

17. Woman's Sphere.

By One of the Sex.

The Infant's Sleep.

We have spoken in a desultory manner in several papers about when and how a baby should get its sleep, but the subject is of so much importance that I wish to talk to you more definitely and shall therefore take this paper in which to do so. To begin with, every mother ought to know, and most mothers do, that only in sleep is the body built up, and the waste tissues repaired. Your baby lives twice as fast as you do, and consequently needs twice as much sleep as you do. I have seen mothers who ought to know better, speak of their babies' inability to sleep and intense wakefulness as if it were something to be proud of, as if it indicated a sort of superior mental development. The truth is that some children are naturally nervous, and it requires the greatest care and regularity to induce such children to get their proper amount of sleep. The very fact that they are nervous makes it of the greatest importance that they shall get their sleep. I really believe that in nine cases out of ten where there are such diseases as St. Vitus' dance, or where a child of nervous temperament seems to go stupid and dull after babyhood, it is owing largely to the foolish mother's lack of care that the brain should have ample rest and nourishment in infancy, got only in good sound slumber. Now, how much sleep does a child require? The first month, from eighteen to twenty hours, the second month, from sixteen to eighteen, the third month about the same as the second month and until the child is two years old it should certainly sleep from fourteen to sixteen hours. This amount is best obtained by allowing the child to sleep every night a regular sleep of twelve hours, and then having two naps in the daytime, which may slightly decrease in amount, remaining nearly stationary after the child is six months old, until it is away beyond a year old. The very first and most important requisite to obtain this much needed sleep for the baby is regularity. If the baby is fed regularly, it is a comparatively easy matter to get into regular and proper habits for its sleep. There are one or two things which must be attended to when baby is put to sleep. Briefly, they are, warmth, no glaring light, no draughts but plenty of fresh air coming into the room winter and summer directly from outdoors, no damp or unclean clothes about the body, quiet, protection from flies or mosquitoes, and then, a severe letting alone. It is amusing to hear some well-meaning but ignorant mothers sympathize with a baby who is put down in a comfortable and sensible manner and there left alone to go to sleep in a perfectly natural way. They seem to think that rocking for hours and the back breaking and nerve-destroying process of getting baby off to sleep in the good old-fashioned way, leaning over the crib in anxious fear for at least fifteen minutes after baby is down for fear she shall waken, this they call happiness for the baby and mother. Oh dear, will we ever get any sense on this question? How do you think, my young mother, you would like some giantess to take you on her lap and rock you for an hour or so, and then

bounce you back and fourth in a crib for another half-hour? If you are sleepy, what do you enjoy? A dark, quiet room, warmth in winter and coolness in summer, plenty of fresh air and nothing to disturb you, so would your baby feel if natural.

The Lives We Live.

WHAT IS YOUR MEASURE.

Have you really ever found that out? What amount does your mental, moral, and intellectual capacity warrant you in declaring yourself? Are you a pint, a gill, a gallon or a quart? It will be very profitable for you to properly consider this matter. And I can tell you a certain way in which you can measure with some degree of accuracy your spiritual or intelligent proportions. You, like myself, have had the blessed privilege of attending the services in our holy and beautiful Temple; what were your impressions, and how did you feel? Did the house and the influence thereof thrill you with a sense of infinite love and infinite peace? Or did you feel simply quiet and pleased with every thing you saw and heard? Or did you, after the eyes had been once feasted with unusual sights, then did your mind wander to other and grosser things? Here is a point: Can a pint measure help it, if when it is once full, it wishes at once to resume its usual emptiness? I do not find fault with the ignorant and somewhat inferior woman or man who fails to be touched by the higher music of the spheres. But I do find fault with the man or woman who is capable of holding a good gallon, allowing their measure to get half or quarter full, and then shutting the lid down and allowing consequent rust and dust to gather on the upper emptiness. We, none of us, can tell just what we hold spiritually and intelligently, for it seems as if, when we are willing to fill up our measure and then keep it full and running over the measure becomes larger and larger every day, and we begin to think that we must have miscalculated our own capability. Here comes in the saying of the Savior. The holder of one talent who makes suitable and constant use of that talent, shall have the ten talents of the slothful servant given in his hands. That is a spiritual law which is irrevocable, but it is not generally understood. There have been some wonderful and beautiful things said in the Temple, but nothing which is more important or significant than that this time will be a savor of life to life and of death to death. Can you realize what that means to you and to me? Heed it well, for now is the hour of warning and pleading, and shortly the hour cometh when it is dark, and our cries will be useless. Not always will the spirit strive with us. My dear sister, shall we not awaken?

Our Exchanges.

THE HOUSEWIFE'S ALPHABET.

Apples—Keep in a dry place as cool as possible without freezing.
Brooms—Hang in the cellar-way to keep soft and pliant.
Cranberries—Keep under water in the cellar; change water monthly.
Dish of hot water set in oven prevents cakes, etc., from scorching.
Economize time, health and means and you will never beg.

Flour—Keep cool, dry and securely covered.

Glass—Clean with a quart of water mixed with a tablespoonful of ammonia.

Herbs—Gather when beginning to blossom and keep in paper sacks.

Ink Stain—Wet with spirits of turpentine; after three hours rub well.

Jars—To prevent, get husband to subscribe for the home paper.

Keep an account of all supplies, with cost and date when purchased.

Love lightens labor.

Money—Count carefully when you receive change.

Nutmegs—Prick with a pin, and if good oil will run out.

Orange and Lemon Peel—Dry, pound and keep in bottles.

Parsnips—Keep in the ground until spring.

Quicksilver and the white of an egg destroys bedbugs.

Rice—Select large, with a fresh, clear look; old rice may have insects.

Sugar—For general use, granulated is the best.

Tea—Equal parts of Japan and green are as good as English breakfast.

Use cement of ashes, salt and water for cracks in stoves.

Variety is the culinary spice.

Watch your back yard; keep it clear from dirt and bones.

Xantippe was a scold. Don't imitate her.

Zinc-lined sinks are better than wooden ones.

Miscellaneous.

CO-EDUCATION IN THE HOME.

Cincinnati has a school of domestic sciences. A paper of that city says: "The servant problem will be satisfactorily solved when every Cincinnati girl is taught cooking in the public school." Commenting upon this, the *Decatur Advertiser* asks after the boys, and suggests that co-education is argued for the schools, but ought as well to be carried into the homes. The editor of the department devoted to woman's interests, Mrs. Hildreth, says:—

The duties of the home should be taught to boys and girls alike. There is no reason in the world why a boy of 14 should not be able to make a good cup of tea or coffee, broil a bit of steak, toast a slice of bread, or stir up a bowl of gruel just as carefully and daintily as a girl of the same age, or, in case of sickness in the family, why the boy should not know how to make up a bed comfortably, sweep, dust and air a room and otherwise make an invalid comfortable.

ELIOT ON MARRIAGE.

This is what President Eliot said on marriage before the Harvard Young Men's Christian association recently:—

An element in a satisfactory career is a family life—the great source of human happiness. This family life is something to be looked forward to. Look forward in your physical and moral life to marriage and children, and you will never prepare for anything better in this life. The choice of a wife is the most important choice you will ever make. Do not make it hastily, and do not marry for anything but love. The most idiotic thing of all is to marry for money. Of course I do not mean to say that you cannot marry for love and money both. Married life improves as it goes on. You may think your wedding day the