



# The Home Department

## Wanderlust

I am homesick for the hills;  
They call me all day long  
To hear the music of the streams,  
The pine-tree's whispered song.  
I am homesick for the hills;  
My soul longs for the balm  
O, to be there, among them,  
Their solitudes and calm.  
O, to be there, among them,  
'Neath skies so blue and clear,  
Where the world of men seems far  
away,  
And God so very near!  
I am homesick for the hills—  
Green-clad, with spruces tall,  
Where golden mists come creeping  
down,  
And purple shadows fall.  
And I long to sit at sunset  
On high places that I know,  
And watch the rose and crimson flush  
Upon the banks of snow.  
I am homesick for the hills  
Where life is full and free,  
Where the air is like a draft of  
wine—  
There's where I fain would be!  
And my straining eyes look west-  
ward,  
My heart with longing fills,  
For I hear the pine-trees calling—  
I am homesick for the hills!  
—Florence M. Cooley, in *Good Health*.

## Marital Devotion

It is the fashion, on the demise of any one who, during life, has been much in the public eye, to fill the printed page with stories extolling the intense devotion of the husband to the wife, or the wife to the interests of the husband and the home, as the case may be; and to read these eulogies, one might well get the idea that devotion to one's matrimonial mate, or to the home, was an exceedingly rare virtue, instead of the very common one which it certainly is. The recent death of the widow of a late prominent official has given occasion for such literature, and it is all very well, and makes excellent reading; but this spirit of unselfish devotion is by no means a rare one. There are thousands of cases that equal it; some of them surpass it; but, being so common, and among the masses, they are little talked of. There are many homes in which either the husband or the wife is a hopeless, helpless invalid, of no help, and very often a great hindrance, to the best interests of the family. The husbands or wives of these invalids cling faithfully to their charges, often bearing the burden of great poverty, and being forced to toil all day for the necessities of the home and the sick chamber, and then act as nurse to the sufferer during the night hours, snatching the little sleep that comes to them between duties, only to go forth again on the morrow to their daily tasks, in many cases leaving the invalid alone until the closing hour brings the worker home again to the duties of nurse and housekeeper. In some instances, there are little, stunted children, that makes the absences harder to provide for; but the toiling one, man or woman, goes cheerfully on as long as life lasts. The world is full of such cases. Even the loss of external attractiveness, or the increase of the fretful, unreasonable ir-

ritation that comes of long suffering, can not decrease the devotion. Sometimes circumstances are such that it is a marvel to others how the burden can be borne; but the spirit of devotion toils on, even unto the end, with no reward save such as the consciousness of having done all that could be done. From the highest to the lowest the world is full of just such cases. They may be next door to yourself, if you would but take time to notice.

## "Don't Kiss the Baby"

At the meeting of the American Medical association in Atlantic City, N. J., recently, many thousand physicians were gathered from all parts of the country, and the newest methods of prevention and cure of diseases were under thorough discussion. It was the consensus of this body that next to the house-fly, the habit of kissing the baby is the most dangerously vital manner of spreading consumption, and many other diseases of more or less dreadful character. One physician made the declaration that in every home there should be put up a sign reading: "Don't Kiss the Baby," declaring that all the authorities can do to protect the infant from various infections, through a safe-guarded milk supply, and otherwise, was rendered of no avail by the avalanche of kisses rained upon the baby by kins-people, visitors and callers. Many physicians strongly object to the habit of kissing the baby on the mouth, but think there are other diseases which are more readily conveyed through kissing than tuberculosis, but which are as much to be objected to. Persons having decayed teeth, one physician contends, should not be allowed to kiss the baby, as the gums, even of healthy persons are teeming with germs, and these germs are transmitted to the baby, causing illness more or less pronounced. It is not a rare thing to find persons with breath so offensive that a grown person dislikes even to talk to them, but the baby is forced to endure even closer contact, and must draw into its little lungs this offensive and contaminated odor whether it will or not, to say nothing of the contact of the germ-laden lips. It is very hard not to kiss a baby. A woman would scarcely be a woman without wanting to "get her hands on the baby," and there really is nothing sweeter, or more tempting than the warm wet mouth of the baby. But for the sake of the baby's health, even this may be foregone, and the affection satisfied in some measure by kissing the hands, neck or cheek, or cuddling the little velvet body close in the enfolding arms. Mothers will sacrifice much for the good of the baby.

## Food Fads

Custom has decided that, for the average person, three meals a day nourishes the body better than two or four, without overtaxing the stomach and digestive organs; but there are strong, healthy people who might well do better on two meals a day than three. There are weak people or those who eat little at a time, and invalids who can not take nourishment in large quantities, who are better for eating four or five times a day, using proper food. In most cases, however, the frequent craving of the stomach for food is a symptom of some stomach trouble, and this craving should be ignored, or satis-

fied with the lightest of nourishment in quantity and quality. Often a cup of hot water—as hot as can be sipped comfortably, taken frequently, is the very best thing to be done. Very few people drink water in sufficient quantities to maintain the proportion of liquids needed for perfect health. As for the "no-breakfast" fad, that may do very well for the man or woman who has a hearty meal at midnight or after, and lies abed until nearly noon; or even for those who do sedentary work, beginning the day with some beverage of a nourishing character, leaving solid foods until later. But for the man or woman who gets up early and goes to work at any business requiring muscular strength, or even mental, it is but an invitation to physical deterioration of nerve tissue to get down to the business of the day on an empty stomach. Gaunt, hungry-looking women, victims of some diet fad, would be far better off to take three square meals a day. The man or woman who half starves the body until late at night and then gorges the stomach with a heavy dinner is in a fair way to bring on a good case of "stomach trouble." If one eats moderately of nourishing and satisfying foods at breakfast and luncheon, the danger of over-eating at night when the body is exhausted, will be far less. There are hundreds of people of both sexes, victims of indigestion, who would get strong and well if they would eat plenty of nourishing food and let drugs and food fads alone. In many cases, the stomach has been so starved and weakened by this abuse that much time must be taken before it can be put back into its healthy, normal condition by proper foods.

## The Deadly Fire Works

As the birth anniversary of our nation approaches, the store windows are filling with displays of various kinds of fireworks, and the advertising columns of the newspapers are setting forth the glories possible to the one well supplied with such materials. But it will be quickly followed by items of more or less length, telling of the damages to life, limb and property which inevitably results from the Fourth of July fun. As the small boy and the careless man are gathering in the "store things," the provident mother and the far-seeing surgeon are laying in supplies of a kind that will be needed to bring together the mutilated and scattered parts of the enthusiastic boy who dares the most in the noisy celebration. Thousands of dollars will be wasted, many accidents will happen, and much property will be damaged or destroyed by the uses of the deadly explosives so freely indulged in by both young and old. For the few minutes of fuss and fizzle, together with the glare of colored fire, many an ill-spended dollar will go from the family purse. If anything good came of it, it might be endured; but it is more than money that is wasted.

Next to the destructiveness of the explosives, is that of the "fire-water" indulged in by a certain class of people who think that to have a "rousing good time," one must become besotted and crazed with alcoholic drinks. This indulgence leads to many crimes, much heartache and the cruel pangs of remorse. At any time, it is a wretched thing to drown one's manhood in drink, but to do so at a time when one is abnormally

roused to "deeds of daring," even without the whisky, it is particularly dangerous to give way to the savage instincts by beclouding the moral and intellectual nature, and indulging in habits which tend to quarrelsomeness and fighting, the result of which no one can foretell. They are safer, more sensible and fully as patriotic ways to celebrate America's great day.

## Street Car Etiquette

There is no rule of formal etiquette compelling a man to resign his seat in a street car to women. Since women have become so much a part of the business life of every community and consequently are compelled to be on the streets and in public conveyances at exactly the same hour as business men, in coming and going from or to business, it seems that the old-time deference shown to the one sex by the other is no longer the rule. Yet the courtesy and good manners shown by man when he offers his seat to a woman, just because she is a woman, still commands the admiration of on-lookers, even if it is not expected of him by any one. Younger women often rise to offer their seat to an elder one, to an invalid, or a tired mother carrying a heavy child; so it is a small thing for a man to do the same, remembering that his mother may receive such courtesy some time. When a man rises to resign his seat, it is good form for him to indicate by a glance, or a touch on her arm, if the woman does not note the fact. He should raise his hat and move to a short distance; this indicates that it is not his intention to presume upon his politeness. And women should never, by any chance, fail to acknowledge by a slight bow and a pleasant "thank you" the courtesy extended to them. It is possible that the omission of such an acknowledgement may cause a man to hesitate before putting himself to so much trouble when it is not appreciated. However, a really well-bred man does not wait for thanks. It is not an unusual thing for young women or girls, as well as men, to rise and offer their seat to a crippled man, or an old gentleman, and one of the prettiest sights to be seen in a street car is that of a young girl or woman, insisting upon some old lady occupying their seat, while they stand in the aisle beside them, and I am glad to say that such sights are by no means rare, in the crowded city. Another delightful custom is that of the conductor, kindly helping the crippled or feeble old person of either sex until they safely reach the ground, when alighting from the car.

## Outing Lunches

For the outing lunch, cheese sandwiches are very appetizing, and easily made. Grate the cheese fine, and rub it to a paste with melted butter, seasoned as liked with salt and pepper, and spread on the slices of bread. A lettuce leaf between the slices of bread makes a nice addition to the filling. Brown bread, cut in very thin slices, make delicious sandwiches when filled with any filling suitable for white breads.

Meats chopped fine and used for filling sandwiches are much more convenient than put up in slices or "chunks," and chicken, boned and pressed, then sliced, makes much more dainty handling for the consumer.

## For the Hot Season

Do not be afraid of the "night-air" in your sleeping rooms; night air is all the air one can get after duskfall until day-dawn, and should be admitted freely. The bed should not stand directly in a draught, nor should the wind be allowed to blow upon one; but the windows should be left open, and where it is safe

AN OLD AND WELL TRIED REMEDY  
MRS. WINSLOW'S SOOTHING SYRUP for children  
teething should always be used for children  
while teething. It softens the gums, allays  
all pain, cures wind colic and is the best remedy  
for diarrhoea. Twenty-five cents a bottle.