If I can stop one heart from breaking,  
I shall not live in **vain**;  
If I can ease one life the **aching**,  
Or cool one pain,  
Or help one **fainting robin**  
**Unto** his nest again,  
I shall not live in **vain**.

**Words:**  
**Vain**- useless, regret, shame, hopelessness  
**Aching**- hurt, pain  
**Fainting**- weak, helpless, pale  
**Robin**- a small red bird  
**Unto**- into

**Questions:**  
1. Why does Dickinson feel that helping others would make her life useful?  
2. In what ways can you help the people and creatures around you?

**About Emily Dickinson:**  
Dickinson was born in 1830 in the United States and lived alone for most of her life while taking care of her parents. She is known for her poetry that tells of complex ideas (such as power and life/death) and bright scenes of nature. She wrote thousands of poems, though many were published after her death in 1886.