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Please mention The Advocate when writing

a friend of mankind. More and more hydro towers dot the country; hence the need for more knowledge about the danger to life when one is brought in contact with "a live wire" (I am not referring to Junia, although such a title is quite apropos).

Lightning, or an electric shock, kills by stopping respiration, so even though the victim appears dead, start artificial respiration and keep it up for hours. Of course, you should break the circuit immediately. With a single quick motion separate the victim from the live conductor, but be careful not to receive a shock yourself. Remember metals and water or moisture are good conductors of electricity, while anything dry, a dry coat, or rope, or stick, or board, will not readily conduct a current to your body. Rubber is also a non-conductor. Do not touch the soles or heels of his shoes, because the nails are dangerous. The victim's loose clothing, if dry, may be used to pull him away. If the body must be touched by your hands, be sure to cover them with rubber gloves, rubber sheeting, or dry cloth, or stand on a dry board. Then send for the nearest doctor, and in the meantime start artificial respiration.

1. First feel in the patient's mouth for anything that might interfere with breathing, false teeth, tobacco, etc. Begin artificial respiration at once, do not stop to loosen the clothing, every moment of delay is dangerous.

2. Lay the patient on his stomach with arms extended as straight forward as possible, with the face to one side, so that the nose and mouth are free for breathing (see Fig. 1). Do not permit bystanders to crowd about and shut off air.

3. Kneel straddling the patient's thighs and facing his head, rest the palms of your hands on the small of the back with thumbs nearly touching each other, and with fingers spread over the lowest ribs.

4. With arms held straight, swing forward slowly so that the weight of your body is gradually brought to bear upon the subject (see Fig. 2). This should take 2 or 3 seconds, and must not be violent. The lower part of the chest and abdomen are thus compressed and air is forced out of the lungs.

5. Now immediately swing backward so as to remove the pressure but leave your hands in place, thus returning to the position shown in Fig. 1. Through their elasticity the chest walls expand and air is thus drawn into the lungs.

6. After 2 seconds swing forward again. Thus repeat slowly, deliberately 12 to 15 times a minute. Don't hurry. The great temptation is to go too fast. If a watch or clock is not visible, follow the natural rate of your own breathing—swinging forward with each expiration and backward with each inspiration.

7. Continue artificial respiration if necessary 2 hours or longer without interruption until natural breathing is restored or until a doctor arrives. Even after natural breathing begins, carefully watch that it continues. If it stops start artificial respiration again. While you are doing all this, have an assistant keep the patient warm by placing beside his body warm (not hot) water bottles.

8. Do not give any liquids whatever by mouth until the patient is fully conscious.

This is well worth trying out on some of your friends, because you never know what minute you will be called upon to practice artificial respiration, e.g., for drowning, lightning.

Hope's Quiet Hour.

Servants of Christ.

Whatever ye do, do it heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward of the inheritance; for ye serve the Lord Christ. Col. 3: 23, 24.

The time is great! To the sentinel "What times are little? To the sentinel That hour is regal when he mounts on his guard." —GEORGE ELIOT.

Yesterday I was reading a book published last year, called "Christ and Woman's Power." It is both disheartening and inspiring; for it boldly lifts the veil of secrecy which covers out of sight

loathsome sins, which are doing deadly mischief in every nation; and it also shows that many have enlisted in the great army of Christ, following Him in the power of His Spirit to wage war to the death against evil.

I read the book through, feeling more sad and discouraged than usual. Spiritual wickedness in high places reared its ugly head and glared at me triumphantly hissing out its insolent challenge to the men and women who ventured to attack it in its strongholds. But I took heart as I remembered that our King and Master is invincible. He sent out His little band of disciples to win "all nations," inspiring them with courage by the declaration: "All power is given unto me in heaven and in earth. Go ye, therefore, and teach all nations."

Day after day we say confidently: "Thine is the power!" knowing that the issue is certain, "for He must reign, till He hath put all enemies under His feet."

Christ is the Great Conqueror, and those who fight loyally in the ranks of His army know that Right is Might and that light is stronger than darkness, as God is invincible and the powers of evil are weak and doomed to defeat.

"Is the light for ever failing?"

God's in His heaven!

Is the faint heart ever quailing?

God's in His heaven!

God's strong arms are all around you, In the dark He sought and found you, All's well! All's well!

All's . . . well!"

So wrote John Oxenham in 1915, while the Great War was raging and the issue—except to the eye of faith—seemed terribly uncertain. We can lean, in sure and certain hope, on Him Whose mighty power has created and sustained this marvellous universe, and Whose love for sinners brought Him into our midst as our Comrade and Saviour.

But what of ourselves? Are we doing our bit in the great crusade against evil?

As I read of the great things accomplished by other women, my own life seemed in comparison to be scarcely worth while. "The trivial round, the common task suddenly looked very trivial and common. I thought of you, my unseen friends, and hesitated to tell you what I had just been reading—though it was very interesting—for I might take the heart out of your every-day ordinary work."

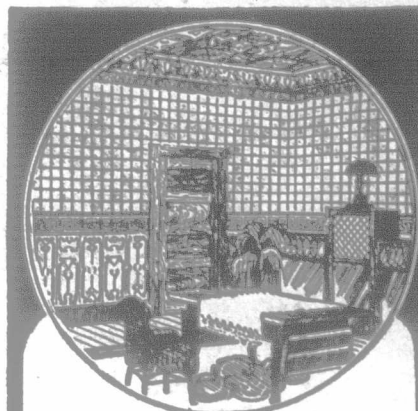
Then I opened my Bible and read 1 Chron. 9: 31—the quiet statement that Mattithiah "had the set office over the things that were made in the pans," and I suddenly felt happier. That Levite may have felt that his work in the house of God was not important. He did not know, you see, that his daily accomplishment of his "set office" would be an inspiration to me 3,000 years later. He did not know that on some lonely prairie in the Canadian West, or in some busy kitchen in Ontario, the remembrance of his "set office" would cheer the heart of another worker among things made in the pans.

St. Paul has flooded many kitchens with glory by reminding workers that they are appointed by the Great Leader—who was Himself a manual Laborer—to their special set office. It is worth while to polish the pans to-day (though they may be blackened again to-morrow) for "of the Lord ye shall receive the reward of the inheritance; for ye serve the Lord Christ." The time is great!—and the work is splendid, too, if you are doing the work appointed by the Master. If you study 1 Chron. 9: 24-34 you will see that each of the servants of the house of God had his "set office." Some were porters, others "had the charge of the ministering vessels"—I expect they had dishes to wash—others were working with flour and spices, others made the bread, which was offered fresh to God every Sabbath. Then there were the singers, who "were employed in that work day and night."

I think we are all appointed to sing unto the Lord (in our hearts) day and night.

Now, having reminded you that your everyday work is not commonplace, if it is done loyally and heartily, for the love of the Lord Christ; I will pass on to you some of the things I read yesterday in "Christ and Woman's Power."

The writer asks: "Is not the liberation of woman's power a continuation of the work which Christ began two thousand years ago?" The astounding fact is noted that, "if there were no other books

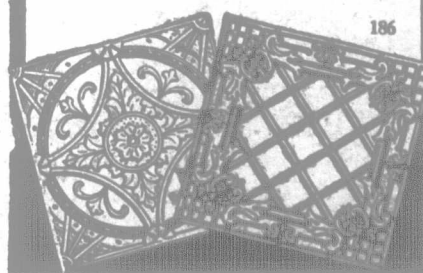


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