

THE HOUSEHOLD.

SOCIAL TREATMENT OF INVALIDS.

"I read many practical articles about Christmas gifts, household decorations, the care of plants in winter, how to be an agreeable guest or hostess, how to prepare for ocean travel, how to live on ten dollars a week, or five hundred a year, and have everything that is needed, how to preserve one's health; but how seldom is anything said about the way in which a person really ill should be treated by outside friends. In cook-books, we have general hints on caring and cooking for invalids; we have tempting dishes for convalescents, and are advised to keep the air fresh and pure, to guard against draughts, avoiding noise, keeping medicines out of sight, getting as much sunshine into the room as possible. All this is essential, but, after all, the friends who enter the sick-room have quite as much influence upon the patient as all these combined, for either good or injury. Yet how little is said on this important matter. The horribly brutal speeches that are made by visitors, apparently friendly, apparently sane, are inexcusable. Some of them are so horrible that one must laugh at the very remembrance of them.

"To a dear old gentleman who had been confined to the house for some time, came the cheerful inquiry: 'Does the grave look pleasant to you, Mr. —?'"

"By the bedside of a sensitive woman attacked with pneumonia, I heard a most benevolent and truly Christian woman say, in clear tones: 'There is no hope; I see the death-mark on her face.'"

"You will find, if ill for several weeks, that some of your best friends will study your appearance and report with startling frankness: 'Why, my dear, how you have changed. I really don't believe I should have known you. You are paler or more unnaturally flushed (as the case may be) since I was here last, and yes, you have perceptibly lost flesh. But you must get well. We all love you too much; we can not get on without you.' This is said with the kindest meaning, but to the 'pale sick body' it means faintness or increased fever or a cry after the visitor has departed. Whatever may be your disease, the conversation, instead of turning upon the cheerful and engrossing topics of the time is too apt to be fastened to your own condition, and instances are given of Mr. So and So, who died of the same, or Miss This and That, who at last recovered, but has never been her old self since. We all know how the imagination acts upon the body, even producing death in a perfectly healthy person. Then how careful we should be in a sick-room.

BAD DIET, NOT OVERWORK.

Mrs. Mary Blake, in *The Golden Rule*, writes the following sensible words respecting the diet of school children.

It is a very common and mischievous notion that unless an article of food doubles up a child with colic or throws him into a fever within twenty-four hours it does him no harm. We often see whole families of children who are thin, sallow and nervous. They lose many days of school because they cannot "keep up," and the parents complain bitterly of our "high pressure system." They are bilious, or have headache or "summer complaint," or they cannot sleep, or they have no appetite. In short, they are sick half the time, or half-sick all the time.

But suggest to the mother of this family that perhaps their food is not suitable, and she will indignantly answer, "O no! they never eat anything that hurts them." The blame is laid on malaria—that modern scape-goat who bears our sins of eating and drinking—or on over study, or nervousness, or delicate constitution, or anything but the real reason. The trouble actually is that the stomach is doing the hard work on the brain.

Brain and body call for strong, rich blood to build up their rapidly growing tissues, and to replace what exercise and study burn up. But what does the stomach get to make it of? Greasy meats, with all the life-giving qualities cooked out of them; hot bread, and compounds like it; all kinds of fried abominations, whose original excellence is destroyed by being

steeped in boiling lard; rich cake and pies, sweets and candy. All these tax digestion to its utmost, and gave little nutriment in return.

Poor Jennie starts off to school, after a listless night in a room with every window closed for fear of "the night air," with nothing for breakfast but a cup of strong coffee "to keep up her strength" and a hot roll. "She never has any appetite mornings." She comes home to dinner faint and hungry to find roast pork and mince pie, or fried ham and heavy apple dumplings, which her poor, eager stomach takes and tumbles over and over all the afternoon, while her brain labors heavily with the afternoon lessons. A supper of something which tempts but does not nourish the tired stomach finishes the day. Her lessons are not learned. How could they be, when her brain has had to work against odds all day? So she works drearly and clumsily all the evening, then goes late to bed in her close room, with lessons, lessons in her head all night. No wonder that she cannot eat any breakfast next morning.

PREVENTION OF CONSUMPTION.

Medical views of consumption have greatly changed within the last few years. It was once regarded as incurable; it is now regarded as curable, if the right treatment is begun early.

It was once regarded as specially transmissible; so much so that children of consumptive parents often looked on themselves as doomed,—a feeling which of itself did much to induce the dreaded result. Now the disease itself is not believed to be transmitted, but only a condition of special susceptibility to the disease, a susceptibility which may be overcome or guarded against by proper precautions.

Consumption was formerly looked upon as incommunicable. It is now believed to belong to the great class of infectious diseases caused by microbes. The discovery of the microbe—the tubercle bacillus—was made by Koch in 1882, and has been confirmed by numerous original investigations conducted by other experts.

Tests on animals prove that this microbe communicates tubercular disease when introduced into their systems; and that the result, fatal or otherwise, depends mainly or wholly upon whether the animals are closely confined amid bad surroundings, or are allowed free exercise in the open air.

As to the curability of the disease, post-mortem examinations at the New York hospitals constantly show that large numbers of persons who have once been consumptive have fully recovered, and have died long afterwards of other diseases.

In consequence of these new views, the question of prevention has become extremely important. But to know how to prevent consumption, we must know how it is propagated.

Typhoid fever, the seat of which is in the walls of the intestines, is propagated mainly by the microbes in the discharges, which later find their way into the intestines again through infected drinking water.

Consumption, on the other hand, having its special seat in the lungs, is mainly propagated by microbes contained in the expectorations.

The microbes are harmless so long as they are in a fluid state, but when allowed to dry, they are taken up in the air as dust and inhaled.

This infected dust may lodge on the walls of the room, and communicate the disease to tenants of the house. It has been scraped off with a sponge, and animals inoculated with it have become tuberculous; while animals inoculated with scrapings from uninfected rooms showed no signs of the disease.

To prevent consumption, therefore—

1. Observe all the conditions of vigorous health. Most kinds of microbes are powerless against high health.

2. Have all sick rooms thoroughly ventilated. It requires many microbes to infect. Ventilation greatly reduces the danger.

3. Let the expectorations be invariably received in spit-cups, and carefully disinfected.

But consumption may be communicated by the milk of consumptive cows. Therefore, let all milk be boiled. This destroys the various kinds of microbes, and should be made a permanent habit as a guard

against all infectious diseases.—*Youth's Companion*.

SCREENS, ANCIENT AND MODERN.

There can be little doubt that screens to serve as a protection from either air or fire were in use at a very early date. The first form of all may have been a branch of a tree, or a broad leaf held in the hand to shield the eyes from the sun. From the inconveniences of holding a screen when engaged in manual labor, the notion doubtless soon arose of hanging up the skin of an animal captured in the chase, or a mat woven of reeds or grasses. From tents to curtains is an easy transition, and it is probable that screens retained the form of curtains or wall-hangings for many centuries. They were often hung from a horizontal bar or rod, which was so constructed that it moved on a pivot, and could thus be arranged at any convenient angle. Such a screen as this is shown in an Assyrian bas-relief in the British Museum, where it is placed round the back of a royal throne. In the twelfth and thirteenth centuries in our own country we find that a similar protection was often arranged round the seat of honor in the more important and larger houses. This was known as a "traverse," and the contrivance lingers in a modified form in the high back which supports the canopy of the royal throne at the present day. In ancient Rome and Greece remnants have been found of large umbrella-like shields, the edges of which were attached long draperies and textile hangings. The open colonnades and courts of the houses, too, were generally hung in this way with rich fabrics, often for the purpose of shutting off part of a large room to form a small one.—*Woman's World*.

VENTILATION IN SICK ROOMS.

The sick room should always and in all weathers, be ventilated with outside air. An excellent plan is to keep open a door into an adjoining room, where a window is up, or a board may be fitted into the top of the upper sash so that this may be kept lowered, allowing the fresh air to enter through the space thus created between the sashes; and if all other ways fail, simply lower the upper sash of the window farthest from the bed, and keep it down two inches night and day. Important as this matter of ventilation is, especially in lung trouble—it may be overdone, and care must continually be exercised and extremes guarded against.

Unless the physician orders otherwise, the above suggestions will be found sufficient, except in the warmest weather. Some doctors treat scarlet fever most successfully, with wide open windows even in mid-winter, and your duty is to carry out such orders as long as the physician is in charge of the case.

In this connection I may say that two people in the room with the patient, at one time, are all that should be permitted. This number can do all that is required, and every pair of lungs helps to use up the oxygen the patient needs so sadly.—*Annie R. Ramsey in October Ladies' Home Journal*.

PROPRIETY IN DRESS.

People of fine taste say they can always tell a refined woman by her dress. But one whose means are limited cannot indulge in the dainty laces, perfect gloves, and fine shoes, which these critics declare always show the real lady. We often realize this when we try to re-arrange a half-worn costume, or renovate frayed collars and rusty shoes. Still, there is no doubt that it is easier to keep up a good appearance if we purchase our wardrobe with a strong sense of propriety. Polonius showed this feeling in the advice he gave to his son. "Costly thy habit as thy purse can buy" is one of his anxieties, while he warns against gaudy extravagance. Many of the shabby-looking women we see would be both neatly and becomingly dressed if they had arranged their purchases with discretion. Last spring flaming terra-cotta and trying greens were fashionable colors. Every other woman wore them, and all through the summer we have been meeting with these colors in a faded condition, worn by women who are limited to one best dress. The same money expended in a pretty and inconspicuous color would have

resulted in satisfaction for the whole season. One would think that people could hardly offend propriety in the way they wear mourning; but they do. Honestly speaking, I consider so-called mourning garments a great mistake. We have no right to inflict our sorrow upon others by making a parade of it, and it is, in truth, a selfish grief to mourn over the temporary separation which takes our beloved from life temporal to life eternal. Still, custom dictates oppressive black garments, and most of us will follow it, but if we do we ought to be as sensible about it as the French or English. They limit themselves to a certain time for deep mourning, plain black, and gray or violets, before blossoming out into full colors.

The heavy crape veil, worn over the face, certainly ought to be abolished. It injures both the eyes and the complexion, and often lays the foundation to future illness. It is positive cruelty to put little children into mourning, but this is not done here as much as abroad. On the whole, I think the custom of wearing mourning might be abolished entirely; there are many better ways to show our love for the dead.—*Rural New Yorker*.

LAUGHTER.

Persons who can laugh heartily may be said to have the elements of worth strong in them, and a ready means of securing much happiness; hence they should indulge in it as frequently as possible, for nothing is so good for toning up the system and exhilarating the mind as deep, hearty laughter. It also shows one's character to a certain extent; for bad people rarely laugh heartily, whereas those who have always done what is right, and possess broad, genial, and generous natures, often give way to fits of cachination that becomes contagious in a few moments. Laugh when you can, then; and, while it may not make you fat, it will at least improve you mentally and physically for the day.

MARY E. ALLEN, whose large gymnasium has the support of Boston's best and most cultivated society, says: "If people only knew how much better they would sleep by going out of doors before retiring, and taking five or six or a dozen deep, strong breaths, they would no more omit it than they would their supper."

PUZZLES—NO. 23.

DROP-VOWEL PUZZLE.
f-l-t-l-l-h-r-l-t-l-r-r-g-g-s;
M-n's-f-r-t-u-r-s-c-r-r-d-ng-t-h-s-p-n-s.
J. B. PETTIT.

ENIGMA.

I am in pocket and in locket,
I am in pill and in kill,
I am in full and in fill,
I am in feel and in deal,
I am in relate and in slant,
I am in there and in care,
I am in noon and in moon,
I am in sea and in tea,
I am in crazy and lazy,
And the whole was the name of a ship.
KATIE MCCOMMON.

PI.

Lal taht ouy od, od ihwt uoyr gmith
Glnhs oned yb veshal rea reney edno thrig.
JESSIE McALLISTER.

SQUARE WORD.

1. A spring month. 2. Nimble. 3. To mature.
4. Pure. 5. Paste made from a thorny tree.
CHARLES ABERCROMBIE.

PUZZLES WANTED.

When answering these puzzles, send one of your own, if possible. All sorts of puzzles are accepted, and the best are published in the *Messenger*. Let us hear from all the smart *Messenger* puzzlers.

ANSWERS TO PUZZLES.—NUMBER 22.

ENIGMATICAL REBUS.—Oyster, story, troy, toy, to.

INVESTIGATION.—Father-in-law, (1 Samuel 4: 10, and John 18: 3.)

SQUARE.—

N I G I T
I D L E R
G L A R E
H E R O N
T R E N D

DIAMOND.—

D
D A D
D A V I D
D I D
D

PUZZLERS HEARD FROM.

Answers to puzzles have been received from J. B. Pettit, Edward A. Gooderc, Sammie T. Thomson, "A young writer," Mary Root, Lillian A. Gillott, Harry W. Jakoway, Jessie May McQuat.