

Health in the Home

Weak or Sore Eyes

Persons who are troubled with weak eyes may often secure considerable benefit from the use of the eye cup. This is a small receptacle of thick blue glass, and so constructed that when inverted it fits tightly over the eye. It costs fifteen or twenty cents at the drug stores, and should be used night and morning. The eye cup is employed for the purpose of applying salt and water to the eye as a tonic. The proportions should be a level teaspoonful of salt to a pint of water. The latter should have been warmed to about the heat of the body. Fill the cup with the solution and place it over the eye; then turn the head backward and open the lids. It will be found that there is no unpleasant feeling whatever from the contact of the salt solution with the eye. As a matter of fact, this solution is almost identical with the saline fluids of the eye. Should the water be used without the salt it would cause the eye to smart painfully.

Slight attacks of granulation of the eyelids may be cured by the use of absolutely pure olive oil, one drop being allowed to enter the eye twice a day. In dropping medicaments into the eye, place the finger just under the lower lid and draw the lid out a trifle, allowing the remedy to fall upon it. This is a simple way of accomplishing what many people consider a difficult proceeding.

Above all, in dealing with the eye it should be remembered that much depends upon the condition of the general health. A debilitated state of the system is very apt to show itself in the eyes. The delicate organs depend upon the blood to keep them in good order, and rich blood and an unimpaired circulation are of primary importance. This calls for plain, nourishing food, an abundance of fresh air and a moderate amount of exercise.

A word of protest as to the indiscriminate use of go-carts for babies under two years of age may not be amiss. A noted specialist in spinal troubles says a large percentage of the cases brought to him come from using the unhygienic, springless go-cart for young children. No thickness of pillow can prevent the jolt, and the tiny bit of humanity cannot save itself or brace for any rough place. It can be readily seen how injurious such carts are. Only the most hygienic ones should be used.—E. H. Glover.



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The Secret of Success is Tact and Good Temper

A managing woman is quite a term of reproach, but it ought not to be so, nor every wife and mother should try to be this. The fact is that women feel this pretty generally, but a good many have not the tact and wisdom they need to help them in their work.

Management when recognized is always rather resented both by children and grownup people as an indignity, but a tactful woman never lets it be so, and peace and happiness are assured under her reign. She studies the dispositions of her husband, children and dependents and wins rather than drives. She is gentle and courteous and respects and suggests far more than she commands.

The great secret of successful management at home is to keep your own temper and to take care not to upset any one else's. In the control of her servants the good mistress gives praise where it is deserved, and gives credit for good intentions even where the performance has not been wholly satisfactory. It sometimes is necessary to administer a reproof she chooses a time when she can do so pleasantly.

Cure for Poison Ivy

The U. S. Department of Agriculture has been investigating poison ivy and a cure for it. The poison in this vine is a non-volatile oil. If used in time, this poison is removed from the skin with alcohol, but if not used until some hours have elapsed since the poisoning, the alcohol should be added what powdered sugar of lead will dissolve, and this milky fluid should be well rubbed into the affected skin. To kill the vine, a half teaspoonful of sulphuric acid should be applied to the stem every two or three weeks in the springtime, when plants grow more vigorously.

Regularity in the taking of whole-some meals would do much toward improving one's health and complexion.

"Does your rheumatism bother you much?" "I should say it did. Every idiot I meet asks questions about it."—Cleveland Leader.

Housework should not be looked upon as drudgery. It won't lighten it and will only serve to make one who has to do it unhappy.

To curl the hair quickly, moisten it with alcohol, then roll rather tightly in curlers, and in half an hour's time the hair will be beautifully curled.

When a child falls on his head, if he should be at all sick, send immediately for a doctor, for serious injury may have been done to the brain.

Much comfort can be derived from a liberal supply of small willows instead of the smaller number of larger ones usually provided for the bedroom, says a housekeeper who is not afraid to depart from accepted customs.

The best remedy, in my experience, for a burn is seventy-five grains of nitrate of bismuth in two ounces of sweet oil. The bottle must be shaken before using as the bismuth settles. I always keep a bottle of this in the kitchen, for if it is applied immediately, the burn will not blister. J. O.

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