WOMAN AND HOME.

A Common Disease.

Thrush, as familiar to many mothers, is an inflammatory disease of the mouth, caused by a microscopic vegetable parasite which has been discovered and described only within the last fifty years. The disease is characterized by a white exudation from minute spots of inflamed mucous membrane on the tongue, mouth and lips. The spots are often so abundant that they unite and form one large patch, which sometimes covers the entire mouth in front of the palate, and resembles a slight cheesy membrane.

The affected parts are hot and tender, the stomach and bowels are disturbed, and there is more or less fever. In rare cases the disease extends from the mouth down to the stomach, and it will never cease to the bowels.

The disease occurs mostly in infants and in the aged. In the aged it is difficult to cure. It also occurs as secondary to acute and chronic diseases, in which case, especially in the latter, it often proves fatal.

Thrush may be so mild as to require only the best application every few hours at a little powdered borax mixed with an equal amount of sugar, and a correct regulation of the diet, provided by a nurse due to at more my frequent notice.

The food of the mother, besides being nourishing and abundant, should be of the fine kind of mild in its tendency. If the child is brought up by hand then water should be added to the milk in the proper time of use to them.

In most cases it is wise to call the family physician.—Youth's Companion.

A Girl's Gem.

Two who had deeply loved came one day to part because of some trivial misunderstanding, and because each was too proud to say, "I am in fault; forgive me." So they stood with cold eyes but trembling hearts and looked at each other.

"Give me the ring," she said, drawing it slowly from her finger.

He took it as slowly, turned it over and over, and as she did not speak, flung it down the glittering stone. She paid a little, but unchanged from her throat a ring sharp, and gave it him with a shaking hand. It showed the same fate. They stood silent.

"I—I have given you nothing," at last she said, in a tone of dull regret, and he replied, his voice breaking with deep emotion:

"No, you have given me no ring, so petty beside, it is true, which may be returned and flung to the flames, but you have given every thought for two years past to me; you have given me your eyes, your lips, your heart; you have given me to know that heaven still lives on earth in the man who is loved by a chaste woman. These I can not give back to you."—

Then, all in a moment, the hard light leaped up to her eyes, and his words were silenced on her lips.—Ella Higginson in West Shore.

Evolution of the Handkerchief.

The authorities are neither clear nor in harmony as regards the history of the handkerchief, known popularly in English as the pocket handkerchief. The etymology of the name is, nevertheless, sufficiently clear. The last syllable comes from the old French chief, meaning head, the syllable "ker" is from the French couvrir, to cover, while the prefixes "hand" and "pocket" were applied when the article began to change its mediæval use of head covering and become the old to customs and fancy which it is at present.

The old French name coverchief, or chief, came over to England, with a host of other French words, after the conquest, and in time became "kerchief," which is long since obsolete in America, though it may, perhaps, be still heard in parts of England. For long ages after the Crusades new women of rank wore the kerchief, which, after many changes, became the modern hat or bonnet. But exactly at what period it began to be carried in the hand or in the etrusco pocket or hanging is uncertain.—San Francisco Chronicle.

If I Were You, My Dear,

I wouldn't turn my head to look after the books or impertinent men.

I wouldn't forget to see the bead around the bottom of my skirt or the button on my shoe.

I wouldn't confess that every man who said something pleasant to me had fallen in love with me.

I wouldn't feel that I was an ill treated personage because, though I could play pleasantly my friends didn't count me a modern Mozart.

I would not, when I could only have one frock, choose a complexion not that would look me as the girl in the red gown.

I would not, because I was tired and nervous, give snappy, ill natured replies to questions asked me by those who really cared for me.

I would not get in the habit of speaking in a familiar way of women I knew, when you make them Pen, Dick or Harry they are apt to consider you as Kate, Nell or Molly.

I would not permit any girl friend to complain to me of her mother; it is like listening to blasphemy.

I would not when I brush the dust off my hat forget the cobwebs of distrust and suspicion in my brain.

I would not tell my private affairs to my most intimate girl friend, nor would I ask her impertinent questions.

I would not write silly letters to young men or permit them to be familiar with me.

I would not grow weary in well doing—instead, I would keep on overcoming myself by trying to live up to my ideal of a woman, and the very fact of my trying so hard would make me achieve that which I wished.—Ladies' Home Journal.

The Study of Sanitation.

We should have a teacher of sanitary living and dietetics in every school in this country.

The family doctor can do much to enlighten the general darkness by looking upon the value of sanitary living as a means of preserving the health. The success of the earlier practitioners of homeopathy was largely attributable to their insistence of reasonable attention to the needs of the body. When it does not seem to the physician to give explicit orders about sanitary observances, the nurse or mother should ask him for them, and should supplement them by studying all the accessible literature on the subject.

As a matter of fact many diseases proceed from disturbance of the nervous functions, and the doctor's prescription of drugs is secondary to the purpose of helping nature. Holland says that the gentle treatment of illness, which endeavors to teach the sick through the digestive organs, is preferable to the radical practice of medicine, and survival of charges of theory and practice, the intellect and still remains the battle ground where the issue of the gravest disorders is decided.

That many of the remedies are to be found within the range of ordinary food is but natural when we consider how many conditions are of vegetable origin. Most of the "old women's herbs and simples" still hold high place in the modern pharmacopœia, and conversely some of our every day foods have medicinal properties, for instance, our pleasant, familiar nutmeg, whose oil we take our customs and hot bottles, is a virulent poison, an extract whose being capable of killing a person if taken at once.

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