

THE HOUSEHOLD.

THE USE OF MILK.

Dr. Crosby, of the Bellevue Hospital, pronounces milk an article of diet which all persons may use, under nearly all conditions. There are those who say that they cannot take milk, that it makes them bilious, &c., but he declares that this is not true. A person who is sick may take milk with the greatest possible advantage, because it contains in a form easy of assimilation all the elements essential for maintaining nutrition. It is the natural aliment of the young animal, and certainly answers a good purpose for the old animal, provided it is used properly, and not poured into a stomach already over filled, as though it had in itself no substance or richness. New milk, he does not hesitate to say, may be taken, as far as disease is concerned, in nearly every condition.

Perhaps it will require the addition of a spoonful or two of lime water. The addition of a little salt will often prevent the after-feeling of fulness and "wind in the stomach" which some complain of. If marked acidity of the stomach is present, then perhaps a little gentian may be requisite to stimulate the stomach somewhat; and it may be necessary to give it in small quantities and repeat it often; but ice-cold milk can be put into a very irritable stomach, if given in small quantities and at short intervals, with the happiest effects. It is used in cases of fever, which formerly it was thought to "feed," and when scalded it has a desirable effect in summer complaints.

But it is as an article of diet for people in health, and who wish to remain in that happy condition, that milk should be most appreciated. For the mid-day lunch of those whose hearty meal comes at night, or for the supper of those who dine at noon, nothing is so good. The great variety and excellent quality of prepared cereals give a wide choice of food to use with milk. Bread (with berries, in their season, or baked sweet apples), boiled rice, cracked wheat, oatmeal, hulled corn, hominy, taken with a generous bowl of pure cold milk, makes the best possible light meal in warm weather for children, and for all adults who have not some positive physical idiosyncrasy that prevents them from digesting it. The men of firmest health and longest life are the men of regular and simple habits, and milk is a standard article in such a diet.—*Golden Rule.*

PARENTAL CRUELTY.

Look at that young lady, nineteen years of age, who cannot read a newspaper without an eye-glass upon her pretty nose! She intended to go to Philadelphia last year to study medicine, but the failure of her eyesight prevented her from going, and her brightest hopes of the future are clouded over. At nineteen, too! Why? Because her parents were cruel to her. She liked to sit up late in the night reading fine print by a kerosene lamp, and they had the cruelty to let her do it. The worst possible cruelty is to let children have their own way, when their own way does them harm.

There is a lonely man in a handsome house, from whom his wife has fled, worn out by many years of abuse and violence, from babyhood to manhood, that was ruthlessly spoiled by cruel parents. They flattered him, laughed at his outbursts of passion, supported him in his rebellious and vulgar insolence at school.

With his little brain and his big passions, it was impossible to live with him on fair terms. It would have been less cruel to have killed him in his baby innocence than to have let him grow up so.

There are many forms of cruelty. Harsh words, harsh blows, hard fare, hard work, all these are sometimes cruel; but ordinarily the pain they inflict is of short duration. The cruelty of which we now speak may give pleasure for an hour, pain for seventy years, and shame for generations.

Remember this when you are crossed and denied. There are probably a million people in the United States—perhaps there are ten million—who would give half of all they possess to get the mischief undone which was done to them in childhood and youth by this kind of cruelty. Bad eyes; weak digestion; round shoulders; ruined teeth; early decay; low tastes; painful recollections; shameful ignorance; ungoverned temper; gloom; distrust; envy; meanness; hate; these all result from the cruelty of let-

ting the young have their own way, when their way is wrong. There is no cruelty so cruel as that.—*Youth's Companion.*

FOOD FOR CHILDREN.

It is probably true that in this country more children are killed or made weakly for life by improper food, or over or under-feeding, than by any other cause, and this is the more unpardonable because the kinds of food which, for children, are the most wholesome and nourishing, are usually cheap and easily to be had and prepared. There are very few people in the United States so poor that they cannot get for their children, not only the right kind of food, but also plenty of it, so that here again we can only fall back upon the excuse, if we dare to call it such, of our own ignorance and thoughtlessness.

In almost every household the children habitually get sweet cakes and pies, hot breads, preserves, pickles, &c., which cost twice as much, both in money and in the labor of preparation, as would the plain, digestible food which alone is suitable for growing children; and yet it seems almost impossible for mothers to realize that in giving these things to their children, they are not only wasting time and money, but are also directly injuring their helpless little ones. It is certainly a very fortunate thing that nature provides for a baby, at its entrance into life, food which is all-sufficient for its needs, for otherwise it seems as if the ingenuity of ignorant parents would by this time have extinguished the human race. Even as it is, some mothers insist on giving babies all sorts of food, sometimes going as far as to believe, or say they believe, that a little of anything that they themselves can eat will not hurt the baby. A woman might as well say that the baby's little hands can do the work of her hands, as that its little stomach can do the work of her stomach; and the result of such treatment is that the baby pines, falls sick, is drugged with medicine, and, in nine cases out of ten, dies, the victim of its mother's ignorance.—*Hampton Tract.*

SLEEP FOR BABIES.

A very young baby can make no better use of its time than to spend it in eating and sleeping, and, for the first few months of its life, a healthy baby will do this, provided it is allowed to be quiet, is fed regularly, and not dosed with any kind of sleeping mixture, this latter being a practice which every mother ought to understand is senseless, wicked and utterly inexcusable. Up to two years of age, children should sleep twelve hours at night and an hour or two in the middle of the day; after that age, from ten to twelve hours at night is usually enough, though it is a good thing to keep up the habit of taking a nap in the daytime, until they are four or five years old. No child should sleep in the garments which it wears during the daytime, for they are filled with the moisture given off from the skin, but should be put into nice, sweet, dry nightclothes, while the day clothes are hung somewhere to air. Except in extremely cold weather, it is best for even very young babies to sleep alone, and the less they are rocked and shaken about the better. The bedclothes should be warm but light, and mothers should be very careful not to let their children get into the habit of sleeping with their heads covered up, for in this way they breathe over and over again the air which has been poisoned by their own little bodies. Plenty of pure air is absolutely necessary to health, and, in rooms where children sleep, the greatest care should be taken to have good ventilation. Draughts are, undoubtedly, bad things, but they are better than impure air; and children who are accustomed to plenty of fresh air and cold water are not likely to be hurt by an occasional draught.

Children should never be roused suddenly from sleep; and loud noises, or anything which may startle a sleeping child, should be avoided as much as possible, for, though children do not always show it at once, it is certain that their brains and nervous systems are sometimes very much injured by sudden shocks or frights. It will surprise anyone who has not tried the experiment, to see how easy it is to get a baby, which is otherwise properly cared for, into good habits in respect to its sleep, and how much difference these habits will make in the health of the child and the comfort of the mother. Wakeful nights with a baby mean fretful

days for both baby and mother, and, except in the case of really sickly children, there is seldom any need for a mother to lose much sleep, for sleep is such an absolute necessity for children that nature forces them to take it, even under very unfavorable circumstances, and a little care on the mother's part in forming regular habits in a baby will generally ensure quiet, comfortable nights, and two or three hours of freedom during the day, when baby is taking its nap.

Put children to bed at the same hour every night, having first given them a sufficient quantity of proper food, and changed all their day clothes for loose, clean night-garments. Let the air of the room be cool and fresh, the bedclothes light but warm enough for the season, have as little light and as little noise as possible, and you will find that "getting baby to sleep" is not after all so troublesome a thing to do. Where a mother is obliged to keep her baby in the same room with the rest of the family, she can often manage to screen off a corner, and avoid some of the light and noise, while the mere fact of undressing and putting a child into bed always at the same hour will of itself often ensure a good night's sleep. The nap in the daytime should be regulated in the same way, and instead of interfering with the child's sleep at night it usually makes it more quiet, as the effect of two or three hours' sleep in the day is to soothe and comfort the nervous system, thus increasing the chances for a good night's sleep. But, invaluable as sleep is to children, it should never be purchased with drugs or potions, or syrups of any kind, again and again should it be repeated to mothers and nurses that these things are all horrible poisons, and that the sleep that they bring is indeed the sister of death.—*Mrs. M. F. Armstrong.*

AUNT TABITHA'S FRONT-YARDS.

BY THE REV. E. A. RAND.

Aunt Tabitha had two little front-yards. So she called them. They were mere nooks in reality, railed off from the sidewalk by an iron fence. They may have been twelve feet long and five feet wide. They had served various uses. They were boxes in which children played. Those fenced little nooks were receptacles for the gathering of all kinds of odds and ends, bits of paper and cloth that had gone astray and finally lodged down there. Aunt Tabitha had the garden-fever, and after its appearance in the backyard, it broke out in the little front-yards. Aunt Tabitha declared that there should be a change. A dollar procured sufficient loam to make a decent soil, and another dollar paid for all the seed she wished to buy. A few bulbs and roots were given her by kind neighbors, and the cup of Aunt Tabitha's happiness was filled to the brim.

Aunt Tabitha distinguished the two front plots as the shady and the sunny yard, sometimes simply as "Shadow" and "Sunshine." There was a big, burly linden before one and it made all the difference in the world.

In the centre of "Sunshine" was a bed of mignonette with a thick border of sweet alyssum. That bed ultimately became a constant bouquet of perfume, and fragrance stole through the open parlor windows, making a sweet and delightful atmosphere there. This little bed was enclosed by bunches of drummond phlox, verbenas, geraniums, and dianthus bedewegii. In each corner was a tall gladiolus like showy candlesticks all aflame. At the window in the rear of the yard were festoons of ivy and nasturtiums, the brilliancy of the nasturtiums shining out vividly against the dark leaves of the ivy. There were the pretty eyes of the thunbergia opening amid the green tresses that wound along the fence.

But what about "Shadow?" In that yard it was so shady that even grass would become digusted and quit. What could Aunt Tabitha put there? She could plant Madeira vines about the window at least. These she trained to run quite prettily in the form of a gothic arch. At the apex, she suspended a shield formed of the national colors. Aunt Tabitha was very patriotic. She was visiting a relative in the country one day, and improved the opportunity to secure a dozen ferns with their roots. Among the dozen, was a beautiful maiden-hair (*adiantum pedatum*). She planted the ferns in the most shady part of that shady yard, and often was her fernery admired by the people passing. She secured many roots of the little plant commonly known as

"money," and made them all the guests of "Shadow." One very thrifty tenant of "Shadow" was Wandering Jew. Aunt Tabitha became very much interested in its botanical name, *Tradescantia*, so called from Tradescant, the gardener of King Charles the first. She thought with pity of the unfortunate king walking his leafy, scented gardens, stopping to admire some luxuriant cluster of the plant that his gardener had specially petted. Aunt Tabitha thought that the king's gardener would enjoy the sight of her collection, all luxuriating in the shade, the silver-striped, purple-tinged, and plain varieties. Aunt Tabitha has had successful clumps of sweet alyssum and Adonis growing in shady places, and she means this year to plant both in "Shadow."

But there is the good work done for others. It is such a relief to passers-by when the littered, neglected little yards disappear, and leaves, and flowers, and perfume, and color are to be noticed instead. Specially do the neighbors feel the influence of Aunt Tabitha's good example. Their neglected yards disappear. Victor Hugo, in *Les Miserables*, makes a good bishop say, "The beautiful is as useful as the useful," adding, "perhaps more so." It certainly is illustrated in the work of a little yard that brings its owner such joy, so changes the aspect of a home, so comforts any chance beholder, and helps to renovate the looks of a neighborhood.—*Illustrated Christian Weekly.*

PROTECTION AGAINST MOSQUITOES AND FLIES.—*Quassia* is used in medicine as a powerful tonic, and the chips are sold by chemists at from sixpence to a shilling a pound. The tree is indigenous to the West Indies and to South America. A young friend of mine, severely bitten by mosquitoes, and unwilling to be seen so disfigured, sent for quassia chips and had boiling water poured upon them. At night, after washing, she dipped her hands into the quassia water and left it to dry on her face. This was a perfect protection, and continued to be so whenever applied. At the approach of winter, when flies and gnats get into houses, and sometimes bite venomously, a grandchild of mine, eighteen months old, was thus attacked. I gave the nurse some of my weak solution of quassia to be left to dry on his face, and he was not bitten again. It is innocuous to children, and it may be a protection also against bed insects, which I have not had the opportunity of trying. When the solution of quassia is strong it is well-known to be an active fly poison, and is mixed with sugar to attract flies, but this is not strong enough to kill at once.—*Scientific American.*

STINGS.—The pain caused by a sting of a plant or insect is due to the acid poison injected into the blood. The first thing to be done is to press the tube of a small key from side to side to facilitate the expulsion of the sting and its accompanying poison. The sting, if left in the wound, should be carefully extracted. The poison of stings being acid, common sense points to the alkalies as the proper means of cure. Among the most easily procured remedies may be mentioned soft-soap, liquor of ammonia (spirits of hartshorn), smelling-salts, washing soda, quicklime made into a paste with water, lime water, the juice of an onion, bruised dock leaves, tomato juice, wood ashes, and carbonate of soda.

FOR POISON.—If any poison is swallowed, drink instantly a half glass of cool water, with a heaping teaspoonful of common salt and ground mustard stirred into it. This vomits as soon as it reaches the stomach. But, for fear some of the poison may remain, swallow the white of one or two eggs, or drink a cup of strong coffee—these two being antidotes for a greater number of poisons than any other dozen of articles known, with the advantage of their being usually on hand; if not, a pint of sweet oil, drippings, melted butter or lard, are good substitutes, especially if they vomit quickly.

FOR A DAMP closet or cupboard, which is liable to cause mildew, place in it a saucer full of quicklime, and it will not only absorb all apparent dampness, but sweeten and disinfect the place. Renew the lime once a fortnight or as often as it becomes slaked.

TO REMOVE grease from wall paper. Lay several folds of blotting paper on the spot and hold a hot iron near it until the grease is absorbed.