

of restriction—glad of a reduction in the number of licenses, of restricted hours of sale, of Sunday closing, of laws regarding selling to minors and drunkards.

But reduction is not the goal we have set before us. Prohibition of the individual by himself, and of the legalised sale of intoxicating liquors as beverages in the country, by a vote of the majority of the adult inhabitants, is our object.

Alcohol is not helpful to any vital process. Sir Andrew Clarke says: "Perfectly good health will, in my opinion, always be injured by even small doses of alcohol, injured even in the sense of its perfection of loveliness. I call perfect health the loveliest thing in the world. Now, alcohol, even in small doses, will take the bloom off, will injure the perfection of loveliness, both mental and moral."

The appetite for alcoholic drink is cumulative. "Your honor's given me a glass of beer, and it's made another man of me, and now the other man wants a glass." It is of no use trying to form a total abstinence society of drunkards alone. Rise from the selfishness of petty indulgence, and dare to stand on what you know to be the side of righteousness! "Falter who must, follow who dare!" Take courage from the signs of the times. Lord Churchill says, "The instincts of people are on the side of sobriety." The people's majority for Prohibition in Canada was 132,000. The Liquor Dealer's Association, met lately in Toronto, requested permission to call on the Mayor, but received the unexpected answer that he had no time to give to an association the objects of which, in his judgment, were contrary to the best interests of the people.

The Home.

DIPHTHERIA.

(By A. W.)

THE very name has power to send a thrill of horror through those who have helplessly witnessed its cruel ravages. It behoves the watcher who perceives symptoms of fever, accompanied with sore throat, to be at once on the alert. The first thing to be done in the fight is to reduce the fever, which can with a little trouble and loving care be accomplished. A blanket may be wrung out of water in which Barilla soap, cut up, has been boiled, and wrapped round the patient, care being taken to bring it well round the throat. Over the hot soapy blanket two or three dry blankets should be placed that the heat may be kept in. At the same time the feet and legs should be packed in

another blanket, the head being cooled, if necessary, with cold cloths continually changed. After the blankets have cooled, the body should be carefully sponged with warm acetic acid and water, and then gently rubbed. When by these means the fever is abated, the danger for the time is over. Meanwhile measures may not be relaxed. A teaspoonful of acetic acid and water may with great benefit be given at short intervals. The proportion of acetic acid to water may be about a small teaspoonful to a cup of water. If gargling is possible, alternate the gargle with strong salt and water, and strong acetic acid and water. A little sulphur blown down the throat through a quill is also admirable as an aid in destroying the gathering in the throat. The fever may again run up after a few hours, then give the patient a hot soapy sitz bath and gently lave the body with the water. After sitting for a short time in the warm bath the water may be gradually cooled with cold water and the process of laving continued. It may be necessary, perhaps, whilst the patient is in the cold sitz bath to place the feet in warm water. On being taken out of this bath the body should be sponged under the bed clothes with warm vinegar and water, and then gently rubbed till a warm glow is obtained. But all is not done that can be done. The throat may now be packed with a small towel wrung out of cold water, over which a dry cloth must be placed. A wet towel at the same time may be packed round the body. To the feet should be placed a hot-water bag or bottle, covered with a wet cloth, so that moist heat may be imparted to them. If, after all, the sufferer does not sleep, a lather of Barilla soap made in the same way as lather for shaving purposes should be laid in a flannel cap and the head placed in it. Sleep will follow. Next day, if the disease returns, be ready for it, and with good courage meet persistence with persistence. The victory shall be yours as it has been ours.

GOLDEN PUDDING.—Take a quarter of a pound each of flour, bread crumbs, suet, sugar, and marmalade. Mix all together with one egg, and boil two-and-a-half hours.

COCOANUT PUDDING.—Fill a dish with slices of bread and butter, and between each layer put a liberal supply of dessicated cocoanut, cover with well-sweetened custard, and bake slowly.

RUSTY FLAT-IRONS.—Beeswax and salt will make rusty flat-irons as clear and smooth as glass. Tie a lump of wax in a rag and keep for that purpose. When the irons are hot rub them first with the wax rag, then scour with a paper or cloth sprinkled with salt,