

which, at times, her ladyship was put to maintain her dignity imbibed her somewhat.

"Lucia is neither a Theobald nor a Barold," she had been heard to say once, and she had said it with much rigor.

A subject of much conversation in private circles had been Lucia's future. It had been discussed in whispers since her seventeenth year, but no one had seemed to approach any solution of the difficulty. Upon the subject of her plans for her granddaughter, Lady Theobald had preserved stern silence. Once, and once only, she had allowed herself to be betrayed into the expression of a sentiment connected with the matter.

"If Miss Lucia marries"—a matron of reckless proclivities had remarked.

Lady Theobald turned upon her, slowly and majestically.

"If Miss Gaston marries," she repeated. "Does it seem likely that Miss Gaston will not marry?"

This settled the matter finally. Lucia was to be married when Lady Theobald thought fit. So far, however, she had not thought fit: indeed, there had been nobody for Lucia to marry,—nobody whom her grandmother would have allowed her to marry, at least. There were very few young men in Slowbridge; and the very few were scarcely eligible according to Lady Theobald's standard, and—if such a thing should be mentioned—to Lucia's, if she had known she had one, which she certainly did not.

(To be continued.)



The following paper on "Unseen Forces" was sent in by Mr. Lawrence, one of the "Advocate" readers. Feeling sure that you will be pleased with it, I have great pleasure in standing aside for once, asking you to give Mr. Lawrence's paper the attention it deserves. HOPE.

The Unseen Forces Around Us.

When we plant or sow the seed in the spring, we expect that it will sprout and grow and develop, but do we understand the process of thus growing or developing? Can we tell how the plant is able to draw the nourishment it requires from the soil through its roots, or from the atmosphere through its leaves? I am afraid we understand these processes but very imperfectly; yet there is a very great force at work all summer long in the growth and maturity of the various plants on the farm, and it is so much of an everyday occurrence for us to look over the growing crops that we often forget to think with gratitude of the all-wise and beneficent Creator who created all this beautiful world for man's use and benefit, and who sends the rain and sunshine to make the crops grow for the sustenance of man and beast, and the wise Creator ordered that every grain should reproduce its own kind.

The wind is another great force which we cannot see. We are able often to see the effects of its workings, and to feel its power, but we cannot see the power itself. How truly the Great Teacher spoke when He said, "The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh or whither it goeth?" The wind has been made more or less servicable to man for a long period, but it is only in later years that this great force has been practically hitched up, as it were, for the benefit of the farmer. The old style of windmill was hard to manage, but the modern motors are almost perfectly under the control of man, and on very many farms the wind-motor is almost a necessity for pumping purposes and also for power required for other work.

Electricity is another great unseen force, created by the founder of the Universe. Some years ago I was conversing with a friend about some of Solomon's sayings, when I happened to remark that I was afraid that the wise man had made a slight mistake when he wrote that there was nothing new under the sun, for there were no electric telegraph, telephone or cars in his day, and we have all these now. "Ah, but," my friend replied, "there has been no new force or principle or power in the world; all were made by God when He created the world; the electrical current was just as powerful in Solomon's time as it is to-day, but man has only lately learned how to hitch up this great unseen force for his use and benefit." Man is

ever learning and improving, but God had just as much wisdom when He created the world as He has to-day. Of course, I do not understand much about electricity, but I was very much interested when, on one occasion, I happened to be on a business trip to a distant town, which was very hilly. I was returning on the street car from an outing in the park; the car was so crowded that not another person could get even standing room, but we rode up and down these hills just the same as if the road had been level; the electrical current was sufficiently powerful to, as it were, overcome all drawbacks and hindrances, and we were carried into town as easily and smoothly as if the road had been perfectly level. It would have been an impossibility to have hitched enough horses to that car to have drawn it up these hills at an even rate of speed.

But great and mysterious as these unseen forces of which we have been speaking undoubtedly are, there is a still greater and more mysterious force in operation all around us. When I was living in sin I was, as it were, impelled and driven on to evil by an unseen force which I could not resist, however hard I might try, but when I was led to realize how utterly helpless and impotent I really was, then I cried unto God in my distress, and He graciously heard my cry and showed me how to get connection with the electrical current of His grace, and after turning right about from following evil, I am carried along in His service by the mighty, irresistible power of His Holy Spirit, which enables me to overcome all obstacles. I have heard people say that they would never accept religion until they could understand it, yet these people will admit that they do not understand how the electrical current lights the city and moves the cars along the streets, yet these same parties make use of the light and power given out by electricity, although they understand little or nothing of its workings. Now, is not this refusal on their part to accept God's power to guide and lead them, because they do not understand it, a very foolish and suicidal act? All your load will not hinder or weaken God's power in the very least. Giving of power does not impoverish Him, nor does withholding make Him rich. So then, in His name, and as His ambassador, I ask of you to give up being impelled by the force of evil, but turn to God, seek His free pardoning mercy, and bring your lives into connection with the great unseen force of His Holy Spirit, which will enable you to overcome every temptation and will give you a peace and security obtainable in no other way.

"The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth; so is everyone that is born of the Spirit."

HEALTH IN THE HOME.

By a Trained Nurse

Colds and Their Treatment.

This is the season of coughs and colds, many of which, however, may be prevented. Those who keep fresh air in their houses, heat them evenly and not too much, who eat wholesome food, and are properly clothed, are not very much at the mercy of the weather. After washing with warm water and soap for cleanliness, a dip in a cold bath, or a rapid cold sponge is an excellent preparation for a cold day. There are some people for whom this is not advisable, but it is of great benefit to the majority. Frequent bathing and rubbing of the skin is a help to good circulation, and, consequently, a protection against cold. A hot bath should be followed by a cold sponge, unless taken to induce perspiration, or ordered by the doctor for some special reason, in which case he will give directions about it. If the house is kept as warm as 70° F., heavy flannels should not be worn indoors. Very little more than summer clothing is required in such a temperature.

WRAP UP WARMLY WHEN GOING OUT.

When people are tired, or hungry, or nervous, they are apt to feel cold, and an extra wrap is then useful and comfortable, but half an hour after the meal, and a short rest, the chilliness and nervousness usually disappear, the wrap becomes unnecessary, and should be put off. This cannot be done with heavy underclothing, and is one reason for not wearing it. Indigestion and want of exercise have the same effect as hunger and fatigue as regards feeling cold, hence the importance of wholesome food and an active life. Farm life is necessarily active, but not always in the right way. The daily walk out of doors, in average weather, should not be neglected because of things to be done in the house. It is always more comfortable, and, in the long run, better policy to take time for the things that are necessary to good health. A healthy life, which consists chiefly in having the right amount each of pure air, pure water, good food, and sufficient clothing, together with plenty of work, and some interests apart from personal matters, is, in itself, a protection against all physical and many mental evils.

HAVING A COLD.

This condition is made manifest to the individual by the discomfort consequent upon a general clogging of the pores of the skin and mucous membrane. Free perspiration, therefore, affords the quickest relief. A hard cold in the head may be broken up by steaming over a pitcher of boiling water, to which a little spirits of camphor may be added. Cover both head and pitcher with a towel, not to exclude air, but to make a sort of tent, and steam for five or ten minutes. When going to bed, soak the feet in mustard and water. Mix the mustard with cold water, and add the hot afterwards. Undress, then sit wrapped in blankets, with the feet in the tub, which should also be covered by the blankets, and keep them there for fifteen or twenty minutes, with the water as hot as possible, and well above the ankles. A cloth wrung out in very cold water should be bound around the head while taking the foot-bath, and it will help matters to drink cold water at the same time. This will probably cause perspiration. At the end of twenty minutes let the foot-bath be taken away, and rub dry all over with a clean towel before removing the blankets; quickly put on a fresh night garment, and get into bed. This is a good time for a glass of hot lemonade. One garment is enough to sleep in. If two are worn, they should be kept for use at night only. The room, of course, should be warm and well ventilated. If the patient feels too ill to sit up, a foot-bath can be given in bed, which proceeding will be described later.

A SORE THROAT OR HOARSENESS may be relieved by a cold compress at

night. This consists in wringing out one end of a towel in cold water, wrapping it around the neck, and then winding the rest of the towel over the wet part until it is entirely covered. Pin it securely, and leave it on until morning. It is also useful to gargle with quite warm salt and water, or, better still, baking soda and water—about a teaspoonful to half a tumbler.

For a cold on the chest, besides the foot-bath, put on a mustard paste. If there is pain in the chest, put the paste where the pain is. More than one paste can be used when there is a pain on both sides of the chest. Mix one spoonful of mustard and four of flour together with the white of an egg, and a little cold water if necessary. Plain water will do, but the white of egg prevents blistering—no small consideration. Lard will answer the same purpose. Spread the paste on a piece of old muslin, or an old handkerchief, larger than the paste is to be, and fold the excess of material over the back of it. When finished it should not be less than five inches square. Keep this on for about ten minutes, or until the skin is very red. It must not be allowed to blister. When the paste is taken off, dust the part with talcum powder, or ground starch, or burned flour, and cover with a piece of clean linen. Such cathartics as castor oil, Rochelle or Epsom salts and fluid extract of Cascara should always be in the house, and a dose given on general principles in case of a severe cold. A moderate dose of castor oil in the beginning of a cold is excellent. Salts should always be taken half an hour before food in the morning. It is better to take a moderate dose for two or three mornings than too large a dose at one time. Apart from this, drugs should not be used, unless prescribed by the physician. Nor should medicine prescribed for one member of the family be given to another without his permission. What is the best thing for one person may be quite the opposite for someone else, and what is good at one time may be the wrong thing for the same person at another time. The responsibility of giving drugs should not be assumed by any unauthorized person. If the measures herein mentioned do not give decided relief within twenty-four hours, the physician's presence is necessary. Send for him. If he is very far off, do not wait longer than sixteen or eighteen hours, and, until he comes, keep the sick person in bed, on a fluid diet.

MILK IS THE BEST THING.

A tumbler nearly full every two hours is enough for a grown person. Many people who cannot take plain milk can take it diluted with water, either hot or cold. It is always safe for a sick person to drink as much cold water as he wishes, unless his stomach rejects it. If the water is not pure it should be boiled, and then it will do no harm.

If there is a cough, with expectoration, or a cold with a profuse discharge from the nose, clean rags, not handkerchiefs, should be used, and burned. Any rags that are clean will do, and should be saved for this purpose. When confined to bed, the sick person should be supplied with clean rags about four inches square. Each time it is necessary to expectorate, one of these should be used, then placed, carefully folded, in a covered basin—not a tin one, for that causes a nauseating odor. The rags thus collected should be burned as frequently as possible, and the basin itself cleaned thoroughly morning and night. Any member of a family having a cough or cold should be careful not to leave about a glass or cup that he has used where it may be used again by someone else before it has been washed. Care in these matters protects the rest of the family, and will be particularly gratifying to look back upon when it happens that what was supposed to be only a cold turns out to be pneumonia or a tubercular infection.

A. G. OWEN.