

## For the Teacher of the Primary Class.

Where did Jesus sit as he told the people the parable of "The Sower?" The evening after Jesus had been preaching to the people about "The Sower," he asked his disciples to row him across the Sea of Galilee to the other side. Read verse 36. Jesus was so tired that he soon fell asleep. He lay in the back part of the boat, on one of the cushions that belonged to the boat. It was now quite dark, and the ship was out in the middle of the sea, when suddenly the wind began to blow. But Jesus' disciples were fishermen, and had often been out on the water in a storm. They thought that they knew very well how to manage their boat. But the wind blew louder and stronger. The disciples saw the great waves roll up and beat over their boat, and they thought they would all drown. The storm did not wake Jesus? He must have been very tired. But the disciples woke him. They cried: "Master, do you not care that we perish?" Jesus rose and spoke to the wind and to the sea. He said: "Peace, be still." And the wind stopped blowing, and the waves lay down. All was quiet in a moment.

After Jesus had spoken to the wind and to the sea, he turned to his disciples and spoke to them. He said they should have trusted him. When we trust Jesus, then we have *faith*. Did the disciples have faith?

## THE FARM.

**LIVE FENCE POSTS.**—On low, damp lands the use of fruit-trees is not desirable; and live posts of willow will give better satisfaction. Posts of this kind are secured at a very small cost. The willow is cut into stakes five or six feet long, and driven into the ground where needed, and in most cases the lower end will root, and the upper end will throw out a tree-top which in two years will afford stock a fine shade.

In the spring before the sap starts, they should be cut, piled up, and covered with straw to protect them from drying winds. The posts should be set as soon as the frost is out of the ground in the spring.

**GRAFTING THE GRAPE-VINE.**—The old vine should be cut off below the ground early in the spring and before the sap has started, and cleft in the same manner as an apple or pear stock. The cutting is prepared and inserted in the manner usual with other grafts. The stock is bound up, and the earth replaced. The cutting should have one eye left above the ground.

**PROTECTION OF SHEEP FROM DOGS.**—Some New Jersey farmers use goats to protect their sheep from dogs. Two goats can drive away a dozen dogs, and two are about all each farmer puts in with his sheep. As soon as a dog enters the field at night the goats attack him, and their butting propensities are too much for the canine, who soon finds himself rolling over and over. A few repetitions of this treatment causes the dog to quit the field, limping and yelling. Formerly, when a dog entered a sheep fold at night the sheep would run wildly around and cry piteously. Since the goats have been used to guard them they form in line behind the goats, and seem to enjoy the fun. The idea of utilizing goats in this way came from the West, where they are put in sheep pens to drive away wolves.

A celebrated French agriculturist, especially noted for his success in fattening sheep, when urged to divulge his secret, replied: "My secret? I have none; it is only a question of fare. Induce the animal to eat abundantly by a large, choice variety and good preparation of food; that is all there is in it."

## VARIETIES.

A game of baseball is like a buckwheat cake—a great deal depends upon the batter.—*Brooklyn Chronicle*. Thought you were going to say because it was cooked.—*Free Press*.

"That's what I call a finished sermon" said a lady to her husband as they wended their way from church. "Yes, was the reply; 'but do you know I thought it never would be.'

"How do you pronounce s-t-i-n-g-y?" Professor Stearns asked the young gentleman nearest the foot of the class. And the smart boy stood up and said it depended a great deal whether the word applied to a man or a bee. 'Go to the head, young fellow.'

## HEALTH HINTS

## About Nursing.

BY MARION HARLAND.

That illness is an expensive luxury is a maxim often quoted and seldom challenged. That the poor cannot afford to indulge in it, and must suffer far more under its dominion than the rich, is repeated almost as frequently and more bitterly. Without denying either assertion, I yet assume that ignorance and not poverty, is responsible for nine-tenths of the discomfort we expect to find in sick-rooms where narrow means forbid the attendance of professional nurses and the use of expensive luxuries. The real condition of an invalid depends less upon such appliances to physical ease as money alone can buy, than we may be willing to admit at the first statement of the proposition.

To put it in a simpler form: let us lay down as the three most important requisites to the comfort of the sufferer—cleanliness, an easy position on bed or lounge, and suitable nourishment. Add to these in the case of nervous disorders, quiet and shaded windows, and the physician will not insist upon such else as essential aids to his skill. I could write pages that would have a heartache in every line, of the neglect of these simple regulations: stories of what I have myself witnessed, not only in the dwellings of the poor, but among people of wealth, and so much of refinement and education that I marvelled at their lack of knowledge of the rudiments of nursing and the commonest physiological laws.

They, at least, will see nothing insulting in the enunciation of the imperative rule—*Keep patient and room thoroughly but quietly clean*.

This is best accomplished by never letting either get dirty. If the floor is carpeted, scatter a handful of tea-leaves—camp—in each corner and under the bed every morning, and brush them up with a whisk-broom, making as little bustle and dust as possible. Burn the contents of the dust-pans. Wipe off chairs, tables, etc., with a soft cloth, and shake this hard out of doors to dislodge, with the dust, any lurking germs in the form of *infusoria*. To the same end, scald in another apartment, cups, bowls and other utensils used in the sick-room, and sun them or heat by the fire before returning to their places. Change bed and body-linen every day, unless the patient is so deathly weak as to render this dangerous. A little thought and practice will soon teach you how to slip on sheets and gowns, and to substitute clean, cool pillows for hot and tumbled ones at the cost of very little fatigue to the invalid. Whenever the physician will allow it, sponge the entire person daily with tepid water. Do this rapidly and dexterously, keeping all parts of the body covered excepting the portion on which you are at work, drying with a soft linen towel as fast as you wash. Put a very little *aqua ammonia* in the water, and in cases of infectious disease, a drop or two of carbolic acid. Draw a sheet in warm weather, a blanket in cold, over the patient when all is done, until the weariness caused by the bath has quite passed. I have seen the temperature of the fevered body lowered many degrees in a few minutes, and moisture of the skin and gentle slumber induced by this treatment. Do nothing in a hurry about the sick person or room. Let sleep come whenever it will, suspending your operations until a more opportune season. Keep everything like machinery out of sight.

"In which it seemed always afternoon," should pervade the shaded chamber. Even the ticking of a clock or watch may be active misery to the tense nerves.

Bathe face, hands and wrists often, where there is fever or restlessness, throwing out the water after each washing, and scalding the cloth or old handkerchief thus employed. Except in fainting-spells avoid whenever you can the introduction of camphor, cologne or aromatic vinegars into the room. The pungent odors soon grow stale and sickly, the nonvolatile essences oppressing the lungs of patient and attendants. The best disinfectants are boiling water and fresh air.

If the family supply of bed-linen and clothing does not warrant the call for fresh articles every day, hang those which are removed in the morning out in the sun for some hours; then shake and fold them neatly, to be put on again at night. If the day be damp or wet, shake them well and air them in front of a fire before folding.

Never whisper in a sick-room, unless when your charge is an infant incapable of taking alarm at the ominous sound. Need I renew in the memory of those who have suffered thereby the torture of nervous dreads excited by the echoing sibilations of the nursley whisper?

It is a great mistake to imagine that all women are born nurses. It is as grievous a fallacy to fancy that the loving mother, sister, daughter, or wife may not attain to a degree of proficiency in the art surpassing that of one who follows the trade for the sake of the high wages she commands. This is a branch of home education, so seldom acknowledged as such, that it is generally neglected until sudden and dire need for the exercise of nursley skill arises, and the frightened novice is found wanting.

Professional nurses, trained and paid, are sometimes a necessity when long illness has worn out the strength of home-watchers. Only as a necessity let them be admitted to the presence of the unnerved creature who shrinks from care, less touch and stranger-eyes. But let not the dwellers in cottages, who cannot afford to engage "such a superior" Mrs. Gamp, and the much-run-after Petsey Prig, lamest their case as evil. There are compensations which give the smitten ones in the sad hours of bodily anguish, the supreme moment of dissolution, into keeping as wise as it is loving, commits them to devotion that knows no gauge save the bound which divides time from eternity, the period when mortal ministrations cease and angelic care begins.

## THE HOUSE.

**COOKING ONIONS A NEW WAY.**—Those sensible people who know that the plebeian onion, notwithstanding the bad odour it is in, is a most wholesome vegetable (good to be eaten when one has a cold, and especially beneficial for the stomach troubles of children) are here given an excellent and novel way to cook them. Wash but do not peal them; boil medium-sized ones an hour, changing the water twice and adding a little salt each time. When they begin to be tender drain the water off, put the onions into a pudding dish, cover the dish, and let them bake for half an hour: if you choose you can take the cover off and brown them. When done pour melted butter over them, or make a gravy of cream, butter, pepper, and salt.

**BREADED EGGS.**—Boil hard, and cut in round, thick slices. Pepper and salt; dip each in beaten raw egg, then in fine bread-crumbs or powdered cracker, and fry in nice dripping or butter, hissing hot. Drain off every drop of grease, and serve on a hot dish for breakfast, with sauce, like that for fritters eggs, poured over them.

**SCRAMBLED EGGS.**—Put a good piece of butter in a frying-pan, and when it is hot drop in the eggs, which should be broken whole into a bowl. Stir in with them a little chopped parsley, some pepper and salt, and keep stirring to and fro, up and down, without cessation, for three minutes. Turn out at once into a hot dish, or upon buttered toast and eat without delay.

**SCALLOPED EGGS.**—Make a force meat of chopped ham—ground is better—fine bread-crumbs, pepper, salt, a little minced parsley, and some melted butter. Moisten with milk to a soft paste, and half fill some patty-pans or scallop-shells with the mixture. Break an egg carefully upon the top of each, dust with pepper and salt, and sift some very finely powdered cracker over all. Set in the oven, and bake until the eggs are well set—about eight minutes. Eat hot. They are very nice. You can substitute ground tongue for the ham.—*Common Sense*.

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