

ARE THE CHILDREN IN ?

The darkness falls, the wind is high,
Dense black clouds fill the western sky—
The storm will soon begin;
The thunder roars, the lightnings flash,
I hear the great round raindrops dash—
Are all the children in ?

They're coming softly to my side;
Their forms within my arms I hide,
No other arms are sure;
The storm may rage with fury wild,
With trusting faith each little child
With mother feels secure.

But future days are drawing near,
They'll go from this warm shelter here
Out in the world's wild din;
The rain will fall, the cold winds blow,
I'll sit alone and long to know
Are all the children in ?

Will they have shelter then secure,
Where hearts are waiting strong and sure,
And love is true when tried ?
Or will they find a broken reed,
When strength of heart they so much need
To help them brave the tide ?

God knows it all; His will is best;
I'll shield them now and leave the rest
In His most righteous hand;
Sometimes the souls He loves are riven
By tempest wild and thus are driven
Nearer the better land.

If He should call us home before
The children land on that blest shore,
Afar from care and sin,
I know that I shall watch and wait,
Till He, the Keeper of the Gate,
Lets all the children in.
—E. c.

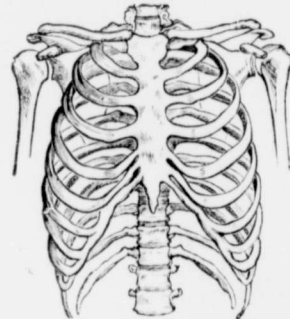
TEMPERANCE PHYSIOLOGY.

FOR USE IN SCHOOLS AND BANDS OF HOPE.
(Published by A. S. Barnes, New York, under
the direction of the National W. C. T. U.)

CHAPTER XI.

HYGIENE OF BREATHING.

As the muscular walls of the chest and abdomen help in the act of breathing, nothing should prevent their free movement.
For this reason, garments worn about the waist, such as corsets and belts, should never be tight. They are sure to do harm by crowding the lungs, thus partly stopping the breath, and by pressing out of place the organs of the abdomen.
Among the many causes of consumption is tight lacing. A small pinched waist shows that its owner is either ignorant or foolish—perhaps both.



Natural Form of Ribs.

The weight of the clothing should not rest on the hips, pressing the muscles of the abdomen, but be held by shoulder-straps, or waists, kept up by shoulder-straps. Round shoulders, by pressing the lungs out of their proper position, are friends of consumption.

DISEASES.

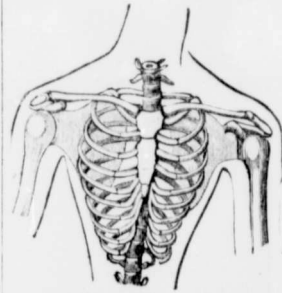
Bronchitis is a disease of the bronchial tubes, pleurisy of the pleura, the soft skin covering the lungs; pneumonia and consumption affect the lungs themselves, and croup is a disease of the larynx and windpipe.

All these dangers may be largely avoided by wearing sufficient clothing, by being careful not to "take cold," by eating proper food, and by living in houses that are dry, clean,

light, well-warmed and well-aired, and built in healthy places.

VENTILATION.

Ventilation is the removal of impure or poisoned air from buildings and the supplying of fresh air in its place.



Fashionable Form of Ribs.

CAUSES OF IMPURE AIR.

In a pleasant village, a few years ago, stood a large house, of which people were afraid, because all who tried to live there sickened, a few of them died.

But one day a stranger looked over the grounds and house, then bought the estate and ordered repairs; when these were finished his family moved in, and were healthy and happy there.

The secret of the change lay in the owner's knowledge of the laws of health. He provided a supply of pure water for family use, to take the place of that from the old well into which the drainage soaked. Decaying vegetables, old boards, ancient brooms, and other rubbish in various stages of slimy rotteness, were cleared out of the cellar, from which they had been sending poisonous gases through the house.

A long drain was built to carry the dishwasher out into the garden; and refuse matter from the table, such as broken bits of meat and skins of fruit and vegetables, was burned in the kitchen range, not thrown out at the back door and left to decay.

The neighbors no longer feared the house, but followed the example of its new owner. Gravel and concrete paths and sidewalks replaced those of decaying boards, and piles of old saw-dust from the sheds went to feed furnace fires.

At last, typhoid fever, diphtheria, and malaria almost disappeared from that locality, because their causes were so largely removed.

Remember that air, which contains decaying animal and vegetable matter, is not fit to breathe; and that water, under the same conditions, is not fit to drink. It is well that winds blow poisonous gases away, that the falling rains wash the air clean, and that plants live on carbonic acid which, in sufficient quantity, is fatal to animal life.

VENTILATION OF BUILDINGS.

Waste matter from the body is always passing off by means of the skin and lungs; fires, whether for lighting or heating, send out carbonic acid; sweeping and the tread of feet set free dust and bits of wool from the carpets.

Unless great pains are taken to keep the air in our houses, school-rooms, halls, and churches, fit for breathing, we poison ourselves.

Janitors of churches, school-rooms, and other public buildings, should never close doors and windows, as soon as an audience has passed out, and shut up the poisoned air to be breathed over again the next time the room is used.

The air in such rooms in cold weather is really carbonic acid gas and other impurities "warmed over." Doors and windows should be opened on opposite sides, until the fresh air has taken the place of that in the room.

No lesson, sermon, lecture, or concert can be understood or enjoyed by a sleepy, heedless audience—sleepy and heedless because of the poisoned air it has taken into its lungs.

The headache which we so often have in ill-ventilated rooms, is the common result of re-breathing carbonic acid and other impurities. Thence we see that good studying, preaching, and teaching, as well as good health, are dependent on good air.

Special care should be taken in the venti-

lation of sleeping rooms. Leave a close room in which you have spent the night, for a brisk walk in the open air—then return to it again.

The air is foul with the heavy, suffocating odor of waste matter, the product of your lungs, which you have been breathing over and over again during your sleeping hours. You felt stupid and tired on waking, because poisoned by your own breath.

Sleeping-rooms should be so ventilated in the winter, as well as in the summer, that the sleeper may have a constant supply of moderately warm, fresh air. This can be done by raising the lower and dropping the upper sash of a window in a warm room.

Cold air is not necessarily pure air, and, in northern climates, is often too severe in winter to be breathed at night by any but the most robust.

Two openings are needed in order to ventilate a room properly—one through which the impure air may pass out, and another by which the pure air may enter.

There are many ways of doing this. One is to open the windows a little, both at the top and bottom, as already suggested. Open fire-places are excellent ventilators. Through them a stream of air from the room goes up the chimney, and air from without must come in to take its place.

While we must have fresh air to breathe, it is not safe to sit or stand in a draught of air.

AIR IN SICK ROOMS

The air of the sick-room should be always pure and fresh. To "take the breath" of another person is, of course, to take the carbonic acid and other waste matter from his lungs into your own. Contagious diseases are often spread in this way.

ALCOHOL AND THE LUNGS.

Alcohol, as you have learned, is sent into the blood as soon as possible. The blood carries a part to the lungs, and thus you may often know from the breath that a person has been drinking.

In passing through them, alcohol injures the delicate air cells of the lungs. The idea that this narcotic will prevent consumption is a mistake. There is one form of this disease, called alcoholic consumption, which is caused by alcohol.

The drinker looks well and feels well, till suddenly comes a "dropped stitch," or a pain in the side. Then follow difficulty of breathing and vomiting of blood; then a rapid passage to the grave; for medicine, food, change of air, all prove useless.

Alcohol injures muscular power, and, as the diaphragm and the muscles which move the ribs are used in breathing, respiration is often imperfect in those who drink. Sometimes, these muscles are so affected that paralysis or death occurs. Life depends on respiration, and liquors are the enemy of healthy breathing.

IN CASE OF SICKNESS.

If pure air is so important for healthy persons, it is doubly so for the sick; it should be fresh from the outside, and not from another room. With a little fire, and windows opened a little, it is an easy thing to obtain the right kind of air all sick persons need. Physicians say it is a very rare thing for a person to "catch cold" while in bed if well protected about the shoulders and away from a possible "draught." The danger to the sick is when getting up from a warm bed. The temperature of the room then needs to be warmer, for a chill to the patient must be avoided. Sometimes it is necessary to keep up the heat of the body by heat externally applied, as in most sicknesses there is a constant tendency to a decline of the vital powers, by their effort to sustain the heat of the body especially towards morning; as you have noticed in yourself while watching with the sick, that from three o'clock until daylight, a chilliness comes on. In a sick person the vitality lowers from midnight, and watchful care must be exercised by the nurse; and she herself had better take some refreshment about four o'clock; at least a cup of hot coffee or tea. If possible, let the sick chamber be the most sunny room in the house, and the bed placed where the patient can see without effort the blue sky. It has been proved in hospitals that not only do fewer patients die in sunny rooms, but that they actually get well faster than those who are obliged to be in sunless rooms, or nearly

so. Of course, sometimes certain diseases need for a time a subdued light; even then, a room shaded by curtains is preferable to one on the north side of the house. And did you never notice in going through a ward of a hospital, that nearly all the patients lie with their faces toward the light ?

It is very hard for a well person to understand how a little noise can so disturb a sick person, when the whirring of a mill, or ringing of a bell, or sawing wood, has no unpleasant effect. If the patient knows just what the noise is, and what for, and does not have to wonder about it, and knows it to be necessary, it is not apt to trouble; but a quick, sharp sound, like the dropping of a pair of scissors, or the squeak of shoes, or rattle of paper, or abomination of all, whisperings, rasp the nerves, and are seriously detrimental. In one case they are started; in the other the mind is set to work, wondering what they are, or what is to follow. The creaking of doors, the rattle of windows, the flapping of curtains, and everything can be summed up into necessary or unnecessary noise. The former, most of sick persons will bear, the latter are always disturbing; and a good nurse need only to consider which is which, and govern herself accordingly.

Now a word in behalf of those who are in the family of the sick, doing the housework, and keeping the low stairs in good running order. They value your sympathy and love, but if you can render no material aid, do in pity not take their time. Learn if you can from neighbors how the sick one is, and spare the services of the doctor-tender. There is extra work to be done at such times, extra rest in sleep by day is often needed; and because of this unusual pressure, do transfer the call of kindly inquiry to those close by, who will be only too glad to relieve the weary, anxious, over-burdened neighbor, by informing you, and not one loving message of yours will be lost, but at the right time your friend will receive it and be cheered thereby.

I knew a man who once lay very sick with typhoid fever. His wife assisted in the care of him, but worn by care and anxiety, and constant calls of friends, was obliged to have a nurse for her husband. It seemed as though the bell rang from morning till night; the sick man was very low, and unconscious, yet the nurse said it disturbed him, and must not be. Each morning a bulletin was placed on the fence, stating the condition of the patient. Contrary to all expectations, he recovered. How far it was owing to the enforced quiet of the house, and the needed rest thereby obtained by the weary wife, cannot be told.

Years later a beloved sister passed away from that same family; she died suddenly; few persons knew of her sickness until she had gone; the shock was sudden and terrible. Friends meant to be kind; more than forty called in three or four days to hear about it. "Was it very sudden?" "Did she know she was going to leave you?" "Were you with her when she passed away?"—this same question over and over—the same clutching fingers opening the wound wider and wider; doing it out of love, too. Think a moment; was there not more curiosity than love, after all? The wife and sorrowing sister, well-nigh distracted, was obliged after the funeral, to close her beautiful home, and go away from her friends. In this case there was nothing to be done but what other near relatives could do, but the effect on the nervous temperament of the sister was fearful.

Is there not a better way to express sympathy in the earlier moments of bereavement? The fervent pressure of the hand, the tender kiss, the moistened eye, is all that can be borne, often, and never fails to be understood and appreciated; a note, such as you would wish to have sent you in like circumstances, will be cherished forever. By and by they will love to talk of loved ones gone; by-and-by the lonely hours will come, and the days seem very long. Then call and see them. Take your work and sit an hour or two, and the visit will cheer and comfort as it could not at an earlier day. Watchman.

HOW TO POLISH BRASS.—To polish brass use the ordinary whiting or chalk and a lamp-tin or woollen cloth. If the metal is stained or tarnished, then use rottenstone and oil on a cloth, and finish with whiting for a gloss. If corroded and blackened, use oxalic acid in water with the rottenstone, instead of oil.