PRESENCE OF MIND.

There is no branch of practical education of greater importance than teaching *presence of mind.* Disasters which occur are greatly increased by the fright and perturbation which are generally manifested on such occasions. Self-possession and practical knowledge combined, often give an immense superiority to the person who can command them. The world-felt loss of the steamship Arctic could have been prevented, if a single individual on board had possessed the two qualities:—by immediately driving the water from one boiler, and filling the other, the rent in the ship's side would have risen above the water's edge, and the hundreds who perished been saved.

Fright and confusion often result directly from conscious ignorance, and a feeling of inability to help one's self. Hence it is of the utmost importance to fix clearly and indelibly in the mind at all times what course should be pursued when accidents occur. The remedy may be instantly applied. A volume should be written to teach this knowledge, which should be taught in schools and colleges, as equally important with arithmetic, chemistry, and book-keeping. As an illustration of our meaning, and also as a small contribution to this object, we furnish a few rules to be observed in certain cases of emergency or of accident.

If a house take fire, instantly endeavor *to keep all the doors shut.* Currents of air and of flame cannot pass through, and it will burn much more slowly, and furniture may be saved, and perhaps the conflagration so retarded until it may be extinguished. We have known houses in a mass of flames in a few minutes, merely in consequence of doors left wide open in the fright and terror of the occasion.

If the lower story is in flames, and inmates are above, the first thing is to direct the attention to loosening a bed cord or tying bed clothes together, which, fastened to the bedstead, will admit a safe descent. A prompt attention to this particular would often save broken limbs, from leaping.

If horses become frightened and run, in all cases *keep your seats,* unless they stop so that you may jump out safely. A passenger striking the ground or any obstacle, alone and unprotected, is far more likely to be injured, than when encased in the protecting walls of a carriage. Always avoid the extreme folly of seizing the reins from the driver.

If harness breaks while ascending a hill in a waggon instantly turn the horses' heads from the bank or precipice if there be any. This will cause the wheels, in backing, to turn to the same side, and prevent falling or running off. The same precaution is to be observed, if a balky horse should commence backing.

Horses which run away and cannot be stopped, may be checked (and sometimes cured) if a long ascent is at hand, by turning them up the hill. They soon get tired of this sort of hard work, and if then urged still upward, will be reluctant to run away again

To save horses from a rapidly burning barn, they must be instantly blindfolded. They cannot otherwise be led out.

In assisting persons who have broke through ice,—procure, if possible, a pole or stick, —laid horizontally on the ice, it will sustain a considerable weight, even if the ice is thin and also assist in laying hold for extrication. Many persons lose their lives in water, by slipping off the ice edge while attempting to raise themselves on their arms. It is better to approach the edge *sidewise,* and attempt to *roll out.*

In case of a severe wound, and danger of bleeding to death, before medical assistance arrives, immediately tie a knot in a pocket handkerchief—(or if one is not to be had, use a suspender)—then tie the handkerchief loosely around the part cut, *between* the cut and the *body* placing the *knot* about a couple of inches from the wound; put in a short stick through the bandage and *twist* until the blood stops running. Bleeding to death may almost always be prevented in this way.

On resuscitating persons who have been drowned—place them upon a table or bed with the head a little elevated; procure a pair of bellows if possible—place the nose in the mouth of the patient, close the rest of the mouth with a cloth, and forcibly fill all the lungs. Then remove the bellows, press upon the lungs, and drive out the air. Repeat the operation as rapidly and thoroughly at possible for several hours—meanwhile keep the body and extremities warm by hot flannels and rubbing. If no bellows can be had, let the strongest person present inflate his lungs to their full capacity, immediately place his mouth on that of the patient, force the air into his lungs—imitate natural breathing as far as possible. The reason why a person dies from drowning is that the supply of air is cut off from entering the lungs—*no water* by any possibility ever enters them, so by