

not two days before, and now his flocks and herds had cropped the place bare, so that on the morrow he would have

to strike his camp and seek fresh pastures.

(To be continued.)

"THERE came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean. And Jesus put forth his hand and touched him, saying, I will; be thou clean." "Yet was it not impurity to touch a leper?" It was. But *His* touch, so different from every other, showed how he could join Himself to us, even in our very nature, without receiving our impurity. He had been able to cleanse by a word, or by a mere act of will; but he was pleased to *touch* that leper; and he showed therein, that to the All-Pure, nothing was impure, and that he would fulfil the law and not be subject to it. His servant Elisha was bound to the law as a servant, and went not to touch the leprous Naaman; He spake the word only. See how Christ heals, not as servant, but as Lord; His body was not made unclean by the leper's touch, but the leper made clean by His pure hand."—*St. Chrysostom on St. Matthew viii.*

"HEAVEN helps those who help themselves," is a well-worn maxim, embodying in a small compass the results of vast human experience. The spirit of self-help is the root of all genuine growth in the individual; and, exhibited in the lives of many, it constitutes the true source of national vigor and strength. Help from without is often enfeebling in its effects; but help from within invariably invigorates. Whatever is done *for* men or classes, to a certain extent takes away the stimulus and necessity of doing for themselves; and when men are subjected to over-guidance and over-government, the inevitable tendency is to render them comparatively helpless.—*Smiles' Self-Help.*

A MAN should never be ashamed to own that he has been in the wrong, which is but saying in other words that he is wiser to-day than he was yesterday.—*Pope.*

## HINTS ON EMERGENCIES.—No. 1.

### DIRECTIONS FOR RESTORING THE APPARENTLY DEAD FROM DROWNING.

Until the year 1857 the directions for this purpose were inefficient and erroneous. During that year Dr. Marshall Hall proposed a much better and more scientific course of proceeding, which was adopted by the "Royal National Life-Boat Institution," and by the "Royal Humane Society," but has since been modified by Dr. Henry Robert Sylvester, of London, whose modifications have for some years been acted upon by the "Royal Humane Society," and approved by the "Royal Medical and Chirurgical Society of London."

It is from Dr. Sylvester's method, chiefly, that the following directions are taken:—

Send immediately for medical assistance, blankets, and dry clothing; but proceed to treat the patient **INSTANTLY** on the spot, in open air, whether on shore or afloat. The points to be aimed at are,—

First and *immediately*, to *restore* breathing, and *prevent* further diminution of the heat of the body; and secondly, *after* breathing is restored, to promote warmth and circulation.

The efforts to *restore* breathing, and *prevent* further diminution of the heat of the body, must be kept up several hours, until natural breathing is established, or a physician pronounces the man absolutely dead.