FOR MARRIED PEOPLE.

MRS. BEECHER ON THE CROSSES AND CROWNS OF LIFE.

A Smile Found in the Changing Seasons -The Value of Harmony in the Home-The Best Way for Young Couples to Get Rights"-The Wife's Duties and the Hus" band's Place.

full enjoyment of the position, or indulge in | husband holds most sacred? when the rich green grass stands ready for | this would be. the scythe, and, blossom or fruits hang from mountains, the exquisite golden hues changampelopsis blending with the marvellous for those who are sheltered in his home. green of the evergreens, all caught by the flashing river and thrown back in brokenreflected variety, give still a keener sense of royal admiration. But what of midwinter ! The earth in bridal attire, every tree bending under the sprays of diamonds does not this serve to strengthen our allegiance to "our own, our native land," and we feel obliged to acknowledge that, after all, "there is not half a kiss to choose," between the seasons as they pass over the banks of our noble rivers, fertile fields, and mighty mountains?

So like the seasons, ever changeful, now state of married life.

band and wife to work together, uniting all other single reason. It is very difficult for some young married couples to understand that no home can be built up or anything worth doing be done by one alone. Husband otherwise happiness and success will be lacking. The same power that made them "twain of one flesh" so bound them together that there should be no thought of my rights or thy rights, but ours unitedly. The father will be as richly blessed for instilling correct habits and principles into his children's minds, and as severely condemned for wrong influence, as the mother. Judging by much that is said the mother must be held more responsible for the children's characters and that we speak treason and heresy in the estimation of some, but we are sure that parents cannot hold a divided responsibili-

Nursing and care, in the main, is the mother's office, no doubt, and in early infancy the mother has a closer intimacy, as she must be more necessary to the child. When a little past infancy, in a loving, correctly organized family, and where the children love each with equal fervor, in all questions of weight both the mother and children turn to the father for the final decision. It is a sad household where the hearts of mother and children do not accept this as the natural and legitimate character of home government and education.

Perhaps the mother may not always accept her husband's decision with the same faith with which the child receives it, but this should never be seen by the children. It is no evidence of fear or weak, and tame submission because she reserves her objections-which are often correct-until they can discuss the subject alone. Arguments between parents should always be avoided before their children. A wife strengthens her husband's hands, and his love also, if she simply says, "Do as your father says," or, "Father knows best," and by so doing she by no means compromises her own conscience. (This, of course, when nothing wrong is involved, but with good, conscientious people.) When alone, if they talk the matter over in all true confidence and love, they will surely find the bond which unites them grow brighter and brighter, until the perfect day.

All attempts to build a true home will fail if strife, discontent, unrest and sin find a foothold, and these dire evils will surely creep in if there is not a united family govcrnment.

It is seldom that mothers are peevish, irritable, and ill-tempered with their little ones. As a general thing the greatest danger lies in the mother's unregulated and uncontrolled tenderness. Nothing can more certainly injure the child or breed discord between the parents than an attempt on the mother's part to shield the child from such control as a judicious father sees necessary. Her disposition to shield the child warps her judgment, and often in speech and ac tion, she stands before ner children opposed to and intempe ately disput.ng their father's decision. In such cases—and, unfortunately, there are many—a good, conscientious husband and father is placed in a very painful position. If she opposes his judgment before children and servants how can he control her speech or save his children from permanent mjury? But if her idolatrous love for her children has killed her former love for h r husband he may by love and tenderness open her eyes to her folly, show her wherein she injures herself, and loses the honor and dignity of helping to build a happy home. If he can effect this the battle is won.

Every woman who takes conscience for her guide has a right to feel that home is peculiarly woman's kingdom, knowing that all love, all pure thoughts, all religion and and governments, if one would have them flourish, must have their roots beneath its altar. Let no wife who would be loved, honored and happy and forget that home duties must ever stand first. No matter what high ambitions aspirations may have impressed her before marriage, or how high she may be conscious her talents and influences are capable of reaching, when that solemn vow is taken that makes the twain ene-for "better or worse-" before all else she must give all the energy and love she possesses to building a perfect home, and she must never lose sight of this high vocation. She must be its mistress, but never its slave. That she has made it immaculate in cleanliness and resplendent in beauty is not enough. She must feed the love and truth which should unitedly govern it. What power or dignity can reach higher? What is the ability to sway large audiences compared with the ability to preside over a riety at WHIS office.

home with such skill that husband and children shall rise up and call her blessed? fo be the ruling spirit in such a position is a more sacred henor than to rule an empire. "Woman's Rights!" Has man any higher or more noble? And when husband and wife see, eye to eye and heart to heart, one in the interests of home, they have reached as near perfection as we are allowed to hope for while on earth.

But on both sides there is often cause for great complaint. Human nature crops out, Along-A Vigorous Fling at "Woman's even under what seems the most promising conditions. It is too true that man often abuses his power, and brings heavy burdens and great' sorrow upon her who would be Seated alone in one of those pleasant the mistress of his heart, an equal partner secluded apartments belonging to a well. | in all his joys and sorrows. But, alas! Has appointed palace car one can usually dismiss | not woman often done the same, destroying all care and yield without a scruple to the | the peace and making shipwreck of all her

patriotic effusions over the lovely scenery. The law does not secure a wife from in-Of course, every one is at liberty to believe ; justice and meanness at the hands of her that his own native land, its mountains and | husband, and has any defence been provided rivers, its mighty forests, or its secluded against the great sorrows bad wives can glens, far surpass those of any other country, cause their husbands? Ah, if both would In in spring-time, when every tree or shrub | bear constantly in mind that with them, as is tipped with the first delicate green leaf. | in other associations, "union is strength," from the banks of the river to the highlands 'united they stand, divided they must fall," that over-shadow it, we exclaim, "This is | that together they should walk through life, the most lovely season of the year!" But | together share its joy, together bear its bursummer steals in upon spring unawares, and | dens and its crosses, what a happy world

If home is a united kingdom, the wife, as every bough ah, this surpasses spring! its queen, accepts the rough as well as the But early autumn approaches, with her rich | smooth of household rule as her appropriate fields of corn and bending grain, her or. part of the administration, and the husband, chards laden with fast-ripening fruit of every | the household king, accepts his part in prohue, and the forests, like fairy land, gor. | viding for and jointly ruling this united geous with their brilliant leaves, and we are kingdom. Are his cares any lighter than obliged to confess that it has brought an. hers? What are they? The dust and toil other charm, and rivals summer. In the and strife, the battle with the great world later autumn the lights and shadows on the | outside in whatever sphere his talents and duties call him, to provide comforts, luxued for deepest russet, the dark red of the ries, or honors, according as he is prospered,

We think the joys and the sorrows, the crosses and the crowns, in married life are about evenly balanced, and nothing will right all the wrongs or bring order out of these vexed questions so surely as the shelter of a home made perfect by the united rule of the husband and wife, equal partners in its government.

MRS. HENRY WARD BEECHER. PHYSIOLOGY AND HYGIENE.

What to Do for a Fainting Fit-The Antiseptic Properties of Coffee.

with lights and then with shadows, is the When a person faints he should be immediately laid on his back so as to favor a flow While many causes there are that bring of blood to the brain. The clothing about ripples on the calm and placid waters of the neck, chest and waist should be loosened marital bliss we believe that more married and an abundance of fresh air provided by unhappiness is caused by the failure of hus- opening the windows. Dashing a small quantity of cold water in the patient's face their joint thoughts and efforts, than to any usually excites a gasp and hastens the return of consciousness. If within reach, ammonia may be held near the nose for a moment, but must not be too strong or applied too long. Smartly slapping the left side over the heart and wife must build and work together, may hasten reaction. Sometimes passing the forefinger back into the throat will also have a stimulating effect upon the respiration. Beside the above directions, The Journal of Health states that one who has fainted should never be allowed to remain in a sitting position, or to have even the head raised, for there is danger in so doing. The patient should be kept flat on the back till entirely recovered from the attack. As consciousness returns, a little strong coffee or a small quantity of alcoholic stimulants may principles than the father. We are aware be administered if necessary. Those who faint easily would do well to have the aromatic spirit of ammonia always near them. Of this half a teaspoonful may be taken in a little water as soon as an attack seems im-

Coffee a Powerful Antiseptic.

Professor Heim has recently demonstrated by careful experiment that roasted coffee has powerful antiseptic properties. He claims that caffeine is death to micro-organisms; that infusions of animal matter in coffee may be exposed to the air without gathering mould, that the bacilli of cholera cannot live in coffee, and that under its influence the microbes generated in pus perish forthwith. Good effects have been ascribed to the use of coffee in cases of typhoid and malarial fever, but these were attributed to its tonic power on the nervous system. By Heim's showing such results seem largely due to the antiseptic property of caffeine.

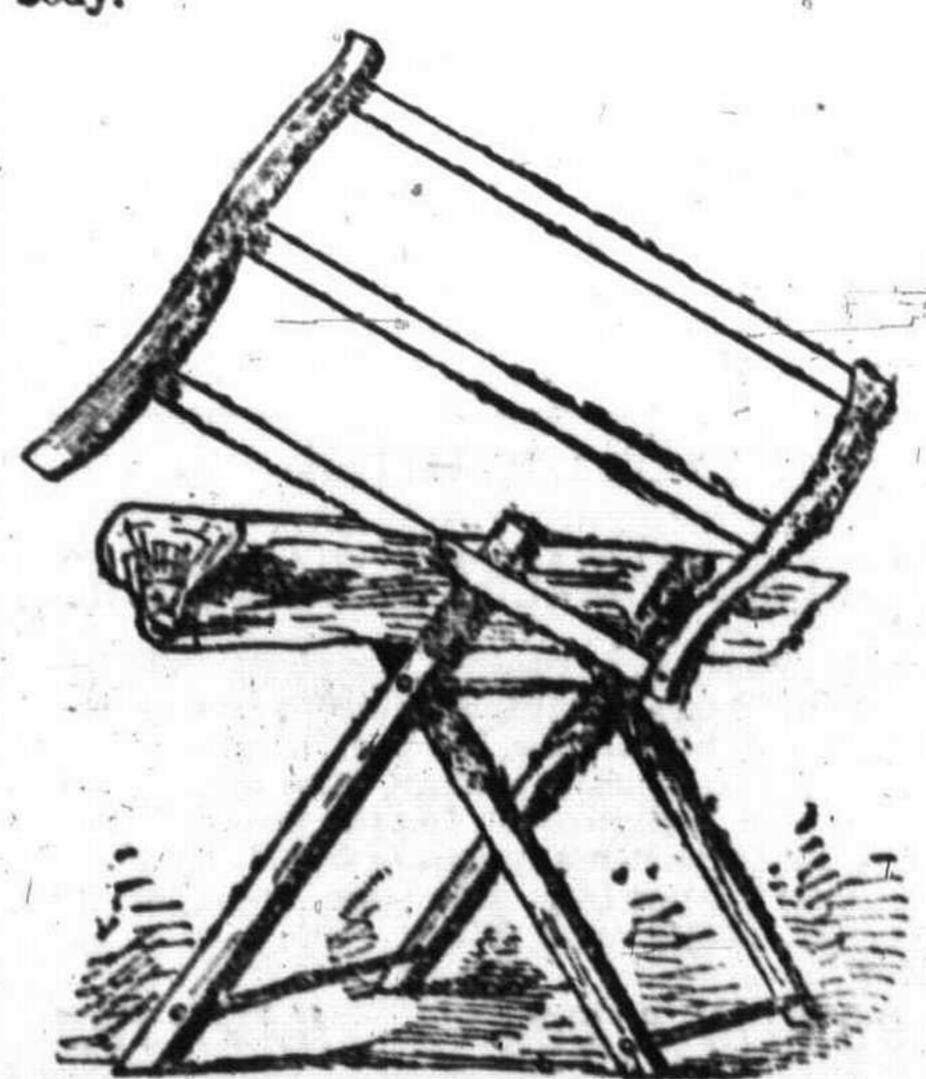
Drinks for the Voice.

Tea, coffee and cocoa are three admissible drinks, but not in excess. For the voice, The American Druggist recommends cocoa as the best. A cup of thin cocoa, just warm, is more to be recommended between the exertions of singing than any alcoholic beverage. Tea must not be taken too strong ner when it has been drawn too long, for it then becomes acid and has a bad influence upon the mucous membranes of the throat. There is always a sensation of dryness after taking a cup of tea that has been allowed to draw too long.

Treatment of Sprained Ankle.

In severe sprain of the ankle a medical authority advises to immerse the joint as soon as possible in a pail of hot water and keep it there for fifteen or twenty minutes. After removing it keep it bandaged with hot cloths wrung out of water or rum and water.

A Cheap but Effective Gymnasium. The subject of our cut is the cheapest and simplest gymnasium in the world-one that will exercise every bone and muscle in the



THE CHEAPEST GYNNASIUM IN THE WORLD. As high authority as The New York Medical Times recommends this comparatively little used health machine. It is a flat piece of steel, notched on one side and fitted tightly into a wooden frame. Before exercising, grease it well on both sides with a bacon rind; then rub it into a stick of wood laid lengthwise of a saw buck. Result, "Good digestion waits on appetite."

Carbolic Acid as a Disinfectant.

Carbolic acid was for a long time trusted above all other disinfectants. It is now claimed that experiment has proven it of but moderate value for disinfecting purposes, having very little power to destroy bacteria and other minute organisms.

Invitation cards and folders in great va-

NEW YEAR'S AMONG THE GREEKS.

Interesting Ceremonies, We Are Not Generally Familiar With. BY OLIVE HARPER.

Christmas is a purely religious holiday among the Greeks, with none of that mirth and jollity observed among most Christians. There is no giving of presents and no toys or special pleasure for the children on that day. It is regarded with sentiments of solemn and holy awe, and is kept with fasting and church going. and there is no visiting or any other social meeting permitted, not only among the native born Greeks and those born in Constantinople, but also the Russians and Bulgarians, who are all Greek in re-

Epiphany is also a solemn religious feast, or rather ceremony, which in that church represents the day of the baptism of Christ, and on this occasion a hogshead of the holy water is blessed and each family takes a can or bottle full home for future need. The service keeps up until midnight, when a powerful light is reflected in the church to represent the descent of the Spirit. Then the worshipers light their tapers and put them into lanterns and hasten home, when they find their tables laden with dried fruits and nuts-nothing else. Before any one can eat a little hely water is put into each mouth and a lamp is lighted and placed before the picture or statuette of the Blessed Vir-

Greeks, Russians and Bulgarians who can get so far go to a part of the Bosphorus where the shores are the nearest together, at the entrance to the Black sea, to witness the blessing of the waters. The current here is very swift and strong, and is indeed called the Devil's current, and into the midst of this current full of floating ice the priest, after some ceremony, throws a silver crucifix. Instantly a dozen or more strong swimmers plunge after it, for it is a great honor to recover it, and besides the finder has a right to place it on a silver salver belonging to the church and go to every orthodox Greek and receive a present of money. No Russian or Greek captain will put to sea on any account between Christmas and Epiphany; but it is a beautiful sight to watch the sea of Marmora whiten with the sails of the departing craft the day after Epiphany.

But New Year's day among them is observed as we do Christmas; the children receive presents, toys, candies and fruit; the wives receive jewels from their husbands, and invariably a purse of money. The giving of money to his wife and each and every child and every servant in a house is obligatory upon the master, and he also is obliged to give to the postman and every other person who serves him in any capacity. Besides this, custom demands of him that he pay ceremonious visits to all his lady friends, and to none of these can be go empty handed. When he is ready to leave he finds the servants all drawn up in line and to each of them he must give money. The only consolation he can find is in the fact that his friends have to visit his wife also and

At this all day reception the lady or ladies of a house are dressed in their best, every guest. There is no wine or strong drink used.

At night the ceremonious visiting ceases and families unite, and the young folks, and old ones, too, join in and play games and have a royal good time. Then a great cake, called Vasilopeta, is brought in and cut into as many pieces as there are guests. In this cake two pieces of money are baked, and the young man and girl who get them are king and queen of the year's feasts, and they receive artiflcial flower crowns.

The night before New Year's is kept as watch night, much after our fashion, and booths are erected in every direction for the sale of candies, figs, dates, raisins and cheap toys. Expensive mechanical toys, such as our children require, are unknown there, and parents give their children money according to their means, which is carefully kept until the child is grown, so that there is usually quite a

snug little sum. The women make presents of articles of their own handiwork, such as silk purses and tobacco pouches, but rarely anything | SON. expensive. New Year's takes the place of our Christmas, and is a day for the women and children.

> New Year's Bells. Hark! the merry bells are ringing, Yet another year has passed. What the baby year is bringing

Mortal cannot well forecast. May its days be sweeter, brighter, Than the year that now is past; May its burdens all be lighter And its blessings longer last.

Ring out, sweet bells! The New Year comes; Ring out, sweet bells, To all our homes! A coming year

Of joy reveal As loud ye ring -Edward Oxenford. Exultant peals!

of the months offers them find endless entertainment and instruction. Yet there are great multitudes who are present at as many as threescore and ten performances, without ever observing the chief actors in the great drama. -- Lowell.

True Philanthropy.



"How I pity the poor such a night as this," said Blande, as he sat in his comfortable apartment. "Then why," asked Bluff, "don't you put on your coat and go out and see if you cannot render assistance to some of them?" "Ah," replied Blande, "then I should not be so comfortable as I am now, and I might forget the poor and begin to pity myself. That would be selfish, you know."



-AND-

gin, which is found in every orthodox Greek house, and this is kept burning seven days and nights. The morning after Epiphany all the Greeks, Russians and Bulgarians who

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