

EFFICIENT AND SUFFICIENT.

Without Righteousness the Nations of the Earth May Not Be Healed.

Once in the blue midnight in my study on Beacon hill in Boston I fell into long thought as I looked out on the land and on the sea, and passing through the gate of dreams I saw the angel having charge of America stand in the air above the continent, and his wings shadowed either shore. Around him were gathered all who at Valley Forge and at Andersonville and the other sacred places suffered for the preservation of a virtuous republic, and they conversed of what was and is and is to be. There was about the angel a multitude whom no man could number, of all nations and kindreds and tribes and tongues, and their voices were as the sound of many waters; and I heard thunderings and saw lightnings, but the face of the angel was above the lightness of the lightnings and the majesty of his words above that of the thunders.

Then came forth before the angel three spirits whose garments were white as the light. And I saw not their faces, but I heard the ten thousand times ten thousand call them by names known on earth—Washington and Lincoln and Garfield. And behind them stood Hampden and Tell and Miltiades and Leonidas, and a multitude who had scars and crowns. And they said to the angel: "We will go on earth and teach the diffusion of liberty. We will heal America by equality." And the angel said: "Go. You will be efficient, but not sufficient."

Meanwhile, under immigrant wharves, and under the hovels of the perishing poor, and under crowded factories, and under the poisonous alleys of great cities, I heard far in the subterranean depths the black angels laugh.

Then came forward before the angel three other spirits whose garments were white as the light. And I saw not their faces, but I heard the ten thousand times ten thousand call them by names known on earth—Franklin and Hamilton and Irving. And behind them stood Pestalozzi and Shakespeare and Bacon and Aristotle, and a multitude who had scrolls and crowns. And they said to the angel: "We will go on earth and teach the diffusion of intelligence. We will heal America by knowledge." And the angel said: "Go. You will be efficient, but not sufficient."

Meanwhile, under immigrant wharves and crowded factories, and under Washington, and under scheming conclaves of men acute and unscrupulous, and under many newspaper presses, and beneath Wall street, and under the poisonous alleys of great cities, I heard the black angels laugh.

Then came forward before the angel three other spirits whom I heard the ten thousand times ten thousand call by names known on earth—Adams and Jefferson and Webster. And behind them stood Chatham and Wilberforce and Howard, and the Roman Gracchi, and a multitude who had keys and crowns. And they said to the angel: "We will go on earth and teach the diffusion of property. We will heal America by the just respect of ownership." And the angel said: "Go. You will be efficient, but not sufficient."

Meanwhile, under immigrant wharves and crowded factories, and beneath Wall street, and under the poisonous alleys of suffocated great cities, I heard yet the black angels laugh.

Then came lastly forward before the angel three other spirits, with garments white as the light, and I saw not their faces, but I heard the ten thousand times ten thousand call them by names known on earth—Edwards and Dwight and Whitefield. And behind them stood Wycliffe and Cranmer and Wesley and Luther and a multitude who had harps and crowns. And they said to the angel: "We will go on earth and teach the diffusion of conscientiousness. We will heal America by righteousness." And the angel arose and lifted up his far gleaming hand to the heaven of heavens and said: "Go. Not in the first three, but only in all four of these leaves from the tree of life, is to be found the healing of the nations—the diffusion of liberty, the diffusion of intelligence, the diffusion of property and the diffusion of conscientiousness. You will be more than ever efficient, but not sufficient."

I listened, and under Plymouth Rock and the universities there was no sound, but under immigrant wharves and crowded factories, and under Wall street, and in poisonous alleys of great cities I heard the black angels laugh, but with the laughter came up from beneath a clanking of chains.

Then I looked, and the whole firmament above the angel was as if it were an azure eye, and into it the ten thousand times ten thousand gazed, and I saw that they stood in one palm of a hand of an into whose face they gazed, and that

the soft axle of the world stood upon the finger of another palm and that both palms were pierced. I saw the twelve spirits which had gone forth, and they joined hands with each other and with the twelve hours and moved perpetually about the globe, and I heard a voice, after which there was no laughter. "Ye are efficient, but I am sufficient."—Joseph Cook.

Faith in the Spiritual.

I do not say that we shall ever repeat the miracles of the New Testament. Nevertheless I cannot forget Christ's solemn declaration, "Greater works than these shall he do" (who believes in me), "because I go to my Father." When we have faith in the power of the spiritual, when we really believe that the spiritual is master and the material is servant, when we study the laws of the spiritual realm as we have studied the laws of the natural realm, when our science does really become Christian, that is spiritual, and our Christianity scientific, that is rational, who can tell what will be the resultant power of mind over body? I will not prophesy. But I decline to accept the conclusions of the men who imagine that nothing has been or can be beyond what they have known and experienced.—Lyman Abbott.

A SUBSTITUTE FOR ALCOHOL.

Carbonate of Ammonia is a Stimulant That Leaves No Depression Behind.

Probably comparatively few of your readers have heard of carbonate of ammonia, and fewer yet know its value as a substitute for alcohol as a stimulant. In every family cases of faintness or collapse are liable to occur from illness or accident, when we must act without the advice of a physician. Alcohol is the time honored remedy still approved by many medical authorities, and however we dislike to use it the life of another is at stake. Our consciences and the demands of friends drive us to action; not knowing anything else to do we give alcohol, trembling lest it be a blunder medically, as we know it to be socially. High medical authorities differ as to whether it raises or lowers the heart's action. Antitemperance people are sure to triumph over our using it, even in a life and death emergency.

A vial of solution of carbonate of ammonia kept in the medicine closet saves the dilemma. Socially it is unexceptionable; medically it is better than alcohol in any form as a stimulant to the circulation. It is one of the best agents known for strengthening the flagging heart and restoring consciousness by increasing the blood supply of the brain.

Says the United States Dispensary: "In appropriate doses it has the advantage over alcohol that it leaves no depression behind it. Its efficacy in the treatment of bites of venomous serpents and insects and in alcoholic intoxication is in a great degree due to its stimulant action, but the extraordinary rapidity with which, when applied locally, it arrests the pain and inflammation of insect bites, and when taken internally suspends even a high degree of drunkenness, seems to show that it exerts also a more direct antidotal power. Its stimulant quality renders it useful in faintness, syncope, nervous spasms, etc., and when mixed with sal ammoniac and scented with an aromatic oil it forms the usual smelling salts employed to relieve the symptoms just referred to."

It is easily soluble in water and the acrid taste may be lessened by adding mucilage, sugar or licorice. Five grains to a teaspoonful of water is an ordinary stimulant dose for an adult, though half of that amount is often sufficient. In large quantities, twenty to thirty grains, the drug acts as an emetic.

The vial should be kept in a safe place and used only in an emergency or by the order of a physician. Doubtless one might come to depend on it as upon other stimulants if habitually used. It may even be a fatal poison, for taken in sufficient quantities it will produce convulsions and death. It has its dangers, but they are far less than those of alcohol, and we may joyfully welcome it as a substitute to be used and not abused.—Union Signal.

Bum's Victims.

Patrick Nyland was drowned in San Francisco bay while drunk.

William Drake, a Petaluma bar-keeper, killed himself in that city while drunk.

W. J. Baggett and his brother Dick, two morphine fiends and drunkards, had an altercation in San Francisco, followed by a scuffle, in which the latter was mortally stabbed, dying a few days later.

Hans P. Tottenham committed suicide in San Francisco while despondent and under the influence of liquor.

H. J. Smith, while crazed with drink, killed himself in San Francisco with a knife.

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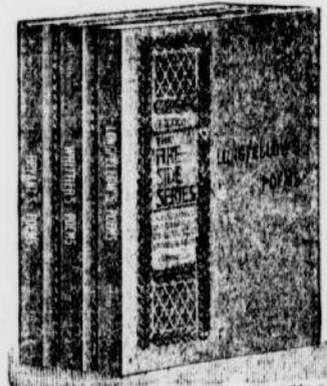
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