

Health in the Home

Typhoid Fever

Water is the usual vehicle for typhoid germs, as is well known, and probably all great outbreaks of the disease in cities are due to an infected water supply. But a city with an ideal water supply may be scourged with typhoid fever, although less severely, through the medium of impure ice, and it is almost as important to know where the ice is cut, or with what water it is made, if artificial, as where the city water comes from. Not long since a number of officers on one of the United States ships in the Mediterranean squadron were taken down with typhoid fever. When the source of the infection was traced, it was found to be some ice bought at Athens, the ice-machine on ship-board having broken down.

Raw vegetables used for salads may have been grown in soil contaminated with slops used as fertilizers, or may have been washed in infected water.

Unless a water supply is above suspicion, all that used for drinking, tooth-cleaning and in the kitchen should be boiled, and the drinking water cooled by putting vessels containing it on the ice, not by putting ice in the water itself.

Finally, great care should be taken to screen all food from flies, for if there is a case of typhoid fever in the neighborhood flies may become most active distributors of the poison.

Don't Forget in Summer

To give pure cold water to the baby two or three times a day.

To prevent sunburn by rinsing with a little cold water and borax.

To shade the baby's eyes from strong light, especially from full sunlight.

To avoid saffron tea for bleaching the baby, for it has a tendency to produce scrofulous sores.

To apply hot clothes to the little feet and stomach for colic, and leave the peppermint in its bottle.

To use good common sense continually and in large doses; and the baby will be a joy and comfort to the household, no matter how trying the weather.

Children's Feet

The feet of the stockings worn by a child whose circulation is feeble will generally be found to be both cold and damp when taken off at night; but very often no one troubles to feel whether they are so or not.

They are probably dry again by morning, but the perspiration has dried into them. This is just what we should avoid. Remember that the perspiration of the body always contains some of the waste, and therefore, poisonous matter of the blood. When this dries into the stockings, and they are put on again next day, the impure matter is reabsorbed, and without doubt this is injurious to the child's health.

This shows us the importance of warm, dry, and clean stocking feet. If you would do your best for a delicate child, never let it wear stockings which have been wet with perspiration and are merely redried. They should be well rinsed out first to remove the perspiration. It is not necessary to wash the whole stocking each time, but merely the feet.

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Low Summer Tourist Rates West

During the entire summer the Chicago and North-Western Ry. will have in effect very low round trip tourist rates to Colorado, Utah, California, Oregon, Washington and British Columbia points. Choice of routes going and returning, with favorable stopovers and time limits. Very low excursion rates to the Pacific Coast from June 25th to July 7th. For further particulars, illustrated folders, etc., write or call on B. H. Bennett, General Agent, 2 East King St., Toronto, Ont.

Sunday at Home

The Eternal House

He who would build a house that all may see—

In Truth should dig the deep foundation ways,

Should lay the corner stone of Love, and raise

The walls of Steadfastness, then tenderly

Bedeck the halls with Song and Poesy,

And keep Contentment on the hearth ablaze,

The windows Hope, the ascending gables Praise,

And over all the roof of Charity.

Then let the tempests rage, the flames consume—

Time's self were impotent to seal the doom

Of such a house, where wanderers may find,

Blazoned in gold above the welcoming portal:

Who enters here leaves hopelessness behind—

The true home is the heart, and hence immortal.

God Knoweth Best

God knoweth best what is needful for us, and all that He does is for our good. If we knew how much He loves us we should always be ready to receive equally and with indifference from His hand the sweet and the bitter. All would please that came from Him. The sorest afflictions never appear intolerable except when we see them in the wrong light. When we see them as dispensed by the hand of God, when we know that it is our loving Father who thus tries us, our sufferings will lose their bitterness and become even matter of consolation.

Poor Living

There are some people who get their living out of garbage barrels. Imagine how such persons would feel if they were placed in a fine orchard where there is an abundance of all sorts of ripe, luscious fruit, and told to help themselves. What then would be their feelings towards garbage? "The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, meekness, self-control." There is the orchard. "Now the works of the flesh are manifest, which are these: fornication, uncleanness, lasciviousness, idolatry, sorcery, enmities, strife, jealous, wrath, factions, divisions, parties, envyings, drunkenness, revellings, and such like." There is the garbage barrel.

A Beautiful Denition

A prize was offered for the best answer to the question, "What constitutes success?" This answer won: "He has achieved success who has lived well, laughed often, and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has always looked for the best in others and given the best he had; whose life was an inspiration, whose memory a benediction."