

Column for Little Ones.

A Bit of Poverty.

I know a little maiden. In a most tremendous bonnet, All manufactured out of black, With nodding poppies on it.

Doctor Charlie.

'Come in.' 'Oh, good-morning, doctor. My baby is very sick, indeed. She tumbled out of the third story window yesterday, and the naughty boys in the street took her by one leg and threw her back again.'

Rob's Plan.

Rob never has any trouble with the boys. Every one likes him; so it is not very strange that he gets along so well.

HEALTH HINTS

Muscle-making.

BY DR. J. H. HANAFORD.

While not disposed to indorse the vagaries of "Physical Christianity," I still believe that much can be done to improve the body, to give more firmness to muscles, to increase their size and power, as well as to strengthen the frame-work, the bones.

It is also true that mental and moral integrity are made somewhat dependent on the physical condition, "a sound mind in a sound body."

The physical conditions of health are well understood, as applied to pugilists, walkists, and athletes in general. The "trainer" well knows how to develop the body as a whole, to increase the size and power of the chest, to give health, vigor, and strength, by systematic and persevering training, or, expressed in physiological language, by obedience to the laws of our being.

I know not where they learned their wisdom, unless from the ancient "athletes," who were "temperate in all things." Then, as now, in the training for the prize-ring, "the diet was spare, free from wine or delicacies," as a necessary condition of success.

The cigar and tobacco are conscientiously (?) thrown aside, with whiskey—that grand purifier of the blood, and strengthener of the weak—and also wine, so good for digestion. Now, no mince pies, no sausages, "breakfast bacon," ham, hard-cooked eggs, pound cake, or even simple pastry.

Now, no lunches, not even a pear or apple, a fig, not a thing. They must be bathed regularly,—water is good enough for them, when only strength is sought,—while "late hours" are wholly inadmissible, since muscle is now sought, real power of endurance. Health and power must be secured, or the pugilist is disgraced.

This picture is not over-drawn; these who disgrace our humanity, or our religion, practise a self-denial which would well become those having higher aims in life. If the time shall ever come when the church, as a whole, shall be as conscientious, as self-denying, bringing the lower nature into subjection to the higher, as true to correct principles of the care of the body, and from principle, as these prize-fighters are for money and a kind of renown, religion will be far more respected than it now is, and the millennium will be deemed near at hand.

When that day shall come it will but illustrate the tendency of the principles of Christ, for it will legitimately result from obedience to all of the laws of God, and not simply to the moral laws, now only regarded as binding on the church, at least by some, while no law of God can be innocently disregarded by any mortal, so far as these laws are known or may be known.

KEEP A BOTTLE OF LIME WATER.

If good milk disagrees with a child or grown person, lime water at the rate of 3 or four table-spoonfuls to the pint, mixed with the milk or taken after it, will usually help digestion and prevent flatulence. Lime water is a simple antacid, and is a little tonic. It often contracts pain from acid fruits, from "wind in the stomach," and from acids produced by eating candies and other sweets; also "stomach-ache" (indigestion) from over-eating of any kind. A table-spoonful of a child of two years old, to a gill or more for an adult, is an ordinary dose, while considerable more will produce no serious injury. A pint

of cold water dissolves less than 10 grains of lime, and warm water still less. Pure lime water, even though pretty closely corked, soon deteriorates by carbonic acid in the air, which unites with the lime and settles as an insoluble carbonate. To have it always ready and good, and at no cost, put into a tall pint or quart glass bottle, of any kind, a gill or so of good lime just slaked with water. Then fill the bottle nearly full of rain or other pure water, and let it stand quietly, corking well. The lime will settle leaving clear lime water at the top. Pour off gently as wanted, adding more water as needed. Some carbonic acid will enter, but the carbonate will settle often upon the sides of the bottle, and freshly saturated water remain. The lime should be removed and a new supply put in once a year or so, unless kept very tightly corked.

THE HOUSE.

RYE MEAL FOR BEES.—It is believed by many beekeepers that rye meal is the best possible substitute for bee bread when the latter is not in full supply. The meal should be put in shallow boxes near the apiary, and a few pieces of comb near it will attract the attention of the bees. This food causes the swarms to be larger and earlier than any other.

Cocoon caramels, dear to the juvenile heart, may be made with two cups of grated cocoonut, one cup of sugar, two table-spoonfuls of flour, and the whites of three eggs beaten stiff. Bake on a buttered paper in a quick oven.

DELICIOUS CORN-STARCH PUDDING.—One quart of milk; take one pint and when nearly boiling add two table-spoonfuls of corn-starch dissolved in cold milk and a little sugar. When ready to take off, stir in the whites of two eggs, beaten stiff. Make a custard of the other pint of milk, and the yolks of the eggs, and pour over the pudding when cold. This same pudding is delicious with whipped cream poured over it, which may be made by taking the amount of cream, half a bowlful, and beating, and as the cream grows light and puffy taking it off, sweetening and flavouring with vanilla. That alone with cake makes a delicious dessert.

BROILED FOWL.—Take a small fowl or chicken, split it down the back and fix it open with skewers. Lay it flat in a large sauce-pan and put in enough water just to cover it; boil gently for a quarter of an hour, then rub over with a little butter, and place it on the gridiron, inside downwards, and keep turning it till done; pepper lightly at each turn; add a little salt at the last. Rub over with butter, and serve very hot with a little good gravy, mushroom sauce, or with tomato sauce.

FOR DRESSING CRAPE.—Skim-milk and water, with a little bit of glue in it, made scalding hot, will restore old rusty black crape. If clapped and pressed dry, like fine muslin, it will look as good as new.

BAKED CLAMS.—Wash two dozen clams, and put them in a dripping-pan into a hot oven until they open. Then take them out; separate them from the liquor and chop fine; add about a pint of bread-crumbs, the liquor, and a little pepper. Butter the shells, and put this mixture in. On the top of each one place a small piece of butter and a few more bread-crumbs. Bake about ten minutes in a hot oven. They are delicious.

Tar may be instantaneously removed from the hands and fingers by rubbing with the outside of fresh lemon or orange peel, and wiping dry immediately after.

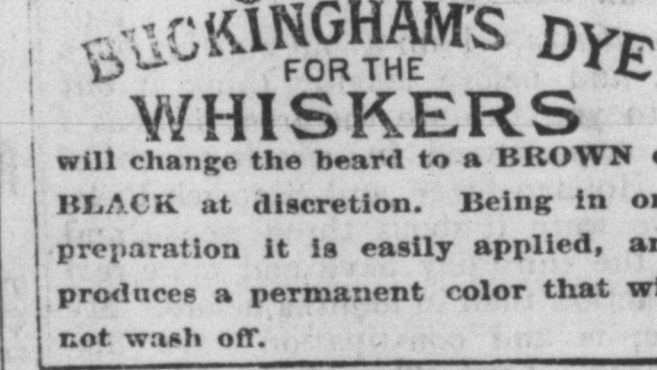
Take carbolic acid diluted with water; take one part acid to ten parts water, and with a syringe throw this liquid into all the cracks, and holes and ants will soon vanish. Cock-roaches are also driven away by it.

It is the custom of the Chinese to pay their physicians when they are well, and stop the supplies when they are sick.



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