HEALTH HINTS

Nourishment for the Sick.

BY A TRAINED HOSPITAL NURSE. Let me feed a sick patient, and who will may give the medicine. In an illnessfar more depends upon the proper feeding of the sick person than is generally believed. If the strength is sustained from the beginning by nourishment given judiciously, there is a better prospect of his being equal to the demand that must be made upon it sooner or later. When the case is a serious one there is little or no appetite. The thought of food excites disgust One thing after another is refused, un-

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away saying :-"Oh, well, it's no use forcing him to

by and by." This is precisely what the patient will not do if left to himself; and valuable time is lost in waiting for a moment that never comes. Begin, then, from the very first to give liquid nourishment in small quantities frequently. It is more easily swallowed and digested than anything solid, however delicately prepared, and as there is generally thirst, it is as a rule, readily taken. The chief reliance must be placed on milk. One pint is equal to a full-sized mutton chop, and it is imanimal broth, not excepting beef-tea, that has long held a rank to which its merits are far from entitling it.

Boiling meat coagulates the albumen. the principal nutritive element, converting it into a solid which is carefully farming quite profitable. eliminated when the broth is strained, leaving behind a mass of shreds floattendency to sickne-s it must be omitted vegetables for the fowls. for an hour or two, and then resumed in very small quantities, a tablespoonful or less being given iced, or as cold as possible, every half-hour until the disagreeable teeling has passed away. If the sick person is tond of milk, he will take it for some time, without growing weary of it; when it begins to pall the nurse must use her ingenuity to make a change. If stimulant is ordered, it may be put in milk. A teaspoonful of sugar, with a few drops of essense of vanilla, alternated with essence of lemon or rosewater, makes a pleasant variety. If tea or coffee are permitted by the physician, enough of either to flavour the milk may be added without producing any injurious effect. When the yolk of an egg cannot be

borne, the white may be given with perfect impunity. Albumenised milk is prepared by shaking in a widemouthed bottle or jar one pint of milk with the whites of two eggs. These are so thoroughly incorporated by this process that few would suspect their presence, and the mixture is much more nourithing than the milk alone. A delicious egg-nogg is made by beating the yolk of an egg separately, and adding to it three teaspoonfuls sugar with the juice of half a lemon squeezed on it; when well mixed the milk is poured in, the white, beaten to a stiff froth with a small teaspoonful of sugar and a few drops of lemon-juice, is heaped on the top or beaten through the milk, according to the fancy of the maker. Orangejuice may be substituted for the lemon, or sherry used to give a flavour when stimulant is allowed. Albumenised water is a refreshing and at the same time a nourishing drink. It is prepared like the milk by shaking together the whites of two eggs and a pint of cold water, and flavoured with lemon jaice, a slice of lemon being left float- to become trained, causing spavins, or ing in the glass. Cold toast water can bony enlargements, that will destroy be used to make it.

Sometimes when an invalid is tired of milk in every other form he will take it in the shape of ice cream. Not the deleterious compound sold in shops, consisting principally of corn-starch, and in which the cream is conspicuous by its absence, but wholesome homemade ice-cream, with nothing in it but good, rich cream, pure -weet milk, whites of eggs-the yolks should be omitted except for convalescents-a pine tar, which is antiseptic and tonic, tittle sugar and flavouring.

two eggs to a pint of milk and given cold, is a pleasant change. Oatmeal, tongue, or stirred in the drinking water. Indian meal or barley meal, made with A teaspoonful would be a moderate plenty of milk are desirables article of dose, given two or three times a week. diet. If chocolate or cocoa can be borne, a little added to the milk will disguise the taste of which the palate | Heanor, Derbyshire, is the entry of the has grown weary. In short, milk baptism of twin children, "Jeru" and "I know they haven't, but I have !"being the staple, there is practically no "Salem," dated about one hundred Paris Wit. limit to the various ways in which a years ago. The economy shown in clever nurse can disguise it, to the making the word "Jerusalem" serve great comfort and benefit of her patient, for both children is noteworthy. who would be more surprised than anyone if he were told he was living principally on milk and eggs.

Fly the pleasure that bites tomorrow.

THE FARM.

FISH FARMING .- An acre of water may be made more valueble than an acre of the best farming land. Here is an instance in point:

A gentleman in Sonoma County, Californla, has this year sold \$700 worth of carp from a pond covering less than an acre. He has had the fish but two years. If you have a pond of water utilize it; if an undrained slough, make a pond by excavating it.

LEECH FARMING.—The latest novelty in the "live stock" business is leech farming, as carried on on a thirteen-acre tract near New York city. til the friends, completely discouraged The tract is devoted to small ponds with many vain attemps to please, turn having clay bottoms, which are margined with peat. The leeches from their gelatinous cocoons in these peat eat; perhaps he will feel more like it margins, crawl into them at the open and beat to a paste in a mortar-an end and deposit their eggs during the old-fashioned wooden one is recommendmonth of June. By September the ed for the purpose-adding butter if warmth of the sun hatches out the young, varying in number from thir- together, and a little mixed mustard, if teen to twenty-seven from each cocoon. desired. This is excellent for travel-During the summer months the water lers' lunches, and also "handy to have in the pond is kept at about three feet, in the house." in winter the depth is increased to prevent freezing the leeches. Leeches are not expensive feeders, a meal of fresh blood once in six months being in places supplied by a selection of their only diet. The blood is in linen | the best young pullets. Feed them bags and suspended in the water. The leeches attach themselves to the bag plenty of pure water, lime in the form comparably more nourishing than any and remain until gorged with the blood, of shells or bones, gravel, &c., keep when they drop off into the water. The owner reports that his sales they will pay for the trouble with an amount to about 1,000 leeches per day, abundant yield of eggs. the most of them going to the West and South. He makes this new branch of

FAT MAKES HENS LAY .- There is ing in water. Milk, on the contrary much refuse fat from the kitchen that cloves; pour over these ingredients a contains tourteen per cent of solid can be turned to good account by feed- gallon of scalding hot vinegar; cover matter, and is rich in the constituents ing it to the hens. Of course where the jar tightly, and keep it covered for necessary to supply the wants of the soap is made it will be used up in that system. One-eighth part limewater way, but it is a question whether it is added to the milk will prevent it from not much easier, and more profitable to in it an ounce of powdered camphor, disagreeing with the most fastidious buy soap and make hens lay by feeding stomach. Where there is no nausea them with fat. Everything that is not a small tumblerful may be given every | wanted for drippings, for cooking purtwo hours. If there is the slighest poses, should be boiled up with the

THE HUSBANDMAN.

Give fools their gold and knaves their

Let fortune's bubbles rise and fall; Who sows a field or trains a flower Or plants a tree, is more than all.

For he who blesses most is blest; And God and man shall own his worth wno tolls to leave as his bequest An added beauty to the earth.

And soon or late, to all that sow The time of harvest shall be given ; The flower shall bloom, the fruit shall

If not on earth, at least in heaven!

The old canes of raspberries and blackberries should be removed during the winter. The pruning of the new canes should be done the latter part of February or beginning of March.

Two new varieties of apples, which it is believed will withstand the rigors of a Canadian winter, have been brought from Russia. They are the grand Sultan and Grand Duke Constantine. The former is of medium size, nearly white, with faint streaks of red on the side exposed to the sun. The latter is a light straw-colored conical apple, beautifully striped and splashed with bright carmine. The flesh is nearly white, juicy, aud of an agreeable sub-

Colts should be broken to harness at three years old, and used in light work for two years, when they will become joints become settled, or surrounded by the sun. a full-grown texture of muscle and sinews to support them, they are liable their future usefulness.

Stables should be kept warm enough in winter to make horses comfortable without blankets; then the blankets will do good service as coverings when the animal is left standing out-doors.

In cases of cold or common pasal catarrh in sheep. The Weekly Times suggests as a remedy the application of and a useful medicine in several trou-A thin boiled custard, made with bles of the respiratory functions. The tar may be rubbed on the nostrils and

In the registers of the parish of

Nitro-glycerine is recommended by a medical journal for certain affections of the chest, particularly those in which the chest resists the drill or the

THE HOUSE.

TURKEY STUFFING .- Take the soft part of good light bread (not the crust). and do not wet it as is usually done, but rub it dry and fine, and work into it a piece of butter the size of an egg. Season with salt, pepper and summer savory. Add to this a dozen oysters, whole, and it will be very fine. Some good cooks who are ruled by taste, and not by books, add to a stuffing like the above, large chesnuts boiled. The chesnuts are put on a fire in a sauce pan or spider to burst the skins; they are then boiled in very salt water or stock; then mix with stuffing whole Serve with a chestnut sauce.- New York Tribune.

To make potted ham, take lean and very tender boiled ham, chop it fine needed to make the particles stick

If eggs are wanted during the winter, the old hens must be disposed of, and well, give them clean quarters and them warm, and don't crowd them, and

AROMATIC VINEGAR.—Put into stone jar one handful each of driedsage, mint, lavender, rosemary, worm-wood, rue, and a large tablespoonful of whole a week where its contents will keep just lukewarm; then strain it, dissolve and put it into glass-stoppered bottles.

The sunflower is now one of fashions favorites. Good authority tells us that brocades are wrought with these huge, glaring flowers. The trains of some of the new evening dresses are literally strewn with them, and clusters of the golden and brown blossoms are placed at the corsage and elsewhere on the toilette; even a spray of the gigantic flowers in slightly modified size, is arranged for the hair. The handsomest artificial clusters of sunflowers are satin antique, wonderfully perfect in their imitation of nature and very expensive, a single spray costing from \$10 to \$12. These sunflowers of graduated size will probably be a popular corsage bouquet all winter, though there are many other flowers that rival them-yellow nasturtiums blotched with brown, the leaves touched crimson and gold with the autumn frost. Huge pansies in purple, white and gold, golden rod, asters, chrysanthemums, tulips, great lilies, and orchids are all fashionable. In the fancy for flowers of splendid size and colour it is quite possible Marechal Niel, Jacqueminot, and other roses will for a time be thrown aside. Hollyhocks, which are coming into favor in England, are not yet popular.

VARIETIES.

Tears are the strength of woman.

Be civil to rich uncles and aunts.

Never contradict a man that stutters. A homely young girl has the consolation of knowing that if she lives to be forty she will be a pretty old girl.

Life does not count by years, Some matured and fit for full work. If they suffer a lifetime in a day, and so grow are used for hard service before their old between the rising and setting of

> Moderation is the father of health, cheerfulness, and old age. Excess has a family too numerous to be counted.

Inexpressible woe-"Are you feeling very ill?" asked the physician; " let me see your tongue, please." "It's no use, doctor," replied the poor patient, "no tongue can tell how bad I feel."

A Quaker's advice to his son on his wedding day: - " When thee went acourting, I told thee to keep thy eyes wide open; now that thee is married, I tell thee to keep them half shut."

There are many hard tasks set for women in this world, but few which they find it impossible to perform. Still, there never was a woman who could keep a fur-lined circular from flying open and showing the fur.

Lesson for young housekeepers-" How can you tell a young fowl from an old one !" "By the teeth !" "By the teeth! But fowls have no teeth!"

Let us learn from the past to profit by the present, and from the present to live better for the future.

A proverb is the wit of one and the wisdom of many.

Let your inclination be to those who advise rather than those who praise your conduct.

INTERCOLONIAL RAILWAY. WINTER ARRANGEMENT.

TRAINS leave Halifax daily (Sunday excepted) as follows:-

(Halifax time.) At 8.30 a. m.-Express for St. John, Pic-At 1.15 p.m. - Accommodation for Pictou. At 5.30 p. m.—Accommodation for Truro. At 3.00 p. m.—Express for Quebec.

WILL ARRIVE :-At 9.15. a. m. - Accommodation from At 12 15 a. m., -Express from Quebec and from St. John. At 2.50 p. m.-Accommodation from Pic-At 8.30 p. m.-Express from St. John.

Nov. 24, 1880.

Windsor and Annapolis Railway.

Winter Arrangement—Commencing Monday, Nov. 21st, 1881. The following is according to Railway Time. Halifax time is 15 minutes later.

GOING WEST	Express Mon., Wed. and Sat. only.	Passengers & Freight	Pass. & Frgt. Daily.
HalifaxLeave	A. M. 7 45	A.M. 7 45	P M.
Window	0.40	PM.	
Wolfville.			
Kentville.			7 40
Berwick.	11 36	1 43	
Middleson	CONTRACTOR CONTRACTOR		
	1 40	5.00	
St. John, ao	1 30,		
GOING EAST.	Freight	d Freight ly.	Mon , Wed., Sat., only
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	Windsor,			15		30	6	27
130	Halifax	Arrive	11	00	5	22	8	25

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