

THE HOME

CHEAP ENAMEL DANGEROUS.

No less a personage than Emperor William of Germany has condemned the use of ordinary cheap enamel ware in the household, especially for cooking, and the versatile ruler of the Teutons apparently has excellent grounds for this, for scientists have discovered that particles of the enamel chip off, get into the food, then into the intestines, and cause gangrene, appendicitis and other troubles that frequently prove fatal.

The Italian Government Health Department was probably first to recognize this danger, but Kaiser William also promptly saw the danger, and he supports these Italian scientists and health officials and has made public in his country the declaration that such enameled ware is dangerous.

And the Emperor makes this announcement in spite of the fact that nearly all, or at least a great portion, of our enameled ware is made in Germany. It has long been known that enameled ware was more or less undesirable, and some few have believed it dangerous, but not until scientists discovered the exact dangers was it known just how dangerous it was. Enamel ware, even the very best, will chip, and the poorer quality chips easily. It may be that by chipping it becomes unclean and affords crevices for germs to collect in, but the danger is of getting the sharp little particles of the enamel which are like flakes of glass, into the stomach and intestines.

A number of Italian pathologists, at the request of the Health Department, made a special study of the conditions of the intestines at all post-mortem examinations, and discovered that in several the caecum which is a pouch or cavity open only at one end, contained several particles, while in three the actual cause of a gangrenous appendicitis that had caused death was found to be a piece of enamel of this character. It was upon their reports that the Italian Government drafted and is considering a law requiring the destruction of all chipped enameled cooking utensils. This measure, as a sanitary regulation, has been adopted by four Italian cities, and the sentiment is spreading.

COURTESY.

To some courtesy may seem a lost art, little worth bringing back. But it is not. Courtesy is one of the old line arts that dies only with the man or the business. For the rise of many a man and business has started with it.

Take time to be courteous. Emerson once wrote: "Give a boy address and accomplishments, and you give him the mastery of Palaces and fortunes wherever he goes." Courtesy is of more value to a man than a thousand letters of written recommendations. Courtesy is an asset of more power than money or influence.

Take time to be courteous. A few years ago a young man named Wallace, stood behind a railway office window in Oil City, Pennsylvania, as a ticket agent. But he didn't stay there all the time. When he saw a chance to render a courteous favor by delivering tickets direct to a customer, he delivered the tickets. Also, he sought out new ways of giving service. Business grew. A bigger job came after him. Then a bigger one. Today, still a young man, he is general passenger agent for the Erie Railway. He may be its President some day. All through courtesy.

Take time to be courteous. Courtesy lightens the burdens of toil. Courtesy demands respect. Courtesy is a little brother to Opportunity and follows her around through the hours of the busy day. Courtesy always leads a man higher up.

Take time to be courteous. The courteous office boy, the courteous clerk, the courteous stenographer, the courteous manager, the courteous leader at big tasks—whoever heard of such a one not growing, not climbing into bigger things? Think over these things, for it is tremendously worth while to—
Take time to be courteous.

LOOK AFTER THE ELBOWS.

Beautiful arms have been the subject of many a poetical outburst. Beauty of arms is not a common quality, but nearly every girl can make her arms presentable. Short sleeves are to be worn again through the coming summer, and it is hoped we shall not see the ugly elbows that women so unthinkably tared when elbow sleeves were in their first popularity.

Many a girl who is scrupulously neat in other particulars forgets to wash her elbows as often as is necessary. You should scrub your elbows every day with a flesh brush and plenty of soap. Rough, calloused skin about the bone of the elbow, and even on the back of the upper arm, is only a symptom of neglect, and consequently one should be ashamed to show it.

After washing your arms and elbows with the flesh brush and plenty of pure soap and hot water, rinse them carefully in cold water, patting with the flat of the hand all up and down the entire arm. Wipe with the towel round and round the arms, not up and down. This is better done at night, and after the cleansing, rub with a pure cold cream especially around the elbow. Wipe off superfluous grease.

TABLOID SERMON.

(By W. B. Crighton, M.A., D.D.)
The work never gets all done up. The new day brings its troops of new duties. We can never sit down and feel that all the burdens have fallen from us. Sometimes we get tired of that, but there is quite another side to the matter. If the work never all gets past us neither do the opportunities; if there are new duties every day, so are there new hopes and new ambitions. Or at least there ought to be. There is no reason in the world why a man should not keep on doing new things, attacking new propositions, dreaming new dreams, right up till he is one hundred years old at least. Most of us would easily live that long if we filled up every day with the elixir of something new and fresh and stimulating. But we so easily let ourselves get dull and self-centered and unambitious, and settle down as if there were no new days or new dawns or fresh opportunities left anywhere in life. But there are many of them to every man who opens his eyes to see, his heart to feel and his hands to do. The doctors may say what they like but the one way to a happy old age is to keep hopefully, enthusiastically busy.

TIMELY FIRST AID.

A live wire may drop at any time and in almost any place nowadays. It behooves the public, for its own sake and safety, to know the quick way to secure a remedy in case of an electric shock.

The first thing to do always is to break the contact with the live wire. A live wire may be picked up by a person who is wearing a rubber glove, if there are no holes in it. It may be picked up by a person who is wearing rubber shoes, providing they are without holes, and the added precaution is taken to prevent anyone from touching him while holding the wire.

The next aid to the person shocked by electricity is to lay him on the ground and loosen his clothes. Then rub the body vigorously.

Artificial respiration should also be employed. Because recovery often takes place when there seems no sign of life it is essential to continue the treatment for a length of time in stubborn cases.

PREPARING TOUGH STEAK.

If the steak happens to be tough, pound it thoroughly, and roll in flour have ready a skillet containing either all sweet lard or half lard and half suet, piping hot, and deep enough to nearly cover the steak; drop the prepared steak in the hot grease, and let fry until the blood oozes out on top, then season and turn quickly, and cook until done, which should not take a very long time. The grease should be hot enough to sear the surface at once, and the steak should be taken out of the grease as soon as done.

I looked at her in surprise when I saw one of my friends pay a boy to carry her suitcase a five minutes' walk.

She saw my look. "If I had always done that," she said, "I might not have spent a month in the hospital last year. You think it's extravagant but it really is economy." The economy that makes a woman spend herself to save money is quite frequently very extravagant economy.

You judge a man not by what he promises to do, but by what he has done. That is the only true test. Chamberlain's Cough Remedy judged by this standard has no superior. People everywhere speak of it in the highest terms of praise. For sale by all dealers.

DISCIPLINE IN THE SCHOOLS.

How to maintain order in the classrooms in the various departments of the elementary division, is the problem with which many a faithful teacher is wrestling today.

Childhood is pre-eminently a period of restlessness. It is as natural for a child to wriggle and squirm as it is for him to eat. Observe a healthy four-year-old boy. He is never still except when he is asleep. He is here, there, everywhere, investigating and discovering. He is absolutely incapable of fixing his attention on any one thing, for even a few minutes. He is living in a state of continual excitement, for the world is a great Wonderland to him, as marvellous as that which Alice entered through the rabbit hole. The "big, blooming, buzzing confusion," which is the world of infancy, begins to take shape, and marvels are swarming on every hand. The child must jump rapidly from wonder to wonder. This is not unnatural; it is nature's safe-guard against a one-sided development. If a teacher compels attention to books for any long period, he is working directly against nature. Never attempt to repress the energies and activities of child life, always direct them. Make your rule "expression," rather than repression, and your motto "Do" instead of "Don't." Enlist the superabundant activities of the child, and turn them from pranks and mischievous channels into useful work. Do not try to compel it, win it.

The lack of discipline in a school usually indicates that the teacher does not know the pupil as he ought. If there is disorder in your class, the cause will probably be found in yourself and not in your pupils. Are your scholars restless? Are the boys in the back seats whispering, punching each other, or squabbling over caps? Perhaps you have been talking too long on one point. Children need constant variety. Change your whole programme suddenly. Direct their attention to something quickly. Say, "Look," and then display some object. Every eye will be at once focused in your direction. Perhaps the scholars have been sitting still too long. Have them rise for a motion song, or for a few simple physical exercises, or for a march about the room. Young children especially need to have their positions changed constantly. At the repeating or singing of one verse, have them face the rear, after another, have them turn to the right, during another, march, and so on. Remember that the key to child life is action; he must be doing something constantly. He must have employment and if none be given him he will find it for himself. Keeping the little folk busy and their attention directed and absorbed is the secret of good order.

If your scholars are cross and disobedient once again seek the cause in yourself. You probably do not know it, but children reflect the teacher like so many mirrors. Indeed someone has said that children are mirrors held up for us to see ourselves in. Have you always been cheerful and sunny? Anything else would be disastrous. Never scold a child. There are lots of ways to restrain him other than by scolding. Keep the atmosphere of the classroom bright with love, radiant with cheerfulness, and joyous with mutual helpfulness.

You can handle disorder without calling attention to it. The class as a whole may be attentive but perhaps there are one or two chronic cases where the bump of mischief making is abnormally developed. Call one by one to help you with a piece of work, have him erase the blackboard, or hold a picture, invite another to take a different seat, on one pretext or another, but do not interrupt the lesson in so doing, or even change the tone of your voice. Do not let the school suspect what you are about.

We have spoken of activity as one of the characteristics of childhood, and have intimated that imitation is another. Such is the case. Whatever a child sees he imitates. Let him go for a drive, and he at once begins to play horse. Let him see a train or an automobile, and he imitates those objects. He wants to be when he grows up, what his daddy is, a carpenter, a teamster or a clerk. It is therefore of supreme importance that the teacher watch herself, for whether she wills it or not she is the first object lesson that the child ever receives in school. She should make herself as attractive as possible and bright and cheery. One has testified that after sixty years he remembers his teacher as the sweetest and most beautiful woman of his whole life; that he can remember as if it were yesterday the exquisite neatness of the dress she wore, and the flowers she always brought for the desk. He reckoned this as one of the most potent influences that had ever touched his life. Teachers, what a responsibility! What an opportunity!

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There is also what we might call a reflex as well as a direct imitation. I once visited a school where the teacher was a former college friend. We were soon talking and laughing over college days. Almost instantly every scholar was smiling, though they had not heard our conversation and had no idea as to the cause of our merriment. A bright and happy teacher will have a bright and happy class and a cross and irritable teacher will have a class that acts likewise. The whole matter of school discipline rests with the teacher.

The physical basis must receive careful consideration in all child training. The teacher in the day school must give careful attention to the physical condition and environment of his pupil. What would have been given up twenty years ago as hopeless cases of sheer stupidity or wilful perversity are today often rectified by a little attention given to defective eyesight, faulty hearing, or improper adjustment of the same general principle may be applied to Sunday School work. While its object is primarily spiritual, and its chief aim the moulding of character, its foundation must rest upon the earth. Remember this, success or failure may depend upon physical elements! If one or more members of your class seems restless, and indifferent to your teaching, it may simply be because he cannot see what you are doing, or hear what you are saying, or possibly the light is bad, or the air is impure, or the temperature of the room is too high or too low. Remedy such conditions at once. Any one of them is sufficient to completely spoil your best work and most faithful endeavors. Perhaps the health of your scholar is not what it ought to be. If such is the case, do not expect from him what you would look for in one whose physical condition is normal. A wise teacher will pay due and careful attention to the physical condition and surroundings of his class.—Rev. Clifford T. Clarke.

THE WAR SCARE.

Are we justified in assuming that there is reason to fear war in the immediate future? The relations of Great Britain are at present, of course, friendly with all nations. Her hereditary enemy France, has become her friend and ally, as has also Russia, with whom at one time, conflict was possible. All possible causes of friction with the United States have been dealt with by a permanent treaty of peace and arbitration between the two nations, which, no less than the great and growing friendliness between the two peoples, makes war an impossibility from that quarter. There remains but one source of possible danger, Germany.

We are solemnly assured that Germany intends to invade and conquer England, that she is building a fleet solely to that purpose, that German officers solemnly pledge healths to their meeting in a conquered London. It matters little that Germany would have nothing to gain by such invasion; that quite a number of the British fleet are completely destroyed, and the German fleet uninjured in the process—an unthinkable situation—Germany would be unable to land and provision a force large enough to conquer England; that France, England's ally, would undoubtedly seize the opportunity to invade Germany, and reconquer Alsace and Lorraine, not yet perfectly assimilated by Germany. In spite of all these reasons for believing that Germany would hesitate to invade England, we have all been frightened into hysterics by the idea.

Englishmen have lain awake nights listening for the hum of German airships, and even innocent German waiters in London hotels have been obliged to dread. There remains but this panicky fear. Germans are probably quite as much disturbed by fear of an English blockade, which would be designed to win Germany's growing sea-borne commerce, and leave England the undisputed commercial mistress of the seas.

But some people in both countries are finding out, more and more clearly, that the whole scare is nothing more serious than a pumpkin with a candle inside, a sort of inflated ghost, designed to frighten both peoples into hysterics while the builders of warships and guns pick their pockets in security. Indeed, the only apparent reason why Germany and England should be picked upon

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ENGLAND ON VERGE OF INDUSTRIAL WAR.
London, Mar. 3.—England is on the verge of another industrial war. Last Easter the trade of the country was paralyzed by a coal strike, which resulted in great financial loss and in not a little suffering among the poor. Today the whole of the railway men of the country are threatening to strike, unless certain alleged wrongs relating to the dismissal of a guard are righted.
Happily, the Board of Trade is keeping in touch with the situation, and there are strong hopes that a settlement will be effected without a cessation of labor.

D. R. A. RIFLE MEET LAST OF AUGUST.
Ottawa, Feb. 28.—The Dominion Rifle Association has fixed August 25th to 30th as the dates of this year's rifle meet. If finances permit a team will be sent to Camp Perry, Ohio, next September to compete for the Palma trophy. The Palma trophy match is set for Sept. 18th.
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