

LITTLE FOXES.

"Take us the foxes, the little foxes, that spoil the vines."

This seems a strange text on which to preach a sermon, but I have lately read a very good, though short discourse on the subject.

"Do not let your life be spoiled by small faults," is the explanation of the words.—The little foxes are little sins of thought; not the big sins of act and deed, which we do try to guard against if we are alive at all to the evil of sin.

Six little foxes are named by the preacher.

One little fox is called "By-and-by." If you track him, you will come to his hole—never.

The second fox is "I can't." You had better chase him out with the smart little whip "I'll try."

He may probably be followed by a third little fox, "No use trying." Beware of this fox; he has spoiled more vines and hindered the growth of more good fruit than many a more dangerous looking enemy.

A fourth little-fox is "I forgot." He is a great cheat. He is hard to catch. Again and again he appears, with such an innocent face, that you cannot believe it is he who eats your good grapes.

A fifth little fox is "Don't care." He is very mischievous. Drive him off with his sullen face.

The sixth little fox is "No matter." He looks as cheery as "Don't care" is sullen, but he is every bit as dangerous. Hunt him out of the vineyard.

Little enemies, but real ones, are these six foxes, but no vineyard can thrive if watch is not kept against them. And they sneak in at every gap.

Do you try to build up the gaps as well as your human hands can, the while you ask the Lord of the vineyard to "take us the foxes, the little foxes, that spoil the vines?" Thus alone can you hope to produce good fruit against the day when the Lord of the vineyard shall come to reward His laborers.

HOUSEHOLD HINTS.

CORNS.—A new remedy for corns is a mixture of equal parts of castor-oil and tincture of iron. Put it on the corn twice a day.

A PINT of hot water taken on an empty stomach in the morning is the safest and surest of all remedies for habitual constipation. If the tongue is coated, squeeze a lemon in the water, and drink without sweetening.—*Scientific American*.

GRANULAR LIDS.—The latest remedy suggested for the treatment of chronic granular lids, is the application of boric-acid powder. A little of the powder should be dusted on the lids from one to three times a week. The effect is to produce a burning, gritty sensation, causing a profuse flow of tears, which passes away, leaving the lids smoother than before its use.

LEMONS AS A MEDICINE.—Lemons

may often be used as a good household medicine. They are undoubtedly very excellent for biliousness. Lemons, however, should not be taken in their pure state, as their acidity will injure the teeth and the lining of the stomach. The proper way is to take the juice of one lemon in a cup of water, without sugar. The best time to take such a dose is before breakfast or just before retiring. Lemonade is an excellent drink in summer, and can be used with benefit by every one.

INSOMNIA AND NERVOUSNESS.—There can be no doubt that many persons suffer from insomnia which has its origin, or at least its principal strength, in their own nervous apprehension that they are, or are about to be afflicted with it. Any one of a dozen causes may induce wakefulness, and yet the person lying in bed with the faculties alert at the moment when they would naturally be expected to be wrapped in slumber, has nine times out of ten, or ninety-nine times in a hundred, nothing serious to apprehend. The stomach may not be in quite its normal condition, and there is no more potent cause of wakefulness. Now an hour, ten minutes, even, seems a long time in the middle of the night, when a person wishes to be sleeping and cannot. If a sensation of dread, of apprehension, is allowed to enter the mind, such a period simply becomes interminable. The nervous apprehension increases the difficulty, and feeding upon itself, the derangement may quite possibly increase till it becomes a dangerous malady. In such a case, the very best treatment, if the patient has any degree of will power, is simply to pay attention to the fact of wakefulness. Make no effort to court slumber, either by counting, repeating the alphabet, or imagining any monotonous thing. Keep the mind away from any business or domestic perplexities, but let it roam in full wakefulness where it will, among pleasant things, old associations, the friendships of the past or present, anything that is not of a disagreeable nature. As the physical or nervous system recovers its balance, or as the stomach becomes master of its complications, slumber will come along, searching for the individual, and the morning will find the night's rest quite satisfying, after all. Drugs and dosing are out of place; they merely aggravate and fasten the necessity for their own use. A simple bath, if no more than of the face, hands, and feet, is helpful, especially if followed by a generous rubbing with a dry towel, which will equalize and invigorate the circulation. If there is chronic trouble with the stomach, that may properly receive medical attention; when the disordered condition is remedied, the wakefulness, which was simply a symptom, and not a part of the disease, will take care of itself.—*Good Housekeeping*.



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