

## ASHBURTON.

During the year we have held twenty meetings, including several Dorcas meetings. Moneys have been raised during the year by members of the Union for two special departments of temperance work in the colony. Subscribers have also been obtained for temperance literature.

*The Home.*

## DYSENTERY.

By A.W.

As it is high summer, and cases of this form of sickness are prevalent, I have been asked to say a few words regarding its natural mode of treatment. On the first symptoms an injection of a pint or a pint and a half of cold water will be found to be of great avail. This may be repeated twice or thrice, and in all probability the danger will be averted. But if the system has been weakened by drugs or by previous ill-health, then further remedies must be resorted to. We would strongly advocate the warm soapy sitz bath, followed by the cold sitz, accompanied with the laving of the abdomen and the gentle douche which in a previous number we have already described at length. After the patient is in bed, the legs and feet should be packed in hot soapy blankets, and afterwards well rubbed. They should never be allowed to get cold. To obviate this condition a bag or bottle of hot water, covered with a damp flannel, should be placed at the feet. Moist heat, not dry heat, is wanted; it is nature's method of imparting life. A lather of barilla soap should be made in the same way as a lather for shaving is made, and placed on the abdomen. A big washing basin full will not be too much. Over the lather spread a piece of flannel. After the soap has disappeared wring out towels from cold water and vinegar, and place them down the spine and across the abdomen, and renew them continually as long as there is too much heat.

There is much less danger when the heat is external than when it is wholly internal, though the discomfort is less. In such a case we would urge the more frequent cold injections, and the cold sitz bath. Two or three, or even more, may be necessary in one day, but care must be taken that the patient be well warmed after these baths by rubbing or other means.

With regard to the diet the rule is to give the patient little, and not to urge him to eat as long as he does not ask for it. Sips of cold water should be administered at short intervals, and when the patient is desirous of food nothing more nourishing can be given than oatmeal jelly. We cannot too

strongly urge upon mothers and other guardians of the sick the adoption of these methods, which certainly must plead guilty to the charge of "quackery," if by that is meant that the drug system so long followed, and with such ill success, is ignored.

Loving hearts have been touched by the anguish of poor suffering humanity, and in their desire to help have found truths which they would fain impart to all.

A STIMULANT.—Pure cayenne pepper is a powerful but valuable remedy. It should be used judiciously; a small pinch in a tablespoonful of hot water will usually remove most violent pain.

Don't think that anything is good enough for the boys, and that they don't care for nice things. Have their rooms fitted up as nicely as possible. Let them understand that their rooms are to be kept in order, and the result will justify the pains.

*Children's Corner.*

## DUTY AND INCLINATION.

"Stay at home," said Inclination,  
"Let the errand wait."

"Go at once," said Duty, sternly,  
"Or you'll be too late."

"But it rains," said Inclination,  
"And the wind is keen."

"Never mind all that," said Duty,  
"Go and brave it, Jean."

Jean stepped out into the garden,  
Looked up at the sky;  
Clouded, shrouded, dreary, sunless,  
Rain unceasingly.

"Stay," again said Inclination.  
"Go," said Duty, "go."

Forth went Jean with no more waiting,  
Or a selfish "No."

You will smile if now I tell you  
That this quiet strife,  
Duty conquering Inclination,  
Strengthened all her life.

—*Children's Friend.*

"THE floral emblem of the World's W.C.T.U. is the water-lily. The roots of this blossom are in the mud, but its white radiance comes from its passion for the sunshine; and the home finds in it a true emblem, because, only as the sunshine of love and truth keeps its atmosphere wholesome and pure can little children hope to grow up according to the law of God."

IF we can't inherit a good name, at least we can do our best to leave one.—*Thackeray.*