

will be drinking more and more to quench, as you think, while all the time you are adding fuel, and making the fire burn more fiercely. Remember the weather is hot, and you want to be cooled.

There is, so to speak, within and without you, animal heat within and solar heat without. Keep the fire within proper limits by means of water: as well might you quench a house on fire by means of spirituous liquor, as cool the temple of your body with intoxicating beverages. Do not put sugar in your water in hot weather; forego the use of sugar, then, for, mixing with the blood, it will afford fuel (carbon) for burning, and will make you hotter and more thirsty.—*Ky. Golden Rule.*

LAW.—A celebrated barrister, retired from practice, was one day asked his sincere opinion of the law. "Why, the fact is, rejoined he, 'if any man were to claim the coat on my back, and threaten my refusal with a lawsuit, he should certainly have it, lest, in defending my coat, I should lose my waistcoat also."

Water vs. Alcohol.

"Water is the natural and proper drink of man. Indeed, it is the grand beverage of organized nature. It enters largely into the composition of the blood, and juices of animals and plants, forms an important ingredient in their organized structures, and bears a fixed and unalterable relation to their whole vital economy. It was the only beverage of the human family in their primeval state.

"So long as alcohol retains a place among sick patients, so long there will be drunkards; and who would undertake to estimate the amount of responsibility assumed by that physician who prescribes to an enfeebled, dyspeptic patient the daily internal use of spirits, while at the same time he knows that this simple prescription may ultimately ruin his health, make him a vagabond, shorten his life, and cut him off from the hope of Heaven? Time was when it was used only as a medicine, and who will dare to offer a guaranty that it shall not again overspread the world with disease and death.

"Ardent spirit—already under sentence of public condemnation, and with the prospect of undergoing an entire exclusion from the social circle, and the domestic fireside—still lingers in the sick chamber, the companion and pretended friend of its suffering inmates. It rests with medical men to say how long this unalterable, unrelenting foe of the human race shall remain secure in this sacred but usurped retreat. They have the power and theirs is the duty to perform the mighty exorcism. Let the united effort soon be made, and the fiend be thrust forth from this strong but unnatural alliance and companionship

with men, and cast into that "outer darkness" which lies beyond the precincts of human sufferings and human enjoyment."—*Dr. Massey.*

Effect of the Imagination on the Physical Frame.

Many years ago a celebrated physician, author of an excellent work on the effects of imagination, wished to combine theory with practice, in order to confirm the truth of his propositions. To this end he begged the Minister of Justice to allow him to try an experiment on a criminal condemned to death.—The minister consented, and delivered to him an assassin of distinguished rank. Our *savant* sought the culprit, and thus addressed him; "Sir, several persons who are interested in your family, have prevailed on the Judge not to require you to mount the scaffold, and expose yourself to the gaze of the populace; he has therefore commuted your sentence, and sanctions your being bled to death within the precincts of your prison.—Your dissolution will be gradual and free from pain." The criminal submitted to his fate—thought his family would be less disgraced, and considered it a favor not to be compelled to walk to the place of public execution. He was conducted to the appointed room, where every preparation had been made before-hand—his eyes were bandaged—he was bound to a table—and at a preconcerted signal, four of his veins were gently pricked with the point of a pin. At each corner of the table was placed a small fountain of water, so contrived as to flow gently into basins placed to receive it.

The patient believing that it was his blood he heard flowing, gradually became weak, and the conversation of the doctor in an undertone, confirmed him in his opinion. "What fine blood!" said one, "What a pity this man should be condemned to die; he would have lived a long time." "Hush!" said the other, and then approaching the first, he asked in a low voice, but so as to be heard by the criminal, "How many pounds of blood are there in the human body?" "Twenty-four. You see already ten pounds extracted. The man is now in a hopeless state." The physicians then receded by degrees, and continued to lower their voices. The stillness which reigned in the apartment, broken only by the dripping fountains, the sound of which was gradually lessened, so affected the brain of the poor patient, that, although a man of very strong constitution, he fainted and died *without having lost a drop of blood!*"

RECONCILIATION.—It is much safer to reconcile an enemy than to conquer him. Victory deprives him of his power, but reconciliation of his will; and there is less danger in a will which will not hurt, than in a power which cannot. The power is not so apt to tempt, the will is studious to find out means.

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