

## THE EDITOR'S SPECIAL CORNER.

SELF-CONTROL is perhaps of all habits or traits of character the one most worthy of cultivation. Not only do moral and spiritual welfare depend largely upon it, but the physical well-being—health—is to a very great extent indeed dependent upon self-control—control of the appetites and passions. In proportion to its power is the man enabled to manifest his manhood and the woman her womanhood. The ability of the individual to draw all the lower parts of human nature upward into harmony with the best in that nature is the one great power for which to strive. The habit of self-control as someone has written it “is but the repeated authority of the reason over the impulses, of the judgment over the inclinations, of the sense of duty over the desires,” and is in short “the accumulation of continued acts of self-denial for a worthy object.” That object may be another human creature—ones neighbor—or oneself. How to develop this habit in the child may well be the study and effort of every parent, and how to cultivate and strengthen it in the individual self may well be the aim of every boy and girl and man and woman.

WITH the spring season comes the day or time, usually a succession of days, which most people have a great dislike for, that is, the “house cleaning” time. But few indeed in this age are the households in which this period with its renovating process and all its discomforts is not considered an absolutely essential semi-annual or at least annual requirement. And of nothing perhaps can it be said with greater force than of this process, “if it is worth doing at all it is worth doing well.” Few probably realize the importance from a health point of view of this periodical renovation of the dwelling. The vast quantity of waste excrete matter from the skin and breath for the most part noticeable in the form of “dust,” which will accumulate in a few months, even with frequent sweepings, in a dwelling occupied by an average sized family, is to many surprising. “It is wonderful,” the housewife will remark, “where it all comes from.” And with the exception of a little dust and ashes from the fuel burned and particles which chance to be carried in on the boots and other articles of apparel, it mostly comes, especially during the cold season direct from the bodies of the members of the family. Even if there have been no sickness in the family, it is most desirable that all this waste, every particle of it, be removed from every crack and corner and ledge. It is no small job in any house and needs time and care and force and soap and carbolic acid.

Some special points there are in reference to “house cleaning” which are not generally enough known and acted upon. Two of these however bear upon the construction of the floors and walls and are beyond the house-keepers control. These sweepings, dust and waste of whatever sort, collected in the cleaning should not be thrown in the yard or out-of-the-way corner, but should all be burned. Carpets and rugs should be taken a good distance