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## N. A. WINK

### ON GETTING STUNG.

Not Socially Nor Financially, but the Real Hornet Thing.

Ever get stung? Or, rather, who hasn't, says the North Carolina state board of health—"both with bees and otherwise. Hurts like the mischief, doesn't it—both getting stung by bees and getting stung otherwise? For either kind of getting stung prevention is better than cure, and discretion is the best part of valor.

Tact, diplomacy and good judgment will ward off many instances of getting stung in the social world as well as in the insect world. We offer no panacea or remedy for the former, but for the latter, seriously speaking, much can be done.

The first impulse in the case of an insect sting is to strike the offending insect, and in doing so in most cases we usually tear the insect away from its sting, leaving the sting in the flesh. It is the irritating poison on the sting that hurts so badly and causes such swelling, so the very first thing to do is to remove the sting if possible from the flesh. Use a knife point or needle for this purpose. Then, don't scratch or rub the sting. That only makes bad matters worse. Apply a few drops of weak ammonia or spirits of camphor or ordinary tincture of iodine as quickly as possible.

The poison from hornet stings is soluble in alcohol, and therefore if the spot be gently bathed or washed in alcohol some relief is obtained.

Finally, if ammonia, camphor, iodine or alcohol is not available, gently rubbing a piece of wet soap over the sting helps the situation out somewhat. Always remember, however, that the most important first aid is to remove the offending sting and that prevention is better than cure.

### SAVE THE VOICE.

Do Not Sing Nor Talk When Suffering From Throat Fatigue.

Fatigue injures the voice. Excessive use of the voice weakens its carrying power. From overuse or improper use of the voice a chronic pharyngitis develops. Every one knows the symptoms of overuse of the voice. The voice is husky, and its use is followed by distress. There is an increase in secretion and a constant desire to clear the throat, and there are disagreeable sensations, as fullness, tickling and the like. After a long day of shopping, sightseeing or one's daily routine of work, it is quite common to be troubled by hoarseness, which does not indicate a "cold," but is merely fatigue of parts which produce the voice.

The muscular system all over the body is tired, relaxed. The throat, being a muscular structure, shares in this fatigue, and it should never be used for any particular purpose, like singing or reciting, until the whole body is rested. If one has arranged to use the voice at the close of the day or at any other time, it should not be when suffering from fatigue.

Public speakers and singers take care of their voices and never willingly use them long enough at a time to weaken them. Singing only one song extra may hurt the voice enough to impair its clearness, and frequent overdoing may result in a permanent weakness. Rest before using the voice and taking care not to use it too long when singing or speaking saves the voice and keeps it clear and sweet and gives it carrying power.

### Light and the Blind.

Light has use, even if men cannot or will not see it. Baring-Gould tells of an institution for the blind that was built in England without windows. "Why," argued the committee, "should we provide windows for those that cannot see out of them?" So scientific ventilation and heating were provided, but the walls were left unperforated by any pane of glass.

But soon the poor inmates grew pale, and a great languor fell upon them. They were restless and dissatisfied. They fell sick, and one or two died. Then it was that the committee decided to open windows in the walls. In came the healing light, and the human plants responded to it at once in revived spirits, ruddy cheeks and restored health. Light is good, the light of the world is good, even for those who shut their eyes.—Christian Herald.

### Luck in Name Only.

Lutsk, or Luck, to give it the Polish name, is another of the towns of eastern Europe which can point to a checkered history. It is traditionally said to have been founded in the seventh century. Four hundred years later it had developed into the capital of an independent principality. After a further lapse of four centuries we find it a wealthy place and the seat of a bishopric. But evil times awaited it. During the Russo-Polish wars of the sixteenth century its 40,000 inhabitants were exterminated, and Lutsk lost its importance.—London Chronicle.

### Delhi's Iron Pillar.

At Delhi there still exists an iron pillar fifty feet high and sixteen inches in diameter, made of fifty pound blooms welded together. This pillar, it is suggested, may be regarded as the doyen among products of the heavy iron industry.

### His Business.

"The dentist should make a good soldier." "Why so?" "He's drilling a good deal of the time."—Boston Transcript.

Peevishness covers with its dark fog even the most distant horizon.—Richman.

### DUST CLOUDS OF ALASKA.

Volcano Ashes Make the Hills Appear to Be Snow Clad.

As we approached Kodiak strange dark clouds were seen obscuring the horizon at several points, one of which was so heavy and black that it resembled smoke from a great forest fire. Captain Jensen startled us by explaining that this was dust blown by the stiff breezes from the lofty hills all about us. These hills seemed covered with snow, but the whitish deposit proved to be ashes rained down several feet deep upon all this section during the eruption of Mount Katmai in June, 1912. Katmai is still smoking.

The sun looked like a dull silver dollar as it shone through the ashy mist. The dust cloud was so thick that it held our steamer up for four hours until the way was clear. Passing your hand over the rail of the boat, you found your fingers streaked with the impalpable gray powder. When we landed at Kodiak we found piles of soft gray ashes and large and small pieces of light, friable stone, like pumice stone, which had been thrown out by the volcano. The explosion of the volcano was heard at Valdez, 400 miles away from Kodiak, and sounded like a cannonading. It was followed by a deposit of fine ashes in Valdez.

In Kodiak the ashes covered everything. They half buried Colonel Blodgett's big cannery on the dock and put him temporarily out of business. They completely filled up a pond four feet deep which had been the skating resort for many years of the children of Kodiak.—John A. Steicher in Leslie's.

### Sitting in Judgment.

The admonition "judge not that ye be not judged" is valid only at those rare times when we are feeling humble and insignificant. On these rare occasions we find the attitude, "Who am I that I should pass judgment upon my fellow men?" But the normal attitude is, "Who are my fellow men that I should refrain from passing judgment upon them?"—Life.

### Surprise All Around.

"Miss Gadders is full of conversational surprises." "Just what do you mean by that?" "You never know what she is going to say." "Good heavens, man, she never knows that herself!"—Birmingham Age-Herald.

### No Hope.

"Your digestive system is all out of order," said a doctor, after examining a patient. "The best advice I can give you is to discharge your cook and get a new one." "It can't be done, doctor," answered the patient sadly. "I'm married to her!"

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