

article of clothing, taken from bed or patient, should be soaked in this disinfectant for some hours before washing. *Corrosive sublimate solution: 15 grains corrosive sublimate, 15 grains muriate of ammonia, one quart of water.* Nothing should be allowed to leave the sick room until it has been disinfected. The nurse should change her dress and wash her hands and face before going near any other person. Before the room can be used again by the family it should be carefully disinfected. Close all the cracks in doors or windows—paste paper over them if necessary, put two pounds of sulphur in an old coalscuttle or other pan, laying some paper under it, set fire to the paper, go out and close the door. In twenty-four hours open the windows; the room should then be well cleaned, and the walls scraped, washed and re-papered.

CARE OF CONVALESCENTS.

Visitors should never be admitted unless the doctor gives permission, and the nurse should see that they do not tire the patient. Let the friends know whether they should come in the morning or afternoon; admit them when the invalid is strongest and brightest. Do not admit more than one or two a day—at first, at least—and never let them stay long. If you notice that any particular visitor is tiring your patient, get rid of her promptly, and be careful not to admit her again until the invalid is stronger. When the visitors have gone, don't sit down and do a lot of talking yourself, but make your charge comfortable and perhaps a sleep may follow.

Nourishment must be given sparingly or freely, according to the disease and the doctor's orders. It is well to vary the dishes as much as possible, and give the patient pleasant little surprises of dainty, tasty eatables, served up on spotless linen and pretty china.

Medicines should be kept out of sight, yet taken regularly if directed. Do not neglect them because the patient may seem to be pretty well. Always look at the label before measuring. Never pour over the label, as the drops sometimes discolor and obscure its direction. If there is any doubt about the contents of a bottle, throw them away. Medicines should never be given without good reason; the saying, "A little learning is a dangerous thing," is very true in this respect. Some people get an idea that something must be done, in cases of illness, and perhaps give a medicine which may do great harm, because "It did Mr. So-and-so good" in an entirely different disease.

Recipes for making light and nourishing dishes may be found in everybody's house—or in the next door neighbor's—so it is not needful to name them here. In conclusion, let me repeat the statement made in the first paragraph of this paper, viz., that the comfort to a patient of having a calm, firm, cheerful nurse cannot be overestimated.

A proper sitting position requires that the spine shall be kept straight, and that the support needed for the upper part shall be felt in the right place. Therefore, sit as far back as possible in the chair, so that the lower end of the spine shall be braced against the back of the seat. If this back is straight, the shoulders will also rest against it; if not, they will have no point of support, and it will be found that they do not need it. This position makes no strain upon the ligaments of the spine. It allows a proper position of the shoulders, consequently of the lungs, stomach and every other organ of the body. Their work is carried on naturally and comfortably, as is also the circulation of the blood, which in a wrong position is seriously interfered with. With the feet resting squarely upon the floor, the hands resting easily upon the lap, perfect equilibrium, and consequently perfect rest of the body, is secured. There is no strain upon any part of the body; no muscle or organ is required to do more than its own amount of work. The arms should never be folded.



PAT'S PERPLEXITY.

PAT (just landed, as Chinaman passes)—"Well, byme sowl, an' it's a great country. Shure an' it's a naygur wid yelly fever, begob!"

UNCLE TOM'S DEPARTMENT.

MY DEAR NEPHEWS AND NIECES:—

Already the festive season has passed away, with its glad home-comings and sweet reunions; pleasant memories and pretty souvenirs are all that remain by which to remember it. And now that you are all settled for the year's work, I expect to be very busy reading the many letters and other contributions to Uncle Tom's department. Under the new arrangements there is a greater incentive to work, as there is a prize offered for each issue, and I hope to receive some wonderfully good puzzles. I wish to make this department—which is your very own—better than ever before, and to replenish the forces of my once large, but now sadly-diminished army.

Any number of recruits wanted! Our barracks can accommodate a great number, so I hope all will make the trial, and I know many will be surprised at the success of their efforts. With manual labor, the more you do the more tired you feel, but with puzzles and letter writing it is quite the opposite—the more you do the easier it becomes, or at least, so some of my veterans tell me.

There is no reason why any should hesitate to enter the ranks; only remember the mottoes, "Never Despair" and "Labor Conquers Everything," and you will surely succeed. But do not expect to reach the top of the ladder at one bound; the most famous people have had to start at the bottom and climb.

I have no doubt some of you meet with very little encouragement from those who should rather urge you on. Yes, indeed, some parents really think that the time, paper and postage spent on "that nonsense" (as they are pleased to term it) is all lost; but with all respect to their opinions, I must say that such is not the case, and if those parents would make closer observations, they would find that I speak truly.

I know of nothing which, while it is supposed to be only pastime, is so useful to develop one's perceptive faculties, brighten the intellect, and create a taste for literature (a taste too often lacking in our young folks), as this very art of puzzling. "Art!" I hear some one exclaim. Yes, art. In the United States it is an acknowledged fact that puzzling is an art, and one which has for followers many very clever and notable persons; so any of you who are taunted about wasting your time may find comfort in this remembrance. And when I say that puzzling helps to brighten the intellect, I have only to look at our Souvenir Photograph for confirmation of my statement.

Our Souvenir Photograph—why really if I have not forgotten to write of it before, and I so proud of it too! Well, well, how absent-minded I am becoming, to be sure! Ah, me! the infirmities of age are showing themselves more plainly day by day.

But it is better late than never, and I must now tell you that I am very proud, and justly too, of my family group. What a pleasure it is to hear the remark, that surely comes when I exhibit it to my friends, "What an intelligent, happy-looking family!" And I am better pleased to hear you thus spoken of, than to hear you called merely "pretty." For "handsome is as handsome does," they say, and judging from the bright, open countenances of my young friends, I know that they are handsome in what is worth a thousand times more than good looks—character.

There is nothing which makes boys and girls so careful of their honor, even in very small things, as the confidence reposed in them by those dearest to them—their parents, teachers and friends; so you all know what faith Uncle Tom has in each and every one of his family, and I feel sure you will all strive to show him it has not been misplaced. In our puzzle corner we want only new puzzles—not stale ones cribbed from other papers; our department has passed the creeping stage and is quite competent to walk alone, and I trust it will be the pride of each of you to keep it so. It is not necessary to have very long puzzles; "brevity is the soul of wit," and shorter puzzles leave space for a greater number.

All of you have been visited by the infant-guest who cheered your old Uncle in his slumbers; yes, and remained with him in his waking hours. Already has this pure young visitor passed a month in your midst, and I hope all my dear boys and girls have given him a warm welcome and made him thus far, as Uncle Tom wishes him to remain, a happy new year.

It is such a pleasure to write to you all that I become regardless of the flight of time; but twilight shadows closing round me remind me that it is time to say "good-night." UNCLE TOM.

Generous of Praise.

How much better the world would be if only people were a little more generous of praise! Let no one suppose that we are speaking of flattery—we mean simply praise, or, as Webster gives it, "Honor rendered because of excellence or merit." How easy it is to find fault when everything does not run smoothly—when anything is omitted which ought to have been done! Why should it not be just as easy to give commendation for the right done?

The day is drawing to its close, and the wife and mother, weary with household care, sits for a moment waiting the sound of the home-coming feet. The door opens quickly, and they have come. "How bright and cherry you look here! But you always make home that!" and the husband's kiss on her cheek brings back the careless girlhood days, and the life looks suddenly bright again.

"The boys wanted me to stay all night, mother, it was stormy; but I thought I would rather come home, and I am glad now I did!" and the boy glanced round the pleasant sitting-room with a look that told plainer than words how attractive a spot it was to him. The mother's weariness had gone like the shadows before the light.

How many homes are rendered unhappy by too much fault-finding and too little just praise! And if one cannot praise—what then? Whittier, in his beautiful poem, "My Birthday," says:

"Love watches o'er my quiet ways,
Kind voices speak my name,
And lips that find it hard to praise,
Are slow at least to blame."

Yes, one can always be "slow at least to blame." The fact that little faults try and vex us, in those dear to our hearts, only goes to prove that the general character is good, and there is much to praise. The whiter the snow, the darker look all objects against it. Why not admire the whiteness which forms the background?

Then, if we look within, if we see with impartial eyes the shortcomings of our own lives, will we not be slower to notice flaws in others? Shall we not say, in the words of Shakespeare: "I will chide no breather in the world but myself, against whom I know most faults"? If, then, we are so frail, so weak ourselves, so dependent on the kindness and forbearance of others, shall we not do the little we can to make the world brighter in turn for them?

If there is anything to admire or praise—and there is always something—speak the word now; it will brighten the weary hours, it will prevent, mayhap, a failure to-morrow—a failure caused by discouragement and pain. Oh, there is no time like to-day for speaking the words of praise: and, then, to-morrow may never come!

The Churchman.

Puzzles.

PRIZE PUZZLE.

1—ANAGRAM.

A convention was held by the merchants all,
They came for miles around;
There were merchants tall, there were merchants small,
From places where they abound;
They came from Hayre, they came from Java,
And from beyond Ceylon;
They came from Prussia, they came from Russia,
Yet a merchant was every one.
The trades of all I will not name,
Yet one I must surely mention,
'Tis a rindler of Poco Rio, who came
To this far-famed great convention.

MORLEY SMITHSON, Greystock, Ont.

2—BEHEADINGS.

My first is only a "well-known plant,"
Most everywhere it's grown,
Behead and I mean "to agitate,"
Again and I am "to corrode,"
"Nearness, relation and presence" all
Beheaded I denote.

ADA SMITHSON.

3—ENIGMA.

My shape it is queer, great roughness I bear,
For I am subject to much wear and tear;
I am used by the housemaid as well as the queen,
I'm worn by the teacher, and on the student I'm seen;
Although I do come from an animal's back,
You cannot have comfort if me you do lack;
And now if my name appears not unto you,
Just think, for I am divided into two.

THOS. W. BANKS.

4—SQUARE WORDS.

(a) 1, To puff up; 2, a hag or witch; 3, making part of the number; 4, to color; 5, ardent. (b) 1, Mental; 2, what none of my cousins are; 3, growing out; 4, a performer; 5, altures with smiles.

HENRY REEVE.

Answers to January 1st Puzzles.

1 The answer to the prize puzzle is Incantatory. In cantatory. The second line gives the word's meaning. It was cut in five pieces, the *tor* filled the *can* with water, put in some *tea* and drank it. In his speech the syllables *in* and *o*, as well as the others, are used. 2 Winsome. 3 Tomahawk. 4 Handicraftsman.

Names of Those Who Have Sent Correct Answers to January 1st Puzzles.

Thos. McKim, Joshua Umbach, A. Snider.