AN OLD VALENTINE.

When slumber first unclouds my brain And thoughte is free And sense, refreshed, renews her reigne I think of thee.

When next in prayer to God above I bende my knee.

Then, when I pray for those I love, I pray for thee,

And when the duties of the day Demand of me To rise and journey on life's way

I work for thee Or if, perchance, I sing some lay, Whate'er it be,

All that the idle verses say They say of thee. For if an eye whose liquid light

Gleams like the sea They sing of tresses brown or bright. They sing of thee. And if a wearie mood, or sad,

Possesses me One thought can all times make me glad The thought of thee.

And when once more apon my bed, Full wearily, In sweet repose I lay my head, I dream of thee.

In short, one only wish I have-Or gladly, if one pang 'twould save,

I'd die for thee.

WHEN ST. VALENTINE CROSSED SCHOONER BAY.

"Not much chance of our getting out valentines this year," Billy Mack said, a frown puckering his forehead as he looked out of the tiny panes of the cabin. A fire burned briskly in the sheet-iron stove inside, there was the odor of crisp loaves baking in the oven, and the kitchen-sitting-and dining-room in one was comfortable with some of the furnishings that they had brought from home; but it was Labrador for all that.

Mother, father, Billy and Nancy Mack lived in the cabin on Schooner Bay. Father was the only doctor in the scattered neighborhood for miles around. Just across the Bay was the hospital. It was full now. Father Mack crossed on the ice two or three times a week to set broken legs and heal frozen hands and ears, and cure more than one case of pneumonia. Cruel weather it was, such as only Labrador knows when the winter and spring are contending with each oth-There had been a mild spell, when a splashing warm rain came down in a melting drizzle. The cliffs dripped as if they were promising spring flowers, and the road that led from the cabin to the edge of the Bay was full of slush. Then there had been a shift frozen stiff again over night; but the whole, white sweep of the ice, that was as heavy as a beamed flooring for the dog sleds, was shivering unfor the dog sleds, was shivering unforted to split it as it broke. When the a sudden ray of sunshine broke their homes, for the ovens for baking through the sky, the children could see plainly what a plight they were in.

When the ice goes out it breaks in
When the ice goes out it breaks in
When the ice goes out it breaks in
3() Our allies are already using a for the dog sleds, was shivering un-derneath at the bottom of the Bay,

and trying to break away, urged by the wind blowing briskly out to sea. "The post won't be here for a week yet in this weather," Billy's mother said turning away from the oven of bread as the boy spoke. "Perhaps when it does come, it will bring you a valentine or two from the city.

"Well, we've our valentines of last year, and the year before and the year before that," Nancy said, opening a box that she had brought into the room. "We can play that they just came, Billy, and that Saint Valentine found us after all, even way up in

Labrador.' "So we can," Billy cried, and the brother and sister poured out the bright contents of the box on the table. Filmy lace paper, and gilt and silver doves, bright scarlet hearts and daintily inscribed messages of friendship all reminded the children of the days when the postman had brought these letters of love to the door by hand, and not by sled over fields of

"Oh, but they're pretty, aren't they?" Nancy exclaimed.
"Here's the valentine that grandmother sent," Billy said, opening a

loving thoughts and words but deeds

softly. Then she added, "Granny rection? Thomas is over at the hospital at the Cove. Father said she was laid up

with rheumatism." "And Skipper Brisk's little lad, Peter, is in the hospital, too, getting his lame leg straightened out."

said exactly what was in Billy's mind, "I think Granny Thomas and Peter

would each like to have a valentine." As if he had already planned a way to cross to the hospital whose white roof could just be seen across Schooner Bay at the Cove, Billy added, "The dog team's fine and fresh, for the dogs didn't go out yesterday and father won't need them until tomorrow.'

their plan, she was a little worried. 'The wind's from the south," she said, "and you know what that means

—there'll be a break-up soon."
"The ice will hold together in the Bay for many a day yet," their father said. "You musn't set too much store in these early frosts. Billy's as good a driver as I am, and he and Nancy will be able to get over to the Cove easily and back with their valentines. I would go too, but there's too much sickness on this side of the Bay for

me to be able to leave today." The dogs, little wolflike creatures, were glad to be off. They pulled the long, low sled in individual traces, and it took only a little while to harness them. In the warm comfort of the fur rugs that lined the sled, Nancy was cuddled with the box of valentines in her lap. Billy ran along beside the

dogs, urging and guiding them. He lasso cut through the air, catching was bundled in furs, too, and both and tightening around the ice spar children were as warm as toast. They

out here—so far away from every-thing and so still!" she exclaimed ing of the skin tendon drew the other

after a while. said, as he seated himself on the sled beside her. The dogs knew the way now and were trudging steadily on, with little need of driving. "The sun's gone under and the wind feels wet, like snow," he said a little fearfully

often does in that strange northerly black. A sudden puff of southerly wind brought the wet snow and then spaces of the Bay, they lost sight of the track across to the Cove. No man the track across to the Cove. No man could have found his way; only dogs could find the track through such a of Skipper Brisk's skiff bearing down

Billy folded the robes more closely around Nancy. "Don't be afraid," he entine's day at the Cove hospital. urged, trying, in comforting her, to There was their loved doctor who had still his own terror. "The team's come so unexpectedly in the skiff, and been across a hundred times this winter and the dogs know every inch of

"I'm trying to be brave," Nancy called back, her voice scarcely carrying above the wind. "And the box of valentines is all right. I have it well

ly, the children began to enjoy their race with the storm. The dogs, trotting briskly along, were warm. The entine crossed Schooner Bay."-What children, themselves, so warmly to Do. wrapped up, were flushed and comfortable. After an hour's driving, the Why rain slackened, although the wind still hurried along with them from the south. Then the sky cleared and with it came the sight of the long, straight road across the ice to the Cove that the dogs had not left for a

was stopped by a sudden noise. A are few mills in Europe for grinding shrill crack it was at first; then it deepened to a boom like that of far- less compact, and therefore take more away thunder, coming nearer, though, and broken by a series of sharp cracks that surrounded the sled and the dog team. The ice felt, beneath the children, as if it were a giant piece of ly baked. Therefore, America where paper crumbling to pieces. It was breaking up in Schooner Bay, sooner than anybody expected, because of the early warm spell and the rain. The wind whimpered and pushed and helped to split it as it broke. When helped to split it as it broke. When bread unless housewives reconstruct

to great pans that float along over the top of the water like shining, white rafts. Billy and Nancy, and the sled and the dogs were in the middle of a good sized pan, now. All around the many and them are good sized pan, now. All around the many around them are good sized pan, now. All around them are good sized pan, now are good sized pan, around them was swirling water, foaming white at being so suddenly fore, neither necessary nor advisable. and in particular if your body temreleased.

Brisk's skiff," she said.

"They'll have to hurry, though," Billy said. He wet his finger and held their eating habits. it up to feel the wind. Then his face went white as he saw the friendly curve of the Cove shore receding from sight. "We're going away from the Cove," he said. "We're going out to sea.'

The dogs huddled together and snarled viciously, their wolf instincts roused by the danger. Billy tried to spoiled, we are told by Mr. de Ronsic, distract their attention by feeding a writer in the Reveil Agricole. They them some meat he had brought with may be dried and then cooked as ushim. It kept them quiet and prevented their overturning the sled into the water. Then he tried to think. What- article in question: ever was done he must do. It was his work to save his sister's life, if he folded piece of paper at the top of could. The pan of ice upon which water of constitution must be removwhich two doves were beautifully drawn in pen and ink. "She made it all herself," he said, and he read the others, some of which were quite teenth, when we mean to be kind to every one. We wish to give, not only loying thoughts and words have across to it, that is, if it touchs which is easily recommend to the heated as for baking bread. Then, when it has reached the necessary temperature, which is easily recommend to the heated as for baking bread. step across to it, that is, if it touched their pan. Then another advenby the appearance of the roof of the to our friends because it is a day set turesome thought came to him. Why

The cold, weighted as it was with dampness from the water, was bitter the mass is stirred up with a poker his fur mittens, and he pulled Nancy from her rugs and told her what she, enough, the potatoes having become too, must do with her bare hands to hard as bits of wood, they are with-For a minute the two children were help him. Their finegrs stiffened, but drawn to make room for others. quiet fingering their precious store of they could not feel their ache as they valentines. When Nancy spoke she unharnessed the dogs, who, let loose, bounded and pawed about them, getting in the way and making their task twice as hard. The long, thin tentraces, they cut with Billy's knife. Then they spliced them to make a coil with a lasso loop in the end.

"Put your arms tight as you can around my waist, Nancy," Billy said as he held the coiled lasso tightly over his houlder, and planted his feet firm-"Yes, we'll go," Nancy decided. When they told their mother of ly on the ice. "I must wait until I see a pan that's floating in to the shore, and it must have a jagged piece to throw this lasso around. When I throw, hold me fast or I'll

slip into the water." It seemed hours, instead of seconds that they waited. The quickly tacking wind and the currents of the Bay made the pans float in every direction; now several would almost touch, then they would be so widely separated as to leave a great sweep of open

water. Billy watched for his chance. Soon it came, a big, round pan with a ragged spar of ice sticking up at one end where it had splintered. It was within throwing distance. Billy twisted the lasso over his head.

"Hold fast, Nancy," he begged be-tween clinched teeth. Then he threw. As straight as he had aimed, the

soon left the trail of the road, and the dogs, with long, loping strides, struck out onto the wide, white ice sheet of Schooner Bay.

Schooner Bay. Schooner Bay.

"I guess Skipper Brisk's little lad, Peter, ought to have two or three valentines. We've plenty to go around,"
Nancy said from the depths of her rugs. "Oh, Billy, isn't it wonderful out here—so far away from every contract the bracket the many both braced themselves, heels dug deep into the ice for the long, hard pull. The lasso cut the boy's hands; at first the force of the out of its shoreward course. It seemed as if both pans would drift out here—so far away from every contract the streng pull. alongside. The dogs leaped over.

gone under and the wind feels wet, like snow," he said a little fearfully.

The boy was right in his prophecy.

The weather changed as quickly as it their feet. The pan had changed its course a little with the pulling. Would it resume its old course, they wondered? Slowly, though, it turned. Now place; the storm was on them. The it resume its old course, they wonder-gray sky, so shortly before a vivid ed? Slowly, though, it turned. Now blue, thickened to drab and then to it was drifting toward the Cove, and the water was quite free of ice and settling down into a quiet, blue calm. the rain. Although it was barely dusk, because of the almost limitless ice field now. Suddenly, like the wings of a messenger dove in the dis-

to rescue them. There never was such a Saint Valtines that every one had three or four apiece. Skipper Brisk's little lad, Peter, sat up in bed and shared his supper with his daddy who came so unexpectedly, when no one supposed the skiff would be able to sail for six wrapped up here in the robes."

After their first terror at the darkness that had settled down so suddenate her lapful of red hearts she said,

"They never would have come if the ice hadn't broken up when Saint Val-

Why Corn is Not Sent to Europe.

"Why not ship our corn to Europe and keep our wheat at home?" This question is still being asked in many quarters. The answer involves many

interesting economic problems.

(1) As to shipping, cornmeal is not a staple product—it spoils easily in this problem. cargo space than wheat flour.

(2) Cornbread is a home product, and cannot be handled by bakers. To be liked it must be eaten when fresh-

meal as a further adulterant is, there- your vitality chances to be lessened,

(4) Still another reason for ship-Nancy sobbed a little, bue she soon ping wheat instead of corn is to supstopped, for an idea had put courage ply the need of the American troops into her heart. "Maybe mother'll see in France. Military necessity does the break-up from the shore and fetch not permit experiments. Moreover, it father to send for us in Skipper is neither fair nor reasonable to call upon people under the pressure of war times, to make radical changes in

These reasons must be kept clearly before us, for an understanding of facts means a complete co-operation

How to Use Frozen Potatoes.

Frozen potatoes are not necessarily ual. Says a reviewer in the Revue Scientifique (Paris), abstracting the

"The potatoes must be dried-that is to say, the greater part of their ed, to prevent decomposition, which takes place very rapidly after they

oven, the potatoes are put in, cutting for kind feeling—" not try to pull up alongside a pan up the largest. They are spread out that was floating in the opposite di- in a layer so that evaporation may easily take place, the door of the oven now. To work, Billy had to take off to facilitate and hasten the evapora-

> "Potatoes thus dried may be boiled similar to that which they would have furnished if mashed in the ordinary manner, and which will answer very dons of skin that had made the dog's well, at least to feed stock. The potatoes, in fact, will be found to have lost none of the elements that give them their nutritive value."

Where Lincoln and Davis Met.

The Historical Society of Illinois coln and Jefferson Davis first met. The site is seventy-five miles west of Chicago on Kishwaukee creek, in Dekalb county. In 1832 the future President of the United States and the future President of the Confederate until a portion of the damaged lung States of America had gone to that point as soldiers to assist in ending the Black Hawk Indian massacre. Lincoln was a youth of twenty-three and was captain of a company of militia. Davis, one year his senior, was Among those present at the meeting were General Zachary Taylor, later also a President of the United States, and Major Robert Anderson, later General who was commander at Fort time held the United States in its Sumter at the beginning of the Civil war.

"Do Christian preachers pray for rain?" asked Li.

-Subscribe for the "Watchman."

Health and Happiness, Number 33.

Why Die Before Your Time?

THE PNEUMONIA GERM PNEUMOCOCCUS. By Henry Smith Williams Hearst's Magazine, Dec. 1917.



As seen under the microscope and highly magnified.

Twenty million people are now livtwo chief types of lung diseasepneumonia and tuberculosis-unless

death of a corresponding number here or their toxic products. at home-this week and last week and every week, year in and year outcauses no comment whatever.

It is a matter of statistics that the germs of pneumonia and tuberculosis are responsible for not far from one-fifth of all deaths. They claim upward of five million victims in the world at large each year. Maladies with such a record may without exaggeration be said to constitute a ra-cial menace. Questions as to their prevention and treatment take precedence over most other questions of public policy and individual welfare. NOT ONE BUT SEVERAL GROUPS OF

PNEUMONIA GERMS. The pneumonia germ—or family group of germs—is of the type known moment.

"There's the hospital; why, we're almost there," Nancy shouted. Whatever Billy would have said in reply in given by the problem as there in gwill not solve the problem as there is almost the problem as there is almost the problem as there is almost constant.

(1) As to shipping, cornmeal is not a staple product—it spoils easily group of germs—is of the type known as a micrococcus, and is called specifically a pneumococcus. Under the mineral product in gwill in the problem as there is almost the problem as there is almost the problem as a micrococcus, and is called specifically appeared by the problem as t croscope this germ appears as a tiny bullet-shaped affair, not clearly distinguishable in appearance from a good many allied tribes, including those that cause the most familiar types of blood poisoning. But it has been found that there are several groups of these microbes that are in-

titudes of individuals in perfect health that this is, in other words, a case of go about carrying myriads of these non-specific protein medication. perature is below the normal, these seemingly harmless germs may take

on undue activities. DEFENSES OF THE BODY WEAKEN-ED BY EXPOSURE CALCULATED TO LOWER THE NORMAL TEM-

PERATURE. It was found a good many years ago that a chicken forced to stand with its feet in cold water is likely to develop pneumonia. And it is a familiar experience that pneumonia in the human subject usually follows exposure to the elements: more especially exposure of the character calculated to lower the temperature, as, for example, sitting for a prolonged period with wet clothes or in a damp,

chilly atmosphere. Under such circumstances, the bodily defenses are weakened, but it would appear that the pneumonia germs, on the contrary, are stimulated to unwonted activity, since they may then multiply rapidly in the lungs, producing an irritant that leads to an inflammation of the lung tissue, which constitutes the disease "pneu-

monia. NATURE'S EFFORT TO COMBAT THE

DISEASE. It should be explained that an inflammation with the accompanying rise of temperature, is in itself an evidence of Nature's attempt to combat an invading microorganism. A cardinal symptom of inflammation is the presence of an excessive quantity of blood, conveying the blood corpuscles, that are the direct agents in fighting the disease germs. But unfortunately it happens that such an accumulation of blood cannot take place in the lung without unfitting that structure for its usual purpose of extracting with enough water to make a paste oxygen from the air; so it may come to pass that the inflammation which might otherwise be salutary or curative may cause the death of the patient from suffocation.

METHODS OF TREATMENT. To meet this condition the physician places the pneumonia patient in a well-ventilated room, or, better yet, out in the open. Cold air is particularly advantageous, not only because it supplies oxygen in more concentrathas placed a big bowlder memorial to ed form, but because cold stimulates mark the place where Abraham Lincles, thus reenforcing the defending armies of the body. In extreme cases, resort is had to the tank of pure oxygen, inhalation of which may serve to sustain the patient over a crisis

Just Like Their Own.

At his one interview with Li Hung hang in Peking, the talk seems to "Well, that is just the way with the a lieutenant just out of West Point. Chang in Peking, the talk seems to have turned to religious matters. Gen. Chaffee had been saying something about a serious drought which at the

"Yes, when they need it badly."

Pneumococci in pure culture one day old. Bacillus tuberculosis, human, in pus from lung

Supplementary measures in the ing in the United States who will ultreatment of pneumonia include aptimately die of one or the other of the plications to the chest, varying in quality from ice bags to hot fomenpneumonia and tuberculosis—unless tations and mustard plasters, and the medical science deals more effectively use of heart stimulants and other supwith these maladies than it has been able to do in the past.

If report were to come from "Somethers in France" that sin the same are by no means without importance, but latterly they have been appropriately and the same are by no means without importance, but latterly they have been appropriately and the same are same as a same other supports. If report were to come from "Sometance, but latterly they have been where in France" that six thousand supplemented, and in certain cases to a large extent superseded, by the use a large extent superseded, by the use that I was overstaying my time with that I was overstaying my time with that I was overstaying my time with the I had

VACCINES EMPLOYED IN TREATMENT

vaccines employed in treatment
of pneumonia.

A vaccine, in the modern sense of
the word, consists of a mass of dead
bodies of toxic germs, injected hypodermically. The most familiar eyamdermically. The most familiar example is the antityphoid vaccine, the use
of which has practically banished typhoid fever from the armies of the life claimed by bullets; but the vaccine method is changing all that. In ployed have been made from a combination of bacteria; it having been most cases of pneumonia there is what is termed "mixed infection," sundry other microbes having joined forces with the pneumo-

vaccine as a curative agent involves the introduction of an additional quantity of bacterial poisons from which the patient already suffers.

The introduction of an additional quantity of bacterial poisons from mac. While we were sitting the mach be talked to the mach be talked This does not seem logical, and in practice it is of somewhat doubtful utility. The impression is gaining ground among physicians that the observed benefits of vaccines in treating pneumonia, for example, are probably due to the protein (albuminous) content of the bacteria and the medium said to be partially domesticated in the human mouth and pharynx. Multhan to the specific germs employed; in which they are developed rather

In the case of typhoid fever, this inference has been put to the test by that. substituting non-specific proteins for the typhoid vaccine with seemingly satisfactory results. Similar tests have been made in the case of pneumonia but not as yet on a scale extensive enough to warrant definite con-

"serum" in this sense is a portion of blood serum of an animal previously inoculated with disease germs of a "When I was ready to leave I inoculated with disease germs of a particular type. If the inoculations thanked President Lincoln for what are made in the right dosage, the living body has the peculiar capacity to develop antidotes or so-called antibodies which neutralize or antagonize have you take my respects to your the toxins produced by the bacteria army.' themselves. The typical and familiar instance of a therapeutic serum is the A Fortune Telling Game for A St. diphtheria antitoxin, developed in the body of the horse.

ANTI-PNEUMONIA SERUM PERFECT-ED ONLY FOR PNEUMOCOCCUS

KNOWN AS TYPE I. It would appear that there are at monia germs, each one producing a only for a single type of pneumococcus, known as Type I. The value of Board of Health now offers to supply ed a bit of card on which a couplet is the serum for all cases of pneumonia written. due to this particular germ. The diagnosis is made by swabbing the patient's throat to secure sputum, and making a culture of the germs thus ed by each as he or she advances to-obtained. A delicate test-tube reac-ward the suspended string of hearts. tion determines the identity of the particular germ, and thus decides like this: whether the serum may be expected to be helpful in a given case.

MEASURES FOR PREVENTION. Fortunately, each individual may to some extent guard himself against Is shown by this heart of yellow. danger from this disease by proper attention to hygiene, and in particular by the prompt changing of wet clothing, including footwear, and the thorough warming of the entire body at the earliest possible moment after Of true love you'll never lack, being chilled through exposure.

mouth-wash and gargle, to destroy That's a sign you'll soon elope. any germs that are lurking in this re- You have claimed the heart of white gion, may be a valuable accessory. Next week-The Great White Within your chosen heart of gold Plague.

Chinese Joss God," returned Li.

"Do they get it?"

Some Endurance. Knicker-The Kaiser says Germans nust have the will to endure. Bocker-Well, they certainly have the William to endure.-New York

A Visit to Lincoln in Wartime.

Major General Grenville M. Dodge famed both as a commander in the Civil war and as the chief engineer during the construction of the Union Pacific railroad, wrote for private circulation a book of personal reminis-cences of Lincoln, Grant and Sherman, each of whom he knew, the last two intimately. In the book General Dodge recounts a number of anecdotes of Lincoln not generally known. He tells of a visit he paid to President Lincoln at the White House at a time when the chief executive was greatly worried over the command of the Union forces because he was receiving so many demands that Grant be relieved of the command. General Dodge writes:

"When I arrived at Washington and went to the White House to call on President Lincoln I met Senator Harlan of my State in the anteroom, and he took me in to see the President. It happened to be at the hour when the President was receiving the crowd in the antechamber next to his room. Senator Harlan took me up to him immediately and presented me to him. President Lincoln received me cordially and said he was very glad to see me. He asked me to sit down while he disposed of the crowd. I sat down and waited. I saw him take each person by the hand and in his kindly way dispose of them. To an outsider it would seem that they all got what they wanted, for they seemed to

right in the current week, we should of vaccines and serums intended to all listen with bated breath. But the antagonize directly the disease germs merely called to pay my respects and that I had no business and so would

world. In all previous wars, since desk a little book called 'The Gospel history began, bacterial plagues have of Peace.' I think it was written by claimed ten or a dozen lives for every Artemus Ward and was very humorous. He opened the book, crossed his legs and began to read a portion of a

in his power he laid the book down and began to talk to me about my visit to the Army of the Potomac and what I saw. He did not say a single It will be obvious that the use of a word about my own command or about the west, showing his whole interest was in the Army of the Potomac. While we were sitting there

"During the meal he talked about the Army of the Potomac and about Grant and finally led up to the place where he asked me the question of what I thought about Grant and what I thought about his next campaign.

"Just as he asked the question we got up from the table. I answered: "Mr. President, you know we western men have the greatest confidence in General Grant. I have no doubt whatever that in this next campaign he If such interpretation is valid, it will defeat Lee. How or when he is would appear probable that vaccines, to do it I cannot tell, but I am sure of

"He shook my hand in both of his and very solemnly know how glad I am to hear you say

"I did not appreciate then what a great strain he was under-not until reading Wells' celebrated diary, showing that Lincoln had no person around him to advise him; that everything he did was from his own thoughts and decision. It is a wonder to me that APPLICATION OF SERUM THERAPY. he ever got through the war so suc-In recent years, however, another type of medication, known as serum Lincoln's table was piled with letters therapy, has been applied to the mal-demanding the change of Grant, deady with very gratifying results. A claring that his campaign was a fail-

Valentine Occasion.

A fortune telling game for a St. Valentine's party makes use of a string of hearts. A ribbon or cord long enough to stretch across an open least four types or groups of pneu- doorway is needed. From this are hung hearts of various hues-red, yelsomewhat different type or grade of malady. The anti-pneumonia serum hitherto developed has been perfected may be of stiff construction paper of different hues; or of cardboard covercus, known as Type I. The value of the remedy, when applied to the par-dainty little stuffed bags of silk, ticular type of malady in question, is so fully accepted that the New York as souvenirs. To each heart is attach-

The game is played by blindfolding each guest in turn, and the fortune is decided by the heart which is touch-The couplet may be run something

Because you've touched the heart of red, 'Tis plain his (her) love for you is dead. That she loves (you love) some other fel-

Because you choose this heart of blue, No wedding bells for you! How mean! That's because this heart is green. For you've claimed the heart of black. The free use of an antiseptic You choose the heart of heliotrope, And you'll meet your fate tonight. Are joy for you and love untold.

Lincoln's Book.

J. A. S.

Lincoln was a man of one book, and that book the Bible. Its cool vigor became his. The compressed energy of its phrases lent strength to his acts and utterances, and they became, in a measure, the salvation of the Union.—New York Times.

-France has a million and a half widows on the government list.