

THE WATERED LILIES.

The Master stood in His garden,
Among the lilies fair,
Which his own right hand had planted
And trained with tenderest care.

He looked at their snowy blossoms,
And marked with observant eye
That his flowers were sadly drooping,
For their leaves were parched and dry.

"My lilies need to be watered,"
The heavenly Master said;
"Wherein shall I draw it for them,
And raise each drooping head?"

Close to his feet on the pathway,
Empty, and frail, and small,
An earthen vessel was lying
Which seemed of no use at all.

But the Master saw and raised it
From the dust in which it lay,
And smiled as he gently whispered,
"This shall do my work to-day."

"It is but an earthen vessel,
But it lay so close to me,
It is small, but it is empty,
That is all it needs to be."

So to the fountain he took it,
And filled it full to the brim,
How glad was the earthen vessel
To be of some use to Him!

He poured forth the living water
Over the lilies fair,
Until the vessel was empty,
And again he filled it there.

He watered the drooping lilies
Until they revived again;
And the Master saw with pleasure
That his labor had not been in vain.

His own hand had drawn the water
Which refreshed the thirsty flowers;
But he used the earthen vessel
To carry the living showers.

And to itself it whispered,
As he laid it aside once more,
"Still will I lie in his pathway
Just where I did before."

"Close would I keep to the Master,
Empty would I remain,
And perhaps some day He may use me,
To water His flowers again."

—Selected.

THE RESTLESSNESS OF OLD AGE

Those who have been much with the aged have observed in them a chafing against the infirmities of their years, which expresses itself in restlessness and a desire for change. They grow weary of the inactivity which has succeeded the busy time when they bore the heat and burden of the day, and so, sometimes they wander here and there, dropping in to visit a friend or talking with a chance acquaintance, trying thus to while away the tedious hours. In mistaken kindness and unkind affection, we often oppress dear aged people by our very care. They dislike supervision. The tender watchfulness which to us seems due to their physical feebleness, as well as for a fit return for their care for us in earlier days, is by them resented as restraint. It annoys them. Then, too, we try to take all the work out of their hands, and that they don't like. Nobody who has been active and useful enjoys the feeling of being laid on the shelf.

Grandfather's step is uncertain and his arm less vigorous than of old; but he possesses a rich treasure of experience, and he likes to be consulted. It is his privilege to give advice; his privilege, too, at times to go into the work with the youngest, renewing his youth as he keeps bravely up with the hearty men not half his age.

Grandmother does not want to be left out of the household work. When the days come around for pickling and preserving and the domestic force is pressed into service, who so eager and full of interest as she! It is cruel to overrule her decisions, to put her aside because "she will be tired." Of course she will be tired; but she enjoys the fatigue, and rests the sooner for the thought that she is still of some use in the world.

To those whose homes are honored by the presence of an aged parent, we would say, deal very gently with those who are on the

down-hill of life. Your own time is coming to be where they are now. You, too, are "stepping westward." Soothe the restlessness of age by amusement, by consideration, by non-interference, and by allowing plenty of occupation to fall into the hands that long for it. Only let it be of their own choosing, and cease to order them as if they were children. A hoary head at a fireside is a crown of glory to the house in which it dwells. The blessing of the aged is a dew on the pasture, as the falling of sun-light on a shadowy place.—*Philadelphia Call.*

TEMPERANCE PHYSIOLOGY.

FOR USE IN SCHOOLS AND BANDS OF HOPE.

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THE PULSE.

In adults, the blood is sent out from the heart about seventy times a minute; in children, from eighty to ninety times a minute.

Most of the arteries lie deep in the flesh; but, at the wrist and the temples, they are so near the surface that you can feel the pulse, or the motion of the blood as it is sent through the arteries by the "beating" of the heart.

Usually, if the pulse is much faster or slower than the average rate, the person is sick; the doctor counts the pulse of a patient so as to know how his heart is working.

Rest is as necessary for the heart as for other muscles. To secure it, there is a slight pause between the beats. Brief as each pause is, if all these moments are added together, they make about nine hours of rest during the twenty-four.

WORK OF THE HEART.

At every beat, the heart moves about four ounces of blood.

Suppose you had a machine which could lift very heavy weights. The coal-man brings you a ton of coal, and you put it into a large box, fasten the box to the machine, turn a crank, and the strong arm of your machine swings the box of coal up into the air with perfect ease.

You try a heavier weight—say twenty-five tons; this also is lifted easily, but not so high as before. Try fifty tons and then seventy-five; the heavier the weight of coal, the less will be the height to which your machine will raise it.

At last, you try one hundred and twenty-two tons; the machine can lift this heavy load only one foot from the ground; there it stops, for there is not power enough to raise it any higher.

The heart of a full-grown man or woman uses as much power in moving blood for twenty-four hours, as your machine would use in lifting one hundred and twenty-two tons one foot high.

This is what learned men mean when they say: "The daily work of the healthy heart in an adult, is equal to lifting one hundred and twenty-two tons one foot."

CUTS AND WOUNDS.

The blood in the arteries of the limbs is pure and fresh, and in rapid motion; in the veins, it is impure and moves slowly.

The arteries being deep-set are not easily injured; but, if bright, red blood comes in jerks from a cut or wound, you may know that one is severed. Send for a surgeon at once, but do something while waiting for him; for there is great danger that the sufferer will bleed to death.

Even a child may save a person's life at such a time, if he knows what to do. The flow of blood must be stopped by pinching the artery, as you would stop the flow of water in a rubber hose.

If possible, take a handkerchief, or a towel, or any convenient bandage, and tie it around the limb close to the wound, and between the wound and the heart. Put a stout stick into the knot and twist it round and round, so as to hold the bandage tightly and thus press the artery.

This will check the rush of blood coming, you remember, from the heart, and enable it to form a clot at the cut end of the tube. Keep the limb raised as you work.

If the blood comes in a slow, steady stream, a vein is injured. Tie a tight bandage around the limb, but on the side of the cut away from the heart. This will check the blood which is going to the heart, and allow a clot to be formed.

WHAT TO DO BEFORE THE DOCTOR COMES.

POISONS.

Many a life has been sacrificed by the careless swallowing of over-doses of powerful internal medicine, and also of fluids, such as liniments which were intended only for external application. Such accidents are far more common than they should be, and many of them can be avoided by the use of colored bottles covered with knobs for poison or external applications. Many apothecaries are now in the habit of using these bottles, the color of which is generally blue, and the knobs immediately enjoin caution as soon as the bottle is taken into the hand, thus doing away with all dangers arising from insufficient light. The invariable use of such bottles, which should also be properly labelled, cannot be too strongly insisted on. The extra cost is trifling. Another foolish source of poisoning is in the presence in so many houses of vermin exterminators of all kinds—for rats, cockroaches, potato-bugs, etc.—most of which contain either arsenic or mercury in some form.

It is scarcely necessary to insist on the vital importance of time in cases of poisoning; there is, perhaps, no branch of what may be called popular medicine, in which coolness and promptness will meet with such a rich reward. Nothing can be simpler than the general rule—bring about vomiting immediately, even if considerable time has elapsed since the poisonous substance was taken into the stomach. The shorter this time, the greater the chance, of course, of getting rid of the poison, but we know that the stomach, under some circumstances, absorbs very slowly, and should hence hold fast to the invariable rule of giving an emetic—warm mustard and water, alum and water, or simply very large quantities of warm water, and thrusting a finger down the person's throat. Let the messenger to the doctor tell him the nature of the poison if it is known.

After thorough vomiting has taken place, give freely milk and raw eggs beaten up, and stimulants if there be danger of depression. Cold extremities, paleness of the face, blueness of the lips, and cold sweat, call for hot bricks, hot blankets, etc., and for hot strong tea or coffee.

If the nature of the poison is known, proceed according to the following rules without waiting the arrival of the doctor. Poisons may be roughly divided into two great classes—irritant and nerve—the danger of the former lying in the intense irritation of the gullet, stomach and bowels which they produce; that of the latter in their effect—as a rule paralyzing—on the nervous system.

1. Irritant poisons comprise all the acid poisons—sulphuric, or oil of vitriol, nitric, muriatic or hydro-chloric, oxalic, carbolic, etc., save only prussic acid; the strong alkalis—soda, potash, ammonia; and most of the mineral poisons—arsenic, antimony, (tartar emetic), mercury, copper, lead, phosphorus.

1. Sulphuric, nitric and muriatic acids are heavy liquids, and the two latter give off irritating fumes when the bottle is opened or they are exposed to the air; they discolor and eat into anything with which they come in contact. Give magnesia, chalk, whiting, plaster from the wall, soda, soap, ammonia, with water—you can scarcely give too much—then excite vomiting; and lastly give milk, and stimulants if necessary.

2. Oxalic acid comes in white crystals or powder, and makes a clear solution with water. Give no magnesia or soda, but lime in some form, as chalk, plaster, etc. Don't waste time in grinding the lime too fine. Subsequent treatment as before.

3. Carbolic acid is generally in solution, smells like smoked tongue, and has caused many deaths during the relatively short period that it has been in use as a purifier and disinfectant. Excite free vomiting immediately, sometimes a difficult matter with this poison, but it must be done, then give milk or oil, and stimulants.

4. Soda, potash and ammonia, the strong alkalis, burn intensely; the two former—lye—are usually dissolved; the latter—hartshorn—is known by its smell. Give lemon-juice; produce vomiting, then give milk or oil, and stimulants if needed.

5. Arsenic (white arsenic, Paris green, Scheele's green), calls for free vomiting, dialyzed iron, if it can be had, milk, raw eggs, castor oil, and stimulants if needed.

6. Tartar emetic is a white powder, vomiting, tea or coffee, followed by milk or eggs, and whiskey, if needed.

7. Mercury. Corrosive sublimate is the usual form in which mercury causes acute poisoning, and comes in small white crystals or in solution. Same treatment as for tartar emetic.

8. Copper (blue vitriol, verdigris) and lead (sugar of lead, red lead, white lead) call for vomiting, milk and whites of eggs in large quantities, and castor oil.

9. Phosphorus, in cases of poisoning, is usually derived from matches, and acts more slowly than the other poisons thus far mentioned. Excite vomiting, especially by means of sulphate of copper; five grains of which dissolved in water may be given every ten minutes, then give chalk, but no milk or oil, fat acting as a solvent of the phosphorus.

10. The nerve poisons are chiefly vegetable substances or preparations. The following list comprises the more common and important, with the appropriate treatment for each:—

1. Opium (laudanum, paregoric, black drop, morphia) in some form enters into the composition of the various soothing syrups, etc., so largely sold for children, and the use of which cannot be too strongly reprobated; it is also put into many liniments. The symptoms of opium poisoning are deep sleep, smallness of the pupil of the eye, which, at the same time, does not enlarge in the dark, and slow, heavy breathing. Excite vomiting, give the strongest black coffee, and do not allow the patient to sleep; put mustard plasters on the legs, slap the back with a wet towel, slipper or brush, dash cold water in the face, beat the soles of the feet. Opium kills by paralyzing the breathing, which must consequently be watched. As long as the person breathes ten times a minute there is no great immediate danger but do not relax your efforts on that account. If the breathing fails in spite of these, perform artificial respiration, as with a drowned person. An electrical battery is very useful if it is at hand.

2. Chloral is a damp, colorless and crystalline substance, but is generally met with in solution. Symptoms and treatment the same as for opium poisoning.

3. Aconite is often put into liniments. Vomiting, strong coffee and alcoholic stimulants are required.

4. Strychinia is an extremely bitter, white powder; is contained in some rat poisons, and causes stiffness of the jaws, later of the body and limbs, and convulsions. First produce vomiting, darken the rooms and exclude every noise as far as possible, light and sounds aggravating the convulsions. Give a purge, and, to an adult, thirty drops of laudanum or forty grains of bromide of potassium.

5. Prussic, or hydrocyanic acid, has the taste and smell of peach kernels or bitter almonds, and is kept by apothecaries only in a dilute—but still highly poisonous—clear solution; one of its salts, cyanide of potassium, is used largely by photographers. It is one of the most rapidly fatal poisons known, death being almost instantaneous after large doses. After smaller doses give hartshorn and water internally, and hold them to the nose, dash cold water on the person and give stimulants.

6. Belladonna (deadly nightshade) conium (heniroot), and hyoscyamus (henbane) resemble one another in the symptoms they produce and the treatment they require. Belladonna, especially, makes the pupil of the eye very large even when a light is held before it, and causes delirium with a staggering gait. Excite vomiting, give stimulants and apply warmth to the body.—*Youth's Companion.*

LOSSES.

Loss of money follows drinking,
Loss of time brings bitter thinking;
Loss of business follows these—
Loss of strength and loss of ease;
Loss of health, respect and love,
Loss of hope of heaven above;
Loss of friends who once admired,
Loss of mind by frenzy fired;
Loss of usefulness, alas!
Loss of life's purpose for the goss;
Loss of life and loss of soul,
Crown his loss who loves the bowl.
—*Youth's Companion.*