

fore the University convocation held by the regents of the State of New York at Albany, hold a public school license, and there is a growing tendency to make all obtain that license in order that there may be no doubt in the mind of any one as to the efficiency of the teachers of the parochial schools. Monsignor Lavelle said that while established directly for Catholic children, the schools are not exclusive, many Protestants, Hebrews, and other non-Catholic pupils being enrolled, while boys and girls of the colored race are also received.

## What to do in Cases of Drowning

This is the season of special danger by sea-side and river-bank, and the following simple rules for the prevention of accidents, and for the rescuing of drowning persons are worthy of attention:—

First—Do not go out in any pleasure boat of small or large dimensions without being assured that there are life-saving buoys or cushions aboard sufficient to float all on board in case of an upset or collision, or festooned with life-saving ropes.

Second—With a party, be sure you are all properly and satisfactorily seated before you leave the shore—particularly so with girls on board. Let no one attempt to exchange seats in midstream, or to put a foot on the edge or gunwale of the boat to change seats, or to rock the boat for fun. This, by rollicking young people, has upturned many a boat and lost very many lives every year.

Where the waters become rough from a sudden squall or passing steamers, never rise in the boat, but settle down as close to the bottom as possible, and keep cool until the rocking danger passes. If overturned a woman's skirts, if held out by her extended arms, while she uses her feet as if climbing stairs, will often hold her up while a boat may pull out from the shore and save her. A non-swimmer, by drawing his arms up to his sides and pushing down with widely stretched hands, while stair climbing or treading water with his feet, may hold himself up several minutes, often when a single minute means his life; or throwing out the arms, dog fashion, forward, overhand and putting in, as if reaching for something—that may bring him help or may at least keep him afloat till help comes.

Third—In rescuing drowning persons, seize them by the hair or the collar, back of the neck. Do not let them throw their arms around your neck or arms. If unmanageable, do not strike them, but let them drop under a moment until quiet, then tow them into the shore.

If unconscious do not wait a moment for a doctor or an ambulance, but begin at once. First, get the tongue out and hold it by a handkerchief or towel to let the water out; get a buoy, box or barrel under the stomach, or hold the victim over your knee, head down, and jolt the water out; then turn over side to side four or five times, then on the back, and with a pump movement keep the arms going from pit of stomach overhead to a straight out and back fourteen or sixteen times a minute until signs of returning life are shown. A bellows movement pressure on the stomach at the same time is a great aid if you have help.

Of course, you will at first loosen collar and all binding clothing. Let someone at once remove shoes and stockings, and at the same time rub the lower limbs with an upward movement from foot to knee, occasionally slapping the soles of the feet with the open hand.

Spirits of ammonia to the nostrils, or a feather tickling in the throat, often helps to quicken, but rarely anything more than the above mechanical means is needed. Use no spirits internally until after breathing and circulation are restored; then a moderate use of stimulants or hot tea and a warm blanket or bed, is of the first importance.

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## Domestic

By 'Maureen'

### The Removal of Dry Putty.

The difficulty of removing old putty from a window-sash is easily overcome. Heat an iron rod—a soldering iron for preference—and pass it slowly over the putty, which will thus be rendered soft, when it may easily be removed.

### How to Use Small Pieces of Soap.

Scraps of soap should never be wasted. When they are too small to use for washing, they should be carefully collected and put away. If flannels are to be washed the scraps should be taken out, cut in small pieces, and boiled to a jelly. This, diluted with warm rain-water, makes a beautiful lather for washing woollen goods, which are spoiled if soap is rubbed on to the fabric. Small pieces of toilet soap should be kept by themselves, and they can be melted up again with a little drop of milk, then formed into cakes and put aside to dry until ready for use.

### Fainting Fits.

Fainting proceeds from different causes, the commonest being a disturbance of the circulation of the blood in the brain. For an ordinary fainting fit lay the patient flat. Great harm has often resulted from the treatment of ignorant people in trying to make the patient sit up, or propping up the head with pillows. To send the blood back from the heart to the brain, the flat posture is absolutely necessary. Let the patient lie so that the feet are higher than the head, throw open the clothes about the chest and throat, sponge the face with cold water, and give some cold water to drink.

### Sunshine Gives Sleep.

All sufferers from sleeplessness should try sunshine as a cure for their woes; it is the very best soporific that there is. Many women are martyrs to sleeplessness, and yet they avoid the sunshine as if it were an evil thing. They wear veils, carry parasols, seek the shady side of the road, and do everything to keep off the influence of kindly old King Sol. Kisses may sometimes bring an unbecoming amount of color to their faces, but who gives them the beauty of health and cheerfulness. Pale and sickly-looking women may become blooming and strong if they will but seek the sunshine, and bask in it both indoors and out whenever it is possible, heedless alike of damage to carpets or clothes from its scorching rays.

### Good Complexions.

Complexion is all a matter of digestion. Where there is good digestion a beautiful complexion is bound to follow. A well-regulated stomach invariably proclaims itself in a good-looking face, and to maintain this well-regulated condition attention to a fruit diet is recommended. Plums, blackberries, white and black grapes, oranges, and peaches are among the table fruits, and it is difficult to say which is the best for a pretty complexion. If the skin is kept fresh and the diet is laxative the face will be good to look upon. People eat too much breadstuffs. A pretty woman will be able to keep her charm if she consumes less starch, glue, and mullage than the gourmand. A mud-colored skin is usually an indication of impure blood.

### Have You a Perfect Hand?

Contrary to popular belief, it is not the smallest hand that is the ideal one. The ideal size is that which a 6½ glove will fit, and a well-shaped hand in this size is always pretty. The ideal hand must be fairly plump, with tapering fingers, and such a hand as this will show off a glove to the best advantage, filling out every part of it so that there is not a crease or a line to be seen. The measurement round the wrist at the first button should be 5½ in.; round the knuckles at the base of the fingers, 6½ in.; round the hand at the ball of the thumb, 7½ in.; from the base to the top of the thumb, 4½ in.; and from the top of the second-finger to the fork, 3½ in.; and the other fingers in proportion. The woman who can show these measurements may safely lay claim to an ideal hand, which will compare favorably with any other.

*Maureen*

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