or it is dragged about upon the ground after a galloping horse until the butter comes. In Chili the filled hides are placed upon a donkey's back, and he is trotted about until the butter comes. In Morocco a filled goatskin is rolled about and kneaded by women until the same effect is produced.—[Everett, Mass., Free Press.]

SIR,—I do like the ADVOCATE well. I would as soon try to live on two meals a day in harvest as to try to get along without the ADVOCATE.—D. MCKENZIE, St. Mary's.