LIFE'S MIRROR.

There are loyal hearts, there are spirits brave,
There are souls that are pure and true—
Then give to the world the best that you have
And the best will come to you.

Give love, and love to your life will flow
A strength in your utmost need.
Have faith, and a score of hearts will show
Their faith in your word and deed.

Give truth and your gifts will be paid in kind
And honor will honor meet;
A smile that is sweet will surely find
A smile that is just as sweet.

Give pity and sorrow to those that mourn,
You will gather in flowers again,
The scattered seeds from your thought outborne,
Though the sowing seemed in vain.

For life is the mirror of king and slave,
'Tis just what we are—and do,
Then give to the world the best that you have
And the best will come back to you.

LIFE'S MIRROR.
BE KIND TO THE OLD FOLKS.

Be kind to the old folks, who are with you to-day,
  Whose once golden ringlets are silvered with gray—
  Whose eyes that once sparkled, when love stirred the soul,
  Are losing their glow, as they watch for the goal.

Be kind to your father, who has loved you so long;
  Once your arms were weak and his were strong,
  He lifted the burdens that saddened your brow,
  To you lift the burdens that sadden him now?

Yes, be kind to your father and honor his name,
  His love for his children still burns like a flame;
To-day you are spanning life's wonderful prime,
  But your father is nearing the sunset of time.

Be kind to your mother, your most loving friend;
  She loved you in childhood, will love to the end.
  She smiled at your pleasure, she wept at your pains;
  She gave you the life blood that leaps through your veins.

She folded her soft arms around your frail form
  And shielded from danger in sunshine and storm;
  She sat by the cradle and rocked you to sleep,
  And prayed that the angels your vigils would keep.

Be kind to your mother—no love is so true,
  To-day she is praying, is praying for you,
  Her voice will be heard till God takes her breathe,
  And the form you now cherish lies silent in death.

Be kind to the old folks, not long will they stay;
  The tide is now ebbing that drifts them away.
  Spread smiles at their feet, and roses of love,
  It will brighten their path to the Homeland above.
THE NURSE

And last, not least, in each perplexing case,
Learn the sweet magic of a cheerful face,
Not always smiling but at least serene
When grief and anguish cloud the anxious scene.
Each look, each movement, every word and tone
Should tell the sufferer you are all his own.
Not the mere hireling purchased to attend,
But the warm, ready self - supporting freind
Whose genial presence in itself combines
The best of tonics, Cordials Anodynes.

C. L. W. O. N.

WANTED--A MAN.

Wanted, a Man: "A Regular Man,"
With an eye to see and a head to plan,
With a steady nerve and a heart that's clean
A patient soul and a mind serene;
A Man of utterance clear and true
Who knows the value of silence too;
A Man to laugh in the face of fate
A Man to dare-- and a Man to wait!

Wanted, a Man whom men can trust
Whose smile is kindly, whose wrath is slow,
But a terrible wrath for men to know
Whose plans are evil, whose cause unjust.

Wanted, in brief, a big true Man,
And for one who's formed on that sort of plan,
The world will offer-- in fame and self--
The price he chooses to name himself!
"Therapeutic Indications, - In the various forms of peritonitis post-operative or otherwise, and in general toxic conditions, as in typhoid, scarlatina, also in the early stages of pneumonia before the heart has suffered from the intoxication. In the later stages of pneumonia, it should be used with great caution."

"The saline solution is made by adding one dram each of Sodium Chloride and Calcium Chloride to each pint of hot water. The solution must be kept at a temperature of 100 to 101 degrees F."

"The average quantity is 1-1/2 pints to 2 pints every two hours. The quantity depends upon the severity of the case, the age of the patient and the development of an edema. The average 24 hours quantity is 16 pints, or 1-1/2 pints every two hours. Less than 6 pints in twenty-four hours of little value. In a child of 11 years, as much as 30 pints were given in 24 hours."

"The base of the saline solution container should be elevated sufficiently, (2, 4 or 6 inches above buttocks of patient), to allow 1-1/2 pints of the solution to flow into the rectum in from 40, 50 or 60 minutes times. The height of the container should always control the hydrostatic pressure. The solution should never have a hydrostatic pressure of more than 15 inches."

"The rapidity of the flow should never be controlled by the use of forceps, clamps or knots in the tube. A medium size tube with several openings is to be used. Provision should always be made for a sudden return of the flow into the container when the patient strains during the act of coughing or vomiting, or wishes to expel gas or fluid."

"The patient is placed in the Fowler's position, and the saline treatment is continued for about three days, but rarely five or six days."

"Too much solution after the third, fourth or fifth day is indicated by an edema of ankles, hands and even the face; the solution should then be discontinued until the circulatory equilibrium is restored, when the treatment may be repeated, if indicated."

"A medium size hard rubber vaginal douche-tube, flexed at an obtuse angle, two or three inches from its tip, causes no inconvenience if so strapped to the thigh as not to press on the posterior wall of the rectum. Frequent changing, as removing and inserting, also an improper position of the tube or too rapid a flow of the solution into the rectum are each and all very annoying to the patient, and soon produce an irritation of both the anus and rectum, resulting in a partial or complete evacuation of the saline solution."

NOTES -- In case one of the elaborate and up-to-date solution containers is not at hand, I find that an ordinary douche can may be used as a useful and satisfactory container for the saline solution, which may be maintained at the desired temperature, by surrounding the container with bottles filled with boiling water, also immersing one or two bottles in the solution. To further retain the heat, the whole apparatus, (bottles and container,) may be wrapped in a warm woolen blanket. I believe that the concensus of authoritative opinion is that a temperature of 106 F to 110 F is preferable to that of a lower temperature.

I have thoroughly tested the "Murphy Method" of giving the proctoclysis treatment in peritonitis, typhoid, uraemia, diphtheria, pneumonia, shock from Hemorrhage, and local and general septicemia. I have found it of unquestionable value, as a therapeutic agent, and especially so, if used early and before the heart has been affected by the intoxication.
September 3, 1915.

"MY ESSAY TO THE RED CROSS."

The American Red Cross is an organization of the Red Cross Institution. Its purpose is to establish throughout the country an order of nurses trained by an efficient, uniform standard. Their chief duty is to serve the nation in time of war and great calamity.

The organization of the American Red Cross is ruled by a national committee of fifteen members, nine of whom are elected by the American Nurses Association. Local committees are established in all parts of the country, for authority in case of emergency. Any action thus taken by a local committee must be instantly reported to the national committee.

The American Red Cross conducts no training schools, but enrolls graduate nurses who stand the tests for efficiency prescribed by the national committee.

In order to be eligible for enrollment in American Red Cross service one must be a registered nurse with good moral standard. No fee is required of enrolled nurses. Members, on the other hand who are not enrolled as Red Cross Nurses, pay an annual fee of $1.00, which entitles them to the Red Cross Magazine, issued once a month.

Nurses may be called by the national committee at any time in peace or war. In case of emergency a local committee may assign them to duty. In time of peace they are not compelled to respond to the call, but in time of war or any great calamity they should immediately report to the local committee the earliest date on which they could be available for service, and should hold themselves in readiness.

My reasons for wishing to become a Red Cross Nurse is the desire for a better chance to serve my country in time of war or at any time which might require my services.

Clara L. Waid R.N.
NEW HAHNEMANN SUPERINTENDENT ASSUMES WORK

Dr. Edwin R. Lewis Takes Charge of Hospital.

LABORATORY FOR PATHOLOGY

Story Is Being Added to Sibley Building to House It — Ralph R. Mellon, M. D., the Director Has Had Thorough Preparation

Dr. Edwin R. Lewis, new superintendent of the Hahnemann Hospital, has arrived and is in charge. Trustees and managers of the hospital put great hope in Dr. Lewis's coming, and in the coming of Dr. Ralph R. Mellon, who is to have charge of the new pathological laboratory for which a story is being added to the Sibley building.

Dr. Lewis was graduated in 1901 from the Boston University School of Medicine, with the degree of doctor of medicine. For a year after his graduation he was resident physician of the Massachusetts Homeopathic Hospital in Boston, from 1900 until 1901. Seven years later he was in private practice at Clinton and Malden, Mass., and from 1906 to 1916 he was assistant superintendent of the Massachusetts Homeopathic Hospital, second largest hospital in New England. The Massachusetts Hospital has several branches and is provided with 600 beds, and it has had the reputation of being one of the best managed hospitals in the country.

The new story on the Sibley Building will house the pathological laboratory and the new X-ray equipment which the hospital has purchased. The laboratory will have apparatus for microscopic study, for chemical and other tests of blood, tissues, etc., and provision for making X-ray photographs.

Dr. Mellon's Career.

Dr. Mellon, who is to direct the laboratory, took his collegiate course at Grove City College, Grove City, Pa., from which he was graduated in 1904, with the degree of bachelor of science. His doctor's degree was obtained from the University of Michigan in 1909 and he was awarded the degree of master of science by Michigan in 1912. Harvard gave him the degree of doctor of public health in 1916. He took the studies preparing him for the last degree in a year of absence granted to him by the University of Michigan, doing the work under Dr. M. J. Ross, head of the Harvard department of preventive medicine and hygiene.

For the seven years from 1909 to 1916 Dr. Mellon was assistant professor of physical diagnosis and director of the laboratory of pathology in the Homeopathic department of the University of Michigan Medical School. He was made vice-president of the Michigan State Homeopathic Society in 1916, and is a member of the American Institute of Homeopathy and of the Chemical Pathological Society of Ann Arbor. He has written and read numerous papers.

To Help in Diagnoses.

It is expected that by using the new pathological laboratory cases that are curable will be diagnosed and cured more rapidly than they otherwise could be. One of the doctors said yesterday that in New York Hospital where a pathological laboratory has been in existence for three years, that the average patient stayed only sixteen days, as compared with twenty-four days before the laboratory was used. Each year after it was installed a decrease in the length of time patients remained was noticed. The Hahnemann laboratory will be free to all patients, ward, or private, and also to all physicians having patients in the hospital.
SUCCESS.

Discussio of Means by Which It Is to be Attained.

Dr. Frank Crane, in Macmillan's Review.

The first thing to realize in the success of any business is positive, not negative. It consists in doing, not in not doing; in creating, not in preserving; in attack, not defense. In the battle of life, as in any other kind of a fight, the main thing is to hit first and hit hard. Success is a matter of force, not of protection. There are two kinds of forces, inner and outer. The inner forces are of the body, of the mind, and of the feelings. The body forces are included in the term health.

Health is primarily not as a matter of care, cleanliness, and rest. These things are important, but they are not the essential thing in your vital activity. Your body is just a means to an end, a tool, so to speak. Look to your own power over things, not your helplessness against them. The man that overcomes will give the crown.

Success is not antithetical to the peaceful, not antithetical to the life not dominated by the struggle. But in the struggle is where we find our strength. We shall not be successful if we do not know how to go about it. It isn’t better for them to tell it any old way; just so it is true, then they have their children hear it from some of the most current, vulgar girls in school, who tells them riddles about one of the most sacred things of life.

For this the best place for a girl at school is the corner of the hall. A girl friend of mine has been told by several girls in her class at school of some of the nastiest jokes and things that go along with such jokes. I call them vulgar speeches. Don’t think that all girls are like that, for they aren’t. I went all through grammar school and never heard such things from any of the girls. Last year, my biology teacher at high school gave her girls lectures on human reproduction. But high school is too late for some girls, for they already have their vulgar views which are hard to change.

So before you girls tell your children, it makes me sick to hear of such things. Please don’t publish this letter. I am 15 years old and I prevailed upon this little lady to give me permission to publish her letter, with certain possible marks of identification omitted.

The United States Public Health Service determined that the average age at which boys pick up their first distorted and unwholesome information concerning human reproduction is nine years, whereas the average age at which boys are exposed to clean and truthful information of the subject is 16 years—seven years too late.

I don’t know how it is with girls, but perhaps there is much more difference. This is very illuminating letter from one little girl is certainly conservative. I think this be true and much more probably without overstating the truth. I hope it may make a million mothers think, and a million fathers too. However, it is up to mother to attend to daughter’s education, while father is responsible for the instruction of son.

Our sincere and honestly little preachers mention lectures by their biology teachers. Biology—knowledge of life—ought to be taught as early as possible. It ought to be taught. Instead of figuratively speaking of our seeds in the sand, which is very figurative indeed, for naturalists declare that no seed ever does such a foolish thing—we should have the courage to assume full responsibility for the education of our own children, and take such steps as may be necessary to beat the purveyors of filth and immorality in the race for the child’s soul. Sins of omission in this sacred duty are grievous and unaccountable in this day of enlightenment.
Miss Waldie.

IRELAND

Home Rule

The Rule of Three for you and me,
The Golden Rule the wide world o'er;
With song and smile the Emerald Isle
Will keep Home Rule forevermore!
Mrs. Knauth and family

wish to express their heartfelt gratitude
for your kind sympathy

I wish to thank you and express my deep appreciation of your kindness to me in my recent bereavement.


October fourteenth, nineteen ten.

Your kind expressions of sympathy are deeply appreciated and gratefully acknowledged by

Mr. G. H. Tucker.
Mrs. & Mrs. C. S. Nelson
SKETCH OF REV. CHARLES P. COIT, D. D.

The Pastor of the Memorial Presbyterian Church, the Rev. Charles P. Coit, D. D., was born in Hasting, N. Y., of parents who were of pure New England stock. On his mother's side he is a lineal descendant of John Alden, said to be the first one of the pilgrims to jump from the ship Mayflower onto Plymouth Rock.

Mr. Coit's early religious training was careful and thorough. His parents and their ancestors were remarkable for their faith in God's covenant promises to believing parents concerning their children. In answer to the faith, the teaching and the daily example of his parents, his religious conversion took place in early life.

His course of study in preparation for college was first in the common schools, then in Mexico Academy, and then in Fally Seminary. He entered the University of Rochester and graduated with the class of 1867. He then went to Auburn Theological Seminary, where he studied three years, and graduated with the class of 1870. While yet a student in Auburn Seminary he, in a Summer vacation, organized the Presbyterian Church of Collax, Iowa, and raised the funds to erect its house of worship. He was ordained as a minister of the gospel by the Presbytery of Binghamton. He organized, and was the first pastor of the North Presbyterian Church of Binghamton, N. Y. He also organized and was the first pastor of the Hampden Presbyterian Church of Baltimore, Md. He entered upon his present pastorate in the Memorial Presbyterian Church of Rochester Nov. 21, 1873. Since that time he has given himself, soul, mind and body, to the work of building up this church, having a deep sense of the great responsibility that rests upon one called of God to care for the spiritual interests of a people.

It may be said that the love of pastor and people is mutual. The pastorate, under the blessing of God, has been one of peace and prosperity. Jan. 21, 1874, Mr. Coit was united in marriage with Miss Susie H. Warner, daughter of Mr. Edward W. Warner, of Owego, N. Y. To them three children have been given—Clara Louise, Charles Welles, and Frederick Warner Coit.

At its commencement in June, 1892, the University of Rochester conferred upon the pastor the honorary title of Doctor of Divinity. For more than fifteen years he has been one of the commissioners of Auburn Theological Seminary and takes an active interest in what ever pertains to its prosperity. He is one of the trustees of Scotia Seminary, located at Concord, North Carolina. Three times he has been sent by Presbytery as delegate to the General Assembly of the Presbyterian Church.

While his best energies are given to the Memorial Church, yet he takes a deep interest in the educational, charitable and religious work of the city, and in all the great movements of the various denominations of Christians in their endeavor to extend the kingdom of the one common Master.

FUNERAL OF A. J. BARRON

Young Man. Formerly of Geneva, Dies After an Operation.

The funeral of Arthur J. Barron, who died on Sunday afternoon at the Bahne- mans Hospital, following an operation for appendicitis, took place yesterday morning from St. Mary's Church. Interment was made at St. Mary's Cemetery, Waterloo.

Mr. Barron was 22 years old and the son of Mr. and Mrs. Charles D. Barron, of this city, formerly of Geneva. He attended Geneva High School and completed his education at Worcester Business College in Massachusetts. Up to the time of his illness, he held a responsible position with Morris & Company, this city. He leaves besides his parents, four brothers and two sisters. About a year and half ago, Mr. and Mrs. Barron lost an older son.
DEATH CLAIMS
W.E. WOODBURY

Prominent Grocer, Banker
and Club Man Succumbs
to Long Illness.

ANCESTORIAL LINE

Was Descendant From Pilgrim Settlers and French
Huguenots.

Willis E. Woodbury died this morning at his home, 234 Lake Avenue. He had been an invalid the last five years, and his death today was not unexpected. The funeral will take place from the home Monday afternoon at 3 o'clock. Burial will be private.

Mr. Woodbury was a son of the late Daniel A. Woodbury and Minerva Boughton Woodbury, and a descendant of Jonathan Woodbury, who came to America from England in 1624, and of John Boughton, a French Huguenot who emigrated to this country in 1625.

He was born in Rochester in 1857, educated in city schools and had always lived here. For 30 years he was in partnership with his father in the firm of W. E. Woodbury & Company, grocers.

Mr. Woodbury's grocery interests extended far beyond Rochester and, in fact, through his chain of stores embraced practically Western New York. This chain was built up gradually in the larger nearby towns and small cities and maintained by the sterling business principles which made the early success of the company in Rochester. Among the cities in which the stores were located were Batavia, Geneva, Elmira, Corning and Buffalo. All of these stores, including the Rochester stores, are closed today.

Before his illness, five years ago, he was a director of the Genesee Valley Trust Company, Traders' National Bank, vice president of the E. M. Upton Cold Storage Company, and a member of the Genesee Valley Club, Rochester Country Club, Rochester Club and the Whist Club. At the time of his death he was a member of the New York Society of Founders and Patriots and the Lake Avenue Baptist Church.

In 1884 he married Marie C. Christian, of Rochester. The surviving relatives are his wife; two daughters, Mrs. Chauncey C. Woodworth, Jr., and Evelyn Woodbury, and two grandchildren, Chauncey C. Woodworth, Jr., and Barbara Woodworth.

MORTUARY RECORD

Frederick Schaffner.

Frederick Schaffner, who died on Tuesday at his home at 335 Oxford Street, was one of the old residents of Rochester and was well known in the furniture trade. He was 76 years old and was born and passed his entire life in Rochester. He was educated at No. 14 School. For the last twenty years he had been one of the most valued associates with the H. R. Grece Company. Previous to that time he was in business in State Street as a member of the firm of Bennett & Schaffner. When that partnership was dissolved, Mr. Schaffner continued the business alone. He made friends easily and retained them because of a genial disposition and a warmth of heart that was always quick to sympathy. He had been ill many weeks from an affection of the heart.

Mr. Schaffner's wife, who died nearly three years ago, was also a lifelong resident of Rochester. He leaves a daughter, Mrs. Belle K. MacMillan, and a granddaughter, Mrs. Jean Alice MacMillan, and a sister, Mrs. J. Pender. He was a member of the Genesee Falls Lodge, 1st, and A. M., and of Brick Presbyterian Church.

The death of Mr. Schaffner removes another member of the Old Music City Cadets Company (2nd Regiment, N. Y. N. G.). Mr. Schaffner was also a member of the old No. 1 Fire Engine Company, known as "The One Company."
1831

New York Central & Hudson River Railroad

INVITE YOU TO VISIT THEIR

WORLD’S FAIR TRANSPORTATION EXHIBIT

Consisting of the mammoth EMPIRE STATE EXPRESS LOCOMOTIVE No. 999, also displayed by a reproduction of the DE WITT CLINTON ENGINE AND CARRIAGES, the first steam railroad train in New York State, which made its initial trip between Albany and Schenectady on August 9, 1831, showing the evolution of active power and transportation facilities in the past sixty-two years on the New York Central & Hudson River Railroad.

DE WITT
CLINTON

AUG. 9,
1831.

(BETWEEN ALBANY AND SCHENECTADY.)

TIME OF TRAINS AND DATES.

MONDAY, MAY 1st.

Ly. Grand Central Station. 7:00 A.M.  
" Yonkers. 7:50 "  
" Peekskill. 8:30 "  
" Fishkill. 10:30 "  
" Poughkeepsie. 11:30 "  
" Hudson. 1:40 P.M. "  
" Albany. 2:30 "  
" Schenectady. 4:15 "  
" Amsterdam. 5:00 "  
" Fonda. 5:30 "  
" Falls Bridge. 6:15 "  
" Herkimer. 7:15 "  
" Utica. 8:00 "

TUESDAY, MAY 2nd.

Ly. Rome. 7:30 A.M.  
" Utica. 8:00 "  
" Oneida. 8:50 "  
" Canastota. 9:30 "  
" Syracuse. 9:30 "  
" Auburn. 10:00 "  
" Cayuga. 11:00 "  
" Seneca Falls. 11:45 "  
" Waterloo. 12:45 M. "  
" Geneva. 12:30 P.M. "  
" Clifton Springs. 1:00 "  
" Canandaigua. 1:30 "  
" Rochester. 2:00 "  
" Batavia. 5:00 "  
" Buffalo. 7:00 "

The exhibit train will arrive five minutes ahead of time shown in schedule, allowing ample time for all to view the train and pass on AMERICA’S GREATEST RAILROAD.

Empire State Express 1893

The De Witt Clinton was built at the West Point Foundry, at the foot of Beech Street, New York City, in 1831, she was mounted on four wheels, 4" 11/2" in diameter; there was one cylinder 9" in diameter by 11" stroke; the weight of the machine was about 6 tons, and the boiler had 80 copper tubes 13/4" in diameter. This engine was run on trial trips on the Mohawk & Hudson Railroad, at various times, from July 2, 1831, until August 9, 1831, when the first regular excursion trip was made. On this occasion the following gentlemen rode in the coaches: Erastus Corning, Mr. Lansing, Ex-Gov. Yates, J. J. Boyd, Esq., Throop Weed, Esq., Mr. Van Zandt, Billy Whis, pony postman. John Townsend, Esq., Mayor Meigs, Old Harris, High Constable of New York, Mr. Dudley, Jos. Alexander of the Commercial Bank, Lewis Benedict, Esq. and J. J. DeGraff. The engineer was David Mathews and the conductor was John P. Clark, who mounted a small seat attached to the rear of the tender, and gave the signal for starting by blowing a tin horn. The fuel used on this trip was dry wool pitch, coal having been previously tried but did not work sufficiently.

As there was no spark arrester on the stack, the smoke and sparks poured back on the passengers in such a volume that they raised their umbrellas as shields. The covers were soon burned off, and each man whipped his neighbor's clothes, to put out the fire started by the hot clothes.

When a show was made at the fair station at an attempt was made to remedy the disagreeable jets resulting from the stack between the coaches, by wedging a rail from a neighboring fence between each car, and tying it fast by packing yarn. This plan succeeded, and the train arrived at the station at Schenectady without accident. After the party had refreshed themselves, they returned to Albany, and thus completed the first regular run of a locomotive and train in New York State. The coaches were built after the following specifications, which are a copy of the original specifications by James Good, of Albany.

SPECIFICATIONS FOR COACHES OF THE MOHAWK & HUDSON RAILROAD CO.

To the Commissioners of the Mohawk & Hudson Railroad Company:

We, the undersigned, agree to furnish for said railroad company six coach tops: that is, to furnish jack, and Jack bolts, and braces, with thorough braces, and put them on the frames of the company's railroad cars as follows: the coach tops to be finished and hung in the style of workmanship generally adopted in Albany and Troy for post coaches; the materials and workmanship to be of a superior quality; a bagpipe rack and hook to be fastened to the length of coach body to be seven feet and four inches; five feet wide in the center and three feet six inches between the jack; the general plan in the coach to conform to the plan and explanation given by the engineer to the company, that is, in the inside seats, the back of the end seats to be finished with moss, and all the seats to be stuffed with hair; to have a door on each side, to have an outside seat on each coach, and a seat with suitable foot-board; also a seat at each end for driver or brakesman, to drop below to a suitable height to make the task of the foot-board. An oil-cloth to be used in the center rod on coach top, to cover baggage, and one at each end to be tucked in the back of the seat to protect it from rain. The whole composed, and to be hung on the carriage frames as some time on the line of said railroad, as follows:

Two coaches to be hung by the first day of July next, and the remaining four by the first day of August next, this work to be subject to the inspection of the engineers of the said railroad company. The whole to be completed and for the sum of Three Hundred and Ten Dollars each.

GEORGE W. PARKIN, John A. W. PHILLIPS, S. H. TAYLOR.

John B. Jarvis, Engineer M. & H. Railroad Co.