

sociated with either of these conditions, or it may exist alone.

Children who breathe through their mouths are always more liable to the diseases of the bronchial tubes and lungs. They often suffer, too, from disease of the ears, and they rarely escape the first opportunity to contract the acute infections, for many of these gain entrance through the tonsils. But aside from such possibilities, the interference with breathing soon produces a change in the features and a permanent deformity of the chest quite like that which formerly more than now was regarded as an evidence of an inherited tendency to consumption.

These abnormal conditions of the nose and throat often become evident in early infancy; they are considered as due in a measure to hereditary transmission, for they often appear in several generations of a family. Their existence in a child is sometimes revealed during recovery from measles, scarlet fever or other acute illness.

A tendency to catarrhal disease of the throat may develop and persist even after the cause has been removed. This must be overcome by exercise, cool bathing and other hygienic measures in addition to such local treatment as the physician may direct. The neck should be bathed with cold water morning and evening. The cold sponge-bath every morning is better, but habitual cold bathing should be begun during the summer-time. Muffling of the neck should be avoided as much as possible.

Graduated physical culture is always beneficial. No child is too delicate to take systematic exercise under a competent instructor unless it is suffering from some organic disease. A most important part of the course is the cool shower or plunge-bath at the close of each period of exercise, and it soon becomes the part that is most enjoyed.

The Nose

The nose, the most conspicuous feature of the human face, has always been regarded with great interest from an esthetic point of view, but it is within a comparatively recent period that its importance in the matter of health has been recognized.

Its external configuration goes far to make or mar beauty of feature, and considered from the point of view of health, its internal conformation is of even more significance.

The inside of the nose is divided into two compartments by a thin plate of bone and cartilage, called the septum. The outer wall of each of these cavities has three projecting ledges, formed of curved plates of bone covered with a loose membrane containing a great number of blood-vessels. Opening into the nasal cavity on each side are several hollow spaces in the bones of the face, all lined with mucous membrane and containing air.

The nerves of smell are located in the mucous membrane which lines the nostrils, and when inflammation of the membrane occurs, as in a cold in the head, this sense is more or less destroyed for the time being.

The most important function of the nose is that of a breathing organ. The curved plates of bone serve to increase the surface covered with mucous membrane, so that the air in passing over it is warmed and moistened, and so rendered fit to enter the bronchial tubes and lungs. It is also filtered and freed from dust and from the many disease-germs which it carries. The dust and microbes are caught on the moist surface, and are carried back to the entrance of the nostrils in a current caused by the constant downward movement of microscopic hair-like projections on the mucous membrane.

This explains in part the evils that result from mouth-breathing, for then the air is neither warmed nor purified, and on entering the bronchial tubes it causes congestion. This in turn lessens the resisting power, which all mucous membranes possess, against the action of disease-germs.

The Oil for the Farmer.—A bottle of Dr. Thomas' Electric Oil in the farm house will save many a journey for the doctor. It is not only good for the children when taken with colds and croup, and for the mature who suffer from pains and aches, but there are directions for its use on sick cattle. There should always be a bottle of it in the house.

Catarrhal inflammations, diphtheria, tuberculosis, and other respiratory diseases are much more likely to attack those who, through habit or necessity, breathe largely through the mouth.

Obstruction of one nostril, such as occurs when the septum projects to one side or when there are tumors, called polypi, or other swellings of the mucous membrane, puts too much work on the free nostril. Its membrane becomes congested, and catarrh results. This obstruction may be only temporary and may right itself, but when it is permanent it is necessary to remove it by operation as a measure of protection to the general health.

The Gift of Expectancy

Virginia stood looking at the row of tin cans in Aunt Cindy's sunny window, each with its little brown stick topped by tiny green leaves.

"How do you make your lemon verbenas grow, Aunt Cindy?" she asked. "I've worked and worked over mine, and I've never succeeded in slipping a single one yet."

"Is yo' slip 'em in March?" the old woman asked.

"In March and May and every other month in the year," Virginia said, laughing. "It doesn't make a bit of difference."

"An' yo' starts 'em under glass?"

"Every time," Virginia assured her.

"An' yo' 'spects 'em to come erlong?"

"Expect them to come along," Virginia echoed. "Aunt Cindy, how could I, possibly? I expect them to die, and they never disappoint me."

Aunt Cindy shook her head. "Yo' kin laugh, Miss Ferginny, honey, but there's a heap in 'specting things ter grow, lemon verbenas 'specially. I look at 'em an' say, 'Yo' a mighty ornery, no-count-looking little stick er wood, but yo' ain't deceivin' me wid yo' circumviguous ways! Dere ain't one of dem sassy flowers down in de garden got leaves like yo'-all got, so jes' step erlong an' shake 'em out. I's a-waitin' fer yo'!"

"Why, Aunt Cindy," Virginia teased, "you don't mean that you use mental science on your verbenas?"

But Aunt Cindy was not to be caught.

"Science nuffin', chile!" she retorted. "Hit's a gif—dat's what 'tis. I's got de gif of 'spection, chile—yo' cyant do nuffin' widout hit!"

It was Virginia's farewell visit to Aunt Cindy. A few days later, excited and ambitious, she met her first classes in the school that was to be her stepping-stone to the study and travel she had planned for herself. She was an eager teacher—almost too eager; it was hard to be patient with the slow pupils, and some of them were very slow. There was Callie Dishart, for instance—the girl was downright stupid! She—Virginia stopped with an exclamation of dismay. She had taken

her perplexities outdoors, and in her brisk walk had nearly stepped upon a child, huddled, sobbing, behind a clump of cedars.

"Why, Callie!" Virginia exclaimed. Callie rubbed her red eyes and stumbled to her feet. "I—I—" she stammered.

"Tell me," Virginia said, gently.

"It's—I'm so slow!" the child cried. "Miss Devo, last year, said I could do things if I'd be patient and not get discouraged. She—she said, folks are like flowers, and some take a long time to grow. I did learn with her, truly I did. She made you feel as if you could. But with you it's—it's different—and—"

Across Virginia's vision flitted the picture of a window crowded with tomato-cans, each with its tiny green slip. "I's got de gif of 'spection, chile—yo' cyant do nuffin' widout hit"—it seemed as if the words were spoken aloud. She held out her hand to the child.

"Let's try again, Callie—you and I," she said.

A conjurer was recently performing the old trick of producing eggs from a pocket handkerchief, when he remarked to a little boy in fun:

"I say, my boy, your mother can't get eggs without hens, can she?"

"Of course, she can," replied the boy.

"Why, how is that?" asked the conjurer.

"She keeps ducks!" replied the boy, amid roars of laughter.



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