

A Song for the Elders.

BY P. MARGETTS.

TUNE: "Petit Tambour."

Come all ye worldly wise men
That think you know it all—
Your knowledge will not save you,
O! listen to the call;
The men of God will tell you
The time is near at hand,
Unless you turn from wickedness,
You surely cannot stand.

CHORUS: Then success to Mormon Elders—
Look out for every squall;
And be prepar'd with armor on
When men of God shall call.

Salvation is our maxim,
All folly we'll forego,
If temporal or spiritual—
We're in for both you know.
Then let us be united
Throughout the valley's length,
And we'll subdue our enemies,
For unity is strength.
Then success, &c.

We read in Matthew's gospel
Of virgin's there were ten,
Although they were immaculate,
Unwise were five of them.
O let us keep our armor on,
Though hell itself may boil,
While we've a chance let's trim our lamps
And fill them well with oil.
Then success, &c.

We know that mobs have drove us,
But BRIGHAM has declared,
If our religion we will live,
We never need be scared;
Then treasure up his counsel,
The gospel we'll proclaim,
Mentally or physically—
To us it's all the same.
Then success, &c.

Then let us study wisdom,
That we can always say
We're not remiss in duty,
We watch as well as pray;
That we may all be ready
As minute men on hand
To roll the Mormon wheel and drive
Corruption from the land.
Then success, &c.

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[From Harper's Magazine.]

RUN FOR THE DOCTOR, JOE.

'Run for the doctor, Joe!
'What's the matter, my dear?'
'Baby's swallowed my wedding-ring. Run as
fast as you can!'

The reader is now in possession of the facts of
the case as my wife announced them, looking over
the banister at the top of the stairs; and follow-
ing her injunctions accordingly I did run.

We were boarding for the summer at the pret-
ty little village of Wanhosset. Indian names are
always pretty, and so expressive of the transfer
of real estate. I'm in the real estate business
myself, and perhaps that's reason for my predi-
ctions in this case.

We were boarding for the summer, as I said,
or, rather, my wife and her encumbrances were.
As for myself, I slipped out of town on Saturday
evening, and was back again bright and early on
Monday morning. Occasionally, to be sure, I
did take a day in the week, if things were flat.

'He's swallowed the ring, has he?' said I to
myself as I went down the door-step, that I had
only a moment before gone up from a very pleas-
ant morning's walk. 'Well, that's a pretty go!' It
wasn't until some time after that it occurred to
me that he had come by the trick honestly, or,
as one may say, in an hereditary way; for, you
see, I'm well to do in the world. I've swallowed
a good many gold rings in my time, metaphori-
cally speaking.

On my way up the road to the doctor's house
there were two women standing by the pump.

'Wonder,' said the one who was leaning on the
handle, 'if it'll be a girl or a boy?'

'Dunno,' said the other. 'The doctor was
there all night, and sent Pat Rooney back with his
buggy this morning, and allowed him to go for
him after dinner time.'

'Is the doctor at home?' I asked of a half-sta-
ble and half-garden looking lad who came to the
door.

'Is it yerself that'll be poorly?' he inquired.—
'Step in. Docther'll be back the minnit. Any
how in half an hour.'

'Pat, you're lying,' thought I, recalling the con-
versation at the pump. 'A little wheedling and a
bright silver dollar worked wonders in Pat's views,
and soon seated us in the doctor's buggy in pur-
suit of that worthy practitioner.'

'The patient warn't choking when you left?'
Inquired Pat, as soon as we were well settled in
the vehicle, and got fairly under way. 'Hope the
folks wouldn't get scared and send for Dr. Littlego.
He's the homeypt, d'ye see, and we're the rig-
gers. He'd tell ye that he'd get the ere ring out
o' that ere baby in a jiffy; but I'm thinking it's a
case that'll take some of our big pills. His little
ones would slip through that ring, and take no hold on't.
We'd seven cases of ring-swallowing last summer,
and lost only one.'

He had four, and every sowl o' em died. He
couldn't stop them gettin' out of the stomach into
the lungs, and so they choked. The last one he
made swallow another ring. Them's a kind of
doctors as say Like cures like. Both rings stuck.
We allers finds whereabout the ring is stuck; well,
if it's high up, then we gives ipick, and so it comes
by vomiting; and if it's out of reach of the ipick,
then we gives oil, and so gets it any how. Oil's a

mighty greasy thing! We've some in our office
that I'm expectin' wouldn't stay in a man two
minnits; and yet it don't look so when you pour
it out of the bottle—it comes throbble, bobbles,
sticky-like.

If I was a married mother, that's baby had
had its ring took out by oil, wouldn't I keep that
ring! Why, ye see, it's like Cap'n Cook, that's
life's in a book in our office, that sailed in a ship
all round the world.'

We found the doctor, luckily, had got through
with his duties; so half an hour brought me back
home with him.

'Oh, Joe! don't be angry, but I'm so glad!' said
my wife. 'I found the ring on the floor after
you'd gone. He hadn't swallowed it.' And sure
enough, there he was kicking up his heels on the
floor, as a grasshopper.

Such were the circumstances under which my
wife's exclamation, 'Run for the doctor, Joe!'
brought me acquainted with a friend from whose
instructive conversation I first gathered a glim-
mering of as to how I live, why I live, and what's
the best for me to do as long as I live. Well was
it for me that I was spared from the hands of Dr.
Littlego, and from those of Dr. Pepper, the Indian
herb physician, and set about reflecting that if I
should swallow a ring myself, whether it would
find its way to my stomach, my brain, my back-
bone, or my liver.

Here we go breathing and breathing, twenty or
more times a minute, all our lives. What is it
for? Is it to vitiate the inside of our bodies, or
to shake up gently the contents of our stomachs,
that digestion may be promoted? Or, take another
instance. It don't matter whether you try it by
day or by night, summer or winter, you always
find the warmth of your body the same. When the
Sage of Brooklyn reports a heat of 10° degrees,
or when you see the ice-carts going from the stag-
nant, filthy, frozen pools round the outskirts of
the city to the confectioners' cellars, instead of
speculating on the ice-creams or cold lemonades
afterward to be made, try the temperature of your
own mouth, by putting the bulb of a thermometer
therein—you will always find the heat is 98 de-
grees.

It is of no use for us to be told that our bodies
are hot naturally, and can keep up their warmth
themselves. Common sense assures us that
where there is warmth there must be fuel. And
so I believe that a man's body is like a flame, that
keeps hot as long as it is fed.

It is surprising how little common sense people
use in considering the nature of their own body,
and its infirmities. In other matters of interest
they think for themselves in the best way they
can; in this they give up the whole affair as incom-
prehensible. Yet, after all, it is not so very dif-
ficult to collect clear ideas on these subjects.—
Here are some which I have met with in a work
have been reading.

For the maintenance of the life of man three
conditions must be complied with: he must have
air, water, and combustible.

Under the same conditions, also, all animals
exist. Even in those which seem to furnish us
with instances of departure from this general rule,
the exceptions are rather apparent than real. To
breathe, to drink, to eat, are the indispensable
requisites of life. If there be among insects some
which seem never to take water, or among fishes
some which never taste solid food, these pecu-
liarities disappear as soon as we understand them
thoroughly.

Where a high development has been attained, as
in man, experience assures us that the same in-
evitable result awaits a cessation of respiration for
a few moments, an abstinence from water for a few
hours, or from food for a few days.

The supply of a part of these necessities of life is
adjusted to the urgency of the want. The act of
breathing is incapable of delay, but the air is ac-
cordingly every where present and always fit for
use. We can bear thirst for a little time, and the
earth here and there furnishes her springs and
stores of other water; but far otherwise is it in the
obtaining of food.

It is the lot of all animals to secure nourishment
by labor, and even of men the larger proportion,
both in civilized and savage countries, submit to a
hard destiny. To obtain their daily bread is the
great object of life.

What is the explanation of this necessity for a
supply of air, of water, of food? Why is it that
the system will bear so little delay?

The answer to these questions is an answer of
ominous import. The condition of life is death.
No part of a living mechanism can act without
wearing away; and for its continuance there is,
therefore, an absolute necessity for repair.

Life, far from being a state of immobility, is a
state of ceaseless change. An organism is only
a temporary form to which millions of particles,
passing through a determinate career, give rise.
It is like the flame of a lamp, which presents for
a long time the same aspect, being ceaselessly fed
as it ceaselessly wastes away. But we never per-
mit ourselves to be deceived by the stimulated
unchangeableness which such a natural appear-
ance offers. We recognize it as only a form,
arising from the course which the disappearing
particles take. And so it is even with man. He
is fed with more than a ton weight of material in
a year, and in the same time wastes more than a
ton away.

There is, therefore, a general balancing which
every animal presents, depending upon its receipts
and its waste, as may be very well understood
by considering a special case. Thus, to have a
uniform standard of reference, we may assume
140 pounds as the weight of a healthy adult man.
Now the constant consumption of food, water,
and air, tends steadily to increase that amount,
and even in a very short time a disturbance aris-
ing from these sources would be perceptible, were
there not some causes of compensation. But
even after a year of a state of health is maintained,
the weight may remain precisely what it was, and
this may continue year after year in succession.
The consumption of large quantities of solid,

liquid, and gaseous matters, does not, therefore,
necessarily add to the weight.

If there be thus causes for the increase of the
weight of a man, there are also causes for its di-
minution. These are the various transpirations
and excretions. There is, therefore, a tendency
to an increase and a tendency to a diminution of
the weight, and in the adult condition we are con-
sidering, these must balance one another.

If a man of the standard weight abstains from
the taking of water and food, a good balance
would prove that, in the course of less than an
hour, he has become lighter. If he still persists,
it needs no instrument to detect what is going on;
the eye perceives it, for emaciation ensues.

How, then, is it possible for a living being to
continue at its standard, except the causes of in-
crease are precisely equal in effect to the causes
of diminution? We may therefore assert that the
food, water, and atmospheric air, taken at a given
period of time, is precisely equal to all the losses;
for if the receipts were greater, the weight must
increase; if the losses were greater, the weight
must diminish. Persistency in this respect proves
equality, and the case is just as simple as, in the
common affairs of life, he who pays less than he
receives grows rich; if his payments are more
than his receipts, he becomes poor; but his con-
dition is unchanged if his payments and receipts
are equal. Infancy, old age, and manhood answer
to these circumstances respectively.

From the army and navy diet-scales of France
and England, which, of course, are based upon
the recognized necessities of large numbers of
men in active life, it is inferred that about 2½
pounds avoirdupois of dry food, per day, are re-
quired for each individual; of this about three-
fourths are vegetable, and the rest animal. At
the close of an entire year the amount is upward
of 800 pounds. Enumerating under the title of
water all the various drinks—coffee, tea, alcohol,
wine, etc.—its estimated quantity is about 1500
pounds per annum. That for the air received by
breathing may be taken at 800 pounds.

With these figures before us, we are able to
see how the case stands. The food, water, and
air which a man receives, amount, in the aggre-
gate, to more than 3000 pounds a year; that is,
to about a ton and a half, or to more than twenty-
times his weight. This enormous quantity may
well attract our attention to the expenditure of
material required for supporting of life. A living
being is the result and representation of change
on a prodigious scale.

It cannot be questioned that the materials
which are rendered back to the external world,
after having subserved the purpose of the animal,
and passed through the system, are compounds
of those which were originally received as food,
drink, and air; though they may have assumed
in their course other, and in our estimation viler,
forms. Recognizing as indisputable the physical
fact, that not an atom can be created any more
than it can be destroyed, we should expect to dis-
cover in the substances thus dismissed from the
system every particle that had been taken in.

What, then, is man? Is he not a form, as is
the flame of a lamp, the temporary result and re-
presentative of myriads of atoms that are fast
passing through states of change—a mechanism,
the parts of which are unceasingly taken asunder,
and as unceasingly replaced? The appearance of
personal identity he presents, year after year, is
only an illusion. He begins to die the moment
he begins to breathe. One particle after another
is removed away, even from the inmost recesses
of the body.

But how is it about personal identity? It is
related of a country youth, to whom a knife had
been given, that in the course of time the rivets
got loose, and one side of the handle came off.
He carried it to a cutler, and had the missing
part replaced. After a time the other side came
off, and this he likewise renewed. The blade
likewise fell out, and he had a new one put in.
And so, by degrees, all the original parts were
gone, and there were others in their stead. He
had never any doubt that this was all along the
same knife he had originally possessed; for it
would have been impossible for him to tell, if it
were not so, at what particular point the identity
was lost. But a certain friend of his, having
found all the separate parts as they had been suc-
cessively missed, carried them to the cutler, and
had them all joined together. Now, what knife
was that?

If you can settle the question about the iden-
tity of the knives, you will find yourself not very
far from settling the question about the identity
of men.

What has thus been said respecting the waste
and repair of the body, implies the provision of
many complicated mechanisms. There must be
means for effecting the introduction of the air;
these, in man, depend on calling into operation
its pressure. A system of tubes is necessary for
its distribution to the points at which it is required,
and in like manner a system for carrying away
the wasted products of decay. The new material
which is destined to replace the parts which are
disappearing, and to keep the economy in repair,
must be submitted to such processes of mechan-
ical and chemical preparation, that it may be dis-
solved in the blood, and carried wherever it is
wanted. It must, therefore, be cut and crushed
by teeth, driven by powerful muscles, dissolved
by acid and alkaline juices in digestive cavities
set apart for that purpose. From these it must
be taken by arrangements which can absorb it
and carry it into the torrent of the circulation.
Physical means must be resorted to, not only
for the impulsion of these newly absorbed nutri-
tive juices, but likewise to drive the blood in its
proper career of circulation. It is needless here
to dwell on the manner in which the most refined
principles of hydraulics are brought into play;
how there are valves which open only in one way
to let the current pass; and how some of them,
as in the like human contrivances, are tied down
in their action by cords. Moreover, since it is
necessary that the animal should go in search of

its food, muscles of locomotion, which act upon
purely mechanical principles on the skeleton,
must be resorted to, and so the animal structure
becomes a most elaborate and complicated ma-
chine.

In this regard, as is said by Dr. Draper, from
whose recent work on Physiology most of the
preceding facts are derived, the human body may
be spoken of as a mere instrument, or engine,
which acts in accordance with principles of me-
chanical and chemical philosophy, the bones being
levers, the blood-vessels hydraulic tubes, the soft
parts generally the seats of oxidation. But if we
limit our view to such a description, it presents
to us man in his most incomplete and unworthy
aspect. There animates this machine a self-con-
scious and immortal principle—the soul.

Such being the nature of man in his mature
condition, let us next look at his career. At
birth he is the very representative of weakness
and imbecility. Though, unlike many other ani-
mals, he opens his eyes at once, he exhibits no
tokens of visual perceptions; though he may be
subjected to sounds and noises of various kinds
he takes no notice of them. This condition of
inertness is followed by a condition of confused
sensation, which by degrees is succeeded by a
capability of appreciating special ideas. It is said
that an infant smiles soon after it is forty days
old; though it can cry, it can not shed tears.
But before long it gives indications of its satis-
factions and dislikes. The power of moving in an
erect posture is gained by it in the course of a year,
and by the close of that time it can masticate.
Articulate speech is displayed within twelve or
fifteen months; and henceforth the mind emerges
with rapidity from the confusion of a multitude
of impressions, and learns to concentrate itself at
pleasure upon one. Throughout infancy and
childhood the features, and even the gestures in-
dicate the profound changes going on. The
countenance, instead of expressing pleasure and
pain in the aggregate by smiling or crying, as was
the case at first, gains the faculty of representing
every grade of feeling. Long before maturity is
reached, we read without difficulty the thoughts
which are passing in the mind from the move-
ments of the lip or the eye; and the painter can
express every shade of feeling, and every emotion
by the mere configuration of the outward form.

With regard to the rate of growth, it is most
rapid immediately after birth, and continually
diminishes till about the fifth year. It then re-
mains quiescent till about the sixteenth year, the
average annual growth being a little over two
inches. For the next two years it is an inch
and a half, and for the following two one inch
only. The greatest height correctly recorded
was that of a Swedish body-guard of Frederick
the Great—he was eight feet three inches; the
least, that of an individual, thirty-seven years old,
whose height was sixteen inches. New-born
boys are heavier than new-born girls; 20,000 of
them weighed in one of the hospitals of Paris gave
an average 6¼ pounds. For about a week
after birth the weight diminishes, owing to respira-
tion. In their twelfth year boys and girls are of
an equal weight. Men are the heaviest at about
forty; women at about fifty.

Through the successive changes that thus at-
tend his infancy, man at last reaches maturity.
In some cases his stature increases even after the
twenty-fifth year, and throughout the whole of
the mature period, even after what is termed the
meridian of life is gained, the weight becomes
greater. This increase of weight, however, has
not so much a relation to the muscular as the re-
spiratory system. The mental powers are now
advancing toward maturity, an advance which
they continue to make until about the fiftieth
year. Throughout this whole period, and even
at the extreme date, we still notice how much in-
tellectual capacity is connected with the perfec-
tion of corporeal development. It needs but a
little experience for us to determine at a glance
the intelligent from the obtuse, and to read even
the minor shades of character in the aspect of the
face. Without being aware of it, we are con-
stantly putting into requisition the principles of
phrenology and physiognomy, and drawing con-
clusions respecting character, to a certain degree
correct, from the expression of the eyes, the
lineaments of the countenance, or the configura-
tion of the head.

The actions of man are closely connected with
the physical and moral circumstances under
which he is placed. The greatest number of
crimes against persons and property is among the
inhabitants of river-banks. The period of the
maximum of crimes against persons coincides
with that which is the minimum against prop-
erty, and is the summer season. As respects each
individual, his tendency to crime is first against
property, and this reaches its maximum at about
twenty-five years of age, whereas the tendency
to crime against persons commences later than
that against property, and increases with the in-
crease of strength. In crime, man, as he grows
older, substitutes stratagem for force. If brought
up in a liberal profession his tendency in crime is
against persons, but that of the workman is
against property. Elementary instruction, so far
as reading and writing go, does not lead to the
diminution, but rather to the increase of crime—
a very important conclusion, more particularly
in the United States, in many portions of which
this kind of education is chiefly patronized by
Government, to the exclusion, to a certain extent,
of that which is of a higher grade, and which
serves to correct this important defect.

As regards women, their tendency to crime,
when compared with that of men, is as 23 to
100; at least this is the case in France. Their
tendency to the perpetration of crimes against
persons is less than that for crimes against prop-
erty, in the proportion of 16 to 26. It is inter-
esting to observe that the physical force of woman
as compared with that of man is also as 16 to 26.
From such considerations it may, therefore, be
concluded that the morality of women is about the
same as that of men, their physical feebleness and