

# THE HOME

## TO THE UNKNOWN LAND.

The 143d exhibition of the Royal Academy of Art was opened in London the other day.

Of all the scores of pictures on the walls there is one of surpassing interest. It is the painting "To the Unknown Land," by Blair Leighton.

It is a story-picture, a symbolical representation of the death of a little child and the grief of a mother.

A small boat is just leaving land. In the bow is Death, the oarsman. In the stern is a beautifully white-robed angel, with resplendent wings touching the water on either side. In the arms of the angel is the child, a wee mite, smiling up happily into the face of the heavenly messenger.

Almost can be heard the childish prattle, and the sweet cooings as the baby is borne over the water on and on "To the Unknown Land."

Then there is the other half of the picture.

On the shore kneels the mother, alone and desolate and bowed by the agony of the moment.

The only ray of light in her dark hour of grief is the guarding presence of the saintly vision of Heaven lulling to peaceful rest the child.

Only a woman and a mother can fathom the depth of her mother's grief as she closes for the last time the dear little eyes of the baby and herself went down to the very verge of the Unknown Land to bring into being.

The father mourns truly and deeply and is sore stricken as the hand of death closes a never-yielding grasp upon the little child, but it is the mother in whose poor, broken heart the cruelest wounds are made.

Oh, that every mother in the world could hold in her mind and heart this picture of the little child being borne and guarded on that journey to the Unknown Land by this beautifully divine spirit of life in death.

For her then there would be no death on earth when the last wee gasp, the last tiny heart beat, the last wan smile is registered down here in the "vale of tears and sorrow."

## BLEEDING AND HOW TO STOP IT.

Many a mother has had a terrible fright by a child running in with its clothes, hands and face all smeared with blood. It is astonishing what a mess a child will manage to make with a little blood. You will find, most probably, when you have washed it with cold water that the amount of injury is a mere trifle. It is difficult to stop bleeding, a most valuable remedy is the common whitening or pipe clay.

Put a thick covering of either of these on the wound, then a bit of dry lint, and press it closely for a few minutes. Let what sticks to the wound remain there, and cover with a bit of plaster.

Bleeding from the nose, unless it goes too far, need not alarm you; nay, in many cases it may prevent something much more serious; but when it requires to be stopped, let the child sit upright, bathe the neck and face with cold water, and dissolve a little alum in water, and squirt it up the nostrils. If this does not succeed send for the doctor.

## A MOTH PREVENTIVE

A cedar chest is best, but if you have no cedar chest, and have access to cedar trees, try this: Sun, brush, beat, and shake well everything that cannot be washed. See that all grease or oil spots are removed, as moths love grease spots. Wash cleanly and carefully all washable articles, to remove all dirt and have these perfectly dry. Strip from the cedar trees the young twigs and green prickles called leaves; put them into thin muslin or cheese cloth bags and have plenty of them; you will want quite a lot. Then, into the bottom of your trunk, or chest, put a layer of the cedar trimmings, and lay over this a strip of cheese cloth, then put in your garments and woollens, and distribute the little cedar-filled bags plentifully among the folds and lay over the top another strip of cheese cloth, and pile the

cedar chippings tightly on that, then close the trunk tightly and moths will hardly seek the inside.

## THE FLY SHOWN UP.

(From the Toronto Presbyterian.) Take for example the pictures on the house fly. We first saw the whole life history of the fly enacted before our wondering eyes. We saw the eggs being laid and the larvae and pupae developing into the adult flies. It was a scientific lesson never to be forgotten. For eye-gate is the easiest entrance into the soul. Then we saw a fly enlarged to the size of a hen, crawling around a bit of decayed fish. We watched him alight on the sugar bowl on the dining table and crawl with his dirty legs over the lumps intended to sweeten our tea. Next he crawled around and in and out of a filthy cuspidor. We then saw him fooling around the nipple on a baby's bottle. The last picture showed the poor wee baby sucking that nipple. We went home determined to entertain no more flies in our house.

## A DIET OF FRUIT.

(By Dr. David H. Reeder, in Toronto Globe.)

I have said a great deal relative to the food question, and have given an article concerning nearly every phase of it which can be considered. Still I cannot refrain from giving a little condensed advice regarding the use of fruits, vegetables, etc., during hot weather.

There was a time when it was thought that the processes of life could not possibly proceed without the use of flesh, but, thanks to the tireless endeavors of a few conscientious men, the world's mind has been disabused. Flesh is not necessary, although I am not proclaiming that it should not be used. It requires a great task of the stomach to digest it, and it does not afford the nutriment that it should, considering it comparatively with other foodstuffs.

Meat certainly seems to be a very substantial food, doesn't it? Perhaps it will be a surprise to you to learn that there is a very large percentage of just common water in it. Still the purpose of this article is more to tell you of the advantage of fruits and vegetables for a warm weather diet than to go into a discussion of the possible merits and demerits of meat. This is the time of year when one should be very sparing of all foods. They are not required and only serve to create an unnecessary amount of heat. And let that which you do eat be largely fruit and vegetables. How many of you know that a diet of fruit persisted in exclusively for only forty-eight hours is all that is necessary to kill germs in the stomach? Even the virulent typhoid bacilli succumb to it. They cannot live, firstly, because of the scant amount of albumen which fruit furnishes, and, secondly, the chemical action of the fruit itself is something which they cannot withstand. There have been a great many experiments made along this line, and it is truly remarkable what a thorough germicide fruit proves, and especially is this true of the lemon.

Fruits also prove diuretic and laxative. They are just exactly what is needed during the summer months to keep the kidneys and bowels doing active service. I have often said I do not think there is anything which will more quickly or more satisfactorily remove constipation than a fruit diet. In a great many of the stubborn cases, if the patient would only conscientiously follow out a well-selected fruit diet, together with other of the Home Health Club methods, a permanent cure could be effected.

A great many complain that they cannot eat fruit; it hurts them. Now the facts of the case are that in all probability it is not the eating of fruits which is causing the trouble. It is the old enemy of the layman in his dieting, a bad combination. If you are going to give a fruit diet a trial, then give it a fair one. Do not eat an orange, a banana or an apple, and then crowd a pound of steak, a plateful of greasy potatoes and a couple of cups of coffee on top; or if you do, please do not blame the fruit diet because you have stomach trouble.

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It is better, where it is impossible to live exclusively on fruits, to make one or two meals of fruits and the other of what are usually called more substantial foods. For it is a fact that the mixing of the diet frequently does cause trouble.

## DAY'S SLEEP WORTH A WEEK'S VACATION.

If you want to obtain complete rest and recuperation equal to a week's vacation, in minimum time, sleep the clock, around twice, is the advice of a physician who holds a high place in medical circles in England.

"To spend twenty-four hours in bed," he said to a friend, "instead of rushing away when you are run down physically and mentally, is worth a week's holiday. The night before, having gone to a theatre to take the mind of worries and having supped wisely and, well, instructions should be given that the morning calling shall be omitted."

"Then sleep. On waking turn over and sleep again. On waking again, ring for some hot milk, drink it, and sleep again, and keep on sleeping. Have nothing in the intervals more substantial than soup. Do not read. Keep the eyes shut constantly. Have a warm bath in the evening, and sleep again."

"When you are tired of sleeping, sleep again for the night. Nothing calms the nerves more than resting the eyes."

## BRUSHING A GARMENT.

In brushing a garment that holds lint and dust place it upon the ironing board and sweep it with the whisk broom, always in the direction of the weave, which should be from the band to the hem. Even this process will not always insure a perfectly clean skirt, for the broom and brush scatter dust particles, but you will meet with good results by going lightly over the goods with a dry sponge. This sponge will take up all pieces of lint. It can be used to brush the collar and cuffs of a coat and is very convenient for dusting dandruff from a man's coat collar.

## FOR STOUT FOLK.

Don't drink water at meals. Take tea and coffee clear. Unsweetened lemonade, vichy and Kissinger are thinning drinks. Rise early, walk at least five miles a day; don't take a nap after exercising. Sleep eight hours only, and on a moderately hard bed. Shun fresh or hot bread. Eat gluten bread. Flee from potatoes, peas, macaroni, olive oil, cream, alcoholic drinks, candy and pastry.

## TOO TIGHT COLLARS.

Smart as are high linen collars when worn with shirt waists, a woman must exercise discretion if these stiff bands are not to mar her throat. If such collars were only sufficiently large they would have no more effect upon the throat than those men use. But women, under the impression of greater becomingness, select a half a size too small, thereby interfering with circulation and causing the neck tissues to become starved and flabby. One result of this is a yellowish circle at the place where the collar touches at the top.

While you are suffering from the heat, don't forget that the horse, dog or cat or other living creature in your care also suffers, and because of its helplessness is especially entitled to your utmost kindness, patience and consideration.

To remove perspiration stains from silk waists, sponge the place over your hand with a clean white rag wet in clear water, then cover completely with powdered prepared chalk. Let it dry thoroughly and brush off carefully with soft brush.

## HAUNTED JUNGLE.

An Explorer's Vivid Description of Dutch New Guinea.

Details of the experiences and hardships of the British expedition in Dutch New Guinea, which for months past has been engaged in an apparently hopeless attempt to reach the great interior snow range, show that Mr. Goodfellow, the leader of the expedition, is now on his way home owing to sickness. Writing from the end of August from the British camp at Parimau, on the Upper Mimika river, one of the explorers says: "A climate hot, steamy, and unhealthy, never varying more than 25 degrees Fahr., night or day, winter or summer. Sickness and disease rampant, and deaths the rule rather than the exception. Heavy rains and storms all the year round, hardly a day or night passing without a downpour; and during the so-called wet season, June-September, incessant rain night and day, and, in consequence, heavy floods. About a week ago Capt. Rawlings and Dr. Marshall had just reached the Iwaka river by a 51-3 mile route, which, however, only places us three miles, or so due east. The jungle in this direction is the worst we have yet encountered, and one might well spend a life-time in jungle trails and yet meet with nothing to equal this. The mere fact that it exists in one of the only remaining spots of the world yet to be explored is sufficient reason for presuming that the difficulties to be overcome are exceptional. It is virgin jungle, never before trodden by the foot of man; to its hidden depths the natives are complete strangers; the pigmies from the hills shun it; and the natives from the low lands fear it, and do not probe its dark mysteries. The outskirts and more open parts bordering the river are frequented by cassowary, boar, and walley, and are the haunt of the greater Bird of Paradise, whose shrill, joyous calls from its dancing trees enliven these dark depths. Less than a mile from the river the trees and saplings encroach upon one another to such an extent that it is impossible for a man to stand at any spot without being touched on every side by their straight stems. In addition to these are heavy undergrowth and many other obstructions from falling and rotting trees. It is the haunt of all creeping things, from the deadly puff adder to the greater, yet comparatively harmless, python. Noxious insects abound, and a thick swarm on the saturated, moss-ridden trees and undergrowth. Everything decaying; no air seems to circulate there, and what little there is is foetid and stifling. Dismal, dark, dripping—this is the jungle where for days and weeks we have been trying to cut a path, along which we may squeeze through to the big valley, which undoubtedly lies 12 or 13 miles to the east. With Gurkha and natives cutting and hacking their axes for hours on end, some slight advance is made. Never a halt or rest—for as soon as one man's hand gives out, rendered incapable by bruises and blisters, his place is promptly taken by another and a fiercer. Four weeks' arduous and constant work has resulted in the cutting of 5,000 yards of path. Dr. Eric Marshall in a letter gives some interesting details of the natives in these unknown regions. He says: "Woman out here is relegated to a very inferior position. Her duties are numerous, for she drags up the children, cuts the firewood, brings in the sago from the sago swamps, and works the canoes so far as pole and sail. She is occasionally proving her skill as a warrior in the family and village quarrels, and always coming off best with her tongue. The tailoring department does not worry her much, she being usually content with a strip of bark which adorns her person if her person it does not suffice to clothe her. On the death of a man—men predominate in this region—the night is spent by the mourners in shouting, chanting, and yelling around a large fire, with the purpose of driving away the ghosts or devils. From time to time the widow, clad like Eve, but as ugly as Satan, crawls around the grave walling and chanting, and performing weird movements with arms and body."

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