THE TIMES, NEW BLOOMFIELD, PA., AUGUST 6, 1878.



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Drowning.

Directions for the treatment of persons who are in drowning condition are, in brief, to send for medical aid and blankets as soon as possible, but until they arrive to take at once instant measures for recovery, without waiting to remove the patient to a house, as delay may prove fatal. Lay the patient on his face, with one arm under his forehead, that any liquid may flow from his mouth. Wipe away froth from his throat and nostrils. Turn him on his side, and endeavor to excite respiration by applying snuff, pepper, or smellingsalts; alternately rub his chest and face, to promote warmth, and throw hot and cold water upon them. If these measures are not successful, turn him gently, but completely on one side, and a little beyond, then towards his face, and repeat these movements alternately, deliberately, and perseveringly fifteen times in a minute. Continue them for hours if necessary, and meantime rub the limbs upwards firmly and energetically, and tear off the wet clothes, substituting blankets and warm coverings. This is all that can be immediately done.

Thoughts for Wives and Mothers.

Reading rests us, physically and mentally. Said an overworked, careworn woman, " It does me good sometimes to forget my work for a little while. If I can put it out of my mind I can go back to it, and do twice as much as I could if I kept on, when I was all tired out." Overwork of any kind unfits us for our duties, as we know by sad experience. How wretched those days are when we get up in the morning with every muscle aching and every nerve on edge, when a child's voice asking a question irritates us like a blow in the face, when we feel "as if we couldn't speak a civil word to anybody," all because we "overdid" house-cleaning or sewing or preserving the day before. This work may have all seemed necessary. But this is only an additional reason for us to be economical of our physical strentgh. Now after some such day draw up your lounge, where the light will fall just over your shoulder, arrange your sofa pillows so that your head will be erect, while your spine and shoulders are supported, lift up your feet on the lounge and take your book. Try reading an hour in this position, and see if the rest and change of thought do not lighten your burdens, and make you forget your weariness.

But laying aside the thought of our own rest and comfort, let us look a little higher. For the children's sake we must make the most ourselves. Many an unselfish mother has said, "Oh, I cannot take all this time, there are so many things to do for the children." She does not realize that she may do more for them in the end by cultivating herself than if she spends all her time on clothes and cooking. A generosity which makes the recipient weak or selfish is not a blessing, but a curse. Have you not seen grown up sons who snubbed their mother's opinions in the same breath with which they called her to bring their slippers. The meek little woman has "trotted around" to wait on them so long that they have come to think that is all she is good for. Their sisters keep "Ma" in the back-ground because she " hasn't a bit of style," and is "so uncultivated." forgetting that she has always worn shabby clothes that they might wear the fine ones; that her hands have become horny with hard work, that theirs might be kept soft and white for the piano, and that she has denied herself books and leisure that they might have both. And there are other children, too noble for such base ingratitude, who feel a keen though secret sense of loss as they kiss the dear withered cheek and think now much more of a woman "mother" might have been if she had not shut herself away from the culture and sweet companionship of books. The love even of husbands and children to be permanent and valuable must be founded on genuine respect for character. Every mother has a right to time for mental and spiritual develop ment as really as she has a right to sunshine and air and to food and sleep. She cannot exist physically without the one; she cannot grow mentally and spiritually without the other. If she throws herself so energetically into her duties as seamstress and nursery-maid that she has no time nor strength for anything else, ought she to be disappointed if in the end she receives only seamstress and nursery maid/a wages nursery-maid's wages ?



A STERLING REMEDY FOR DISEASES AND INJURIES OF THE SKIN ; A HEALTHFUL BEAUTIFIER OF TIME COMPLEXION; A RE-LIABLE MEANS OF PREVENTING AND RE-LIEVING RHEUMATISM AND GOUT, AND AN UNEQUALED DISINFECTANT, DEODORIZER AND COUNTER-IRRITANT.

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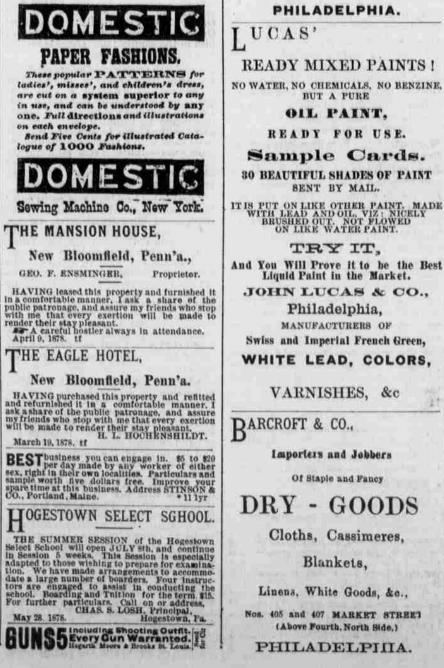


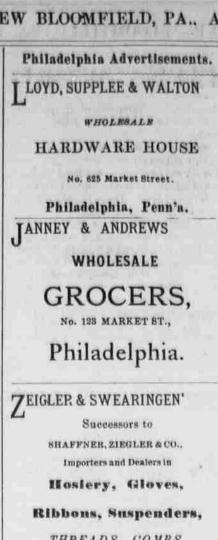
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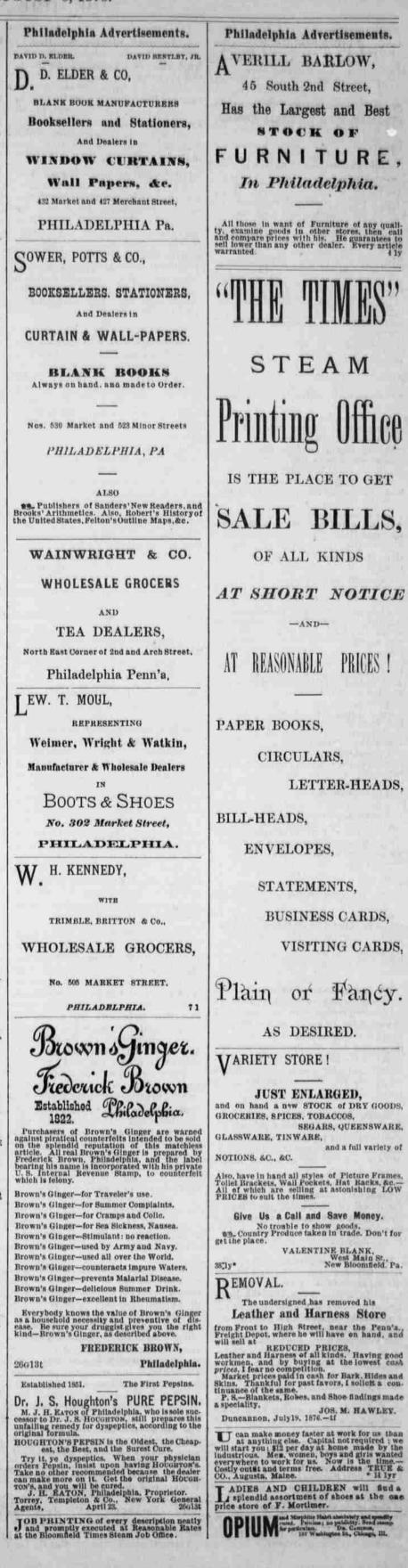
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