

en they put on their hem in the family kly changes. Rude legant attitudes are ho can wonder then its also have "com-iffer widely in dis-characteristics which eradicated, yet their training. If child- the respect due to gentle, polite ways. l, because it is our it not our love for "Kindly do this, 'ou?" as a prelude more readily obeyed A little loving favourite employ- l looks instead of people call a child ok, quite forgetful lvisable and polite. abol of a pure heart. we too readily for- ren from infancy their turn speak nesel often involv- ting a minor grace so much the crea- laws of Nature in s. We give up to- for another some to-morrow the task we shall not even

ved, the child who one; the favourite gentle to the little when he is older pleasures, syma- qualities took root In the nursery are the most quickly ity habits at table, a door, and ready rse who can teach o rules that a boy aides small people erefore, how very the selection of a

e, how small they udder to see Ger- the expectations these are merely ut Chinese chop- ones, they would se. Our children so trifling to be is on the large. the little inhabi- ly guessed what derly party, with g bread and jam hirsty lips, with spotless—in such le is only typical he lives of the eat and tidy as a adult life that " to a pure heart ings are essential. ur nurseries may r years. A per- certain to possess isy boy develops The lazy child who loses the t to grasp them

thought, as in ing of children, e the grave re- . The helpless ey prepare him gins his school Many a fine will o be neat and ye avoided if he among his com- l if he is atten-

tive and obedient; and yet these are lessons better acquired in the nursery than elsewhere, and conjointly with them the "good manners" so attractive in men and women, and more especially in children. Think it over, mothers, and to the natural graces of your little ones add the crowning one of courtesy to all with whom they come in contact.

Rev. Geo. M. Adams, D.D.,

Auburndale, Mass., writes: "I recommend K. D.C. very strongly; in my case it has proved singularly efficient; when I could find nothing else to give relief it was a prompt remedy. I should be unwilling to be without it.

Free samples mailed to any address, K.D.C. Co., Ltd., New Glasgow, N.S., and 127 State St., Boston, Mass.

The Light that is Felt.

A tender child of summers three,
Seeking her little bed at night,
Paused on the dark stairs timidly.
"O, mother, take my hand," said she,
"And then the dark will all be light."

We older children grope our way
From dark behind to dark before;
And only when our hands we lay,
Dear Lord, in Thine, the night is day,
And there is darkness nevermore.

Reach downward to the sunless days,
Wherein our guides are blind as we,
And faith is small and hope delays;
Take Thou the hands of prayer we raise,
And let us feel the light of Thee.

—John G. Whittier

K.D.C. pills tone and regulate the liver.

Temperance in all Things.

Temperance is the corner stone of health, and health is the foundation of beauty. The brainiest men and the most beautiful women in history were as temperate as camels. When Napoleon began to look like a gourmand his defeat began. Renan was one of the few great men with a great stomach. He had the appearance of a human mollusk, but he worked like a giant and lived like a stoic for more than a generation in a few classrooms of the College of France. George Eliot was not a beauty, but her brains made her the first woman of the century, and she is said to have lived on tea and toasted muffins. Marcus Aurelius Antonius, one of the wisest men of Rome and one of the grandest characters in history, ruled with love an empire reaching from Scotland to the Sahara and from the Atlantic to the Euphrates, and lived as simply as a peasant. The beauties of the French salons ate fruits and greens and drank soups and milk. Empress Elizabeth of Austria, the loveliest sovereign of Europe, "lived in the saddle and the sunshine," and the gray heads in the Paris museums say of the radiant Diane de Poitiers that she took a dozen walks a day to keep her flesh down and a dozen oranges to keep her colour up.

It is diet and not drugs that improves a bad complexion and preserves a good one.

—Let the young housekeeper who feels herself demeaned by looking into such prosaic matters as the family marketing, take pattern by the Princess of Bulgaria. It has long been worthy of note that men and women descendant from a long line of royalty, will not hesitate to do many things which those of lower station would consider entirely beneath them. If the young housekeeper really has at heart the good and comfort of the man she has married, she will not permit herself to fall into the way of ordering her meals from the men who come daily for orders. The Princess of Bulgaria goes every week to the market and makes her own purchases. She is accompanied by no retinue. The only people who follow in her train are admiring subjects whom she has endeared to herself by her simplicity.

Is your digestion weakened by la grippe? Use K.D.C.

Christ's Sunshine in the Heart.

When we want light in our rooms, we unbar the shutters and let in the sunshine; dark rooms are unwholesome. In like manner, every one who wants to be happy—and happy also under all circumstances—should keep his heart-windows wide open towards heaven. Let the warm rays of Christ's countenance shine in! It will scatter the chilling mists of doubt; it will turn tears into rainbows.

One of the happiest Christians that I know is happy on a very small income, and in spite of some very sharp trials. The secret of happiness is not in the size of one's house, or in the number of one's butterfly friends; the fountain of peace and joy is in the heart. As long as that keeps sweet and pure and satisfied with God's will, there is not much danger of acid words from the lips or of scowling clouds on the brow. Some excuse their morose temper or their gloomy despondencies by the plea of poor health, whereas much of their dyspepsias or other ailments may be the result of sheer worry and peevishness. The medicine they need cannot be got from the doctor or the drug store. A large draught of the Bible taken every morning, a throwing open of the heart's windows to the promises of the Master, a few words of honest prayer, a deed or two of kindness to the next person you meet, will do more to brighten your countenance and help your digestion than all the drugs of the doctors. If you want to get your aches and your trials out of sight, hide them under your mercies.

The glory of Jesus Christ as the Great Physician and Health-bringer is that He deals with the soul, and with the body through the soul. The real Marah that embitters life is commonly a sour, selfish, unbelieving, unsanctified heart. There's the seat of the disease. Discontent and despondency gnaw out the core of the faith, and starve every grace. They never remove one sorrow and they kill a hundred joys. They disgrace our religion, disgust the world, and displease and dishonour the Christ we pretend to serve. Even when we are on a cross of providential trials, discontent may mingle a cup of vinegar and gall to make the suffering more bitter. On the other hand, a cross may be the means of lifting a true, brave, Christ-loving soul up higher, into the sweet sunshine of His countenance.

Bear in mind, my friend, that your happiness or your misery is very much of your own making. You cannot create spiritual sunlight any more than you can create the morning star; but you can put your soul where *Christ is shining*. Keep a clear conscience. Keep a good stock of God's promises within reach. Keep a nightingale of hope in your soul that can sing away the dark hours when they do come. Keep a good, robust faith that can draw honey out of rocks and oil out of the flinty rock. Never spend a day without trying to do something good; and then, keeping step with your Master, march on towards heaven, over any road, however rough, and against any head-winds that blow.

K.D.C. pills tone and regulate the bowels.

How Much Dost Thou Owe?

How much dost thou owe?" is an awkward question for some of us to meet; not that there are no honest debtors whose debts are their misfortunes, not their faults. Many such there undoubtedly are. But are there not hosts of dishonest debtors whose debts are the result of their extravagance or dissipation? and who twist and turn and quibble in every possible way in order to escape their obligations. Yet these people too take up the cry of justice, and would feign pass for upright Christians and honourable men. Now we might as well face the certain fact once for all. No one can be an honest man, much less a sincere Christian, who does not make every responsible effort to pay his lawful debts.

What is one bound to do in order to pay one's debts? You are not bound to starve yourself or your family, but you are bound to live on the very verge of poverty until your lawful debts are paid. The most rigid retrenchment must be

observed, and all superfluities, even the least, should be cut off.

Justice in the abstract is a great thing to talk about, but common honesty is the real thing to practice. How much dost thou owe? and when are you going to pay? are the practical questions that every debtor should put to his own conscience. Remember that there is a supreme day of reckoning appointed for all debtors, and if you appear before that dread tribunal with the burden of debt upon your soul, "You shall be cast into prison," and in the words of the Lord Jesus: "Amen, I say unto you, thou shalt not go out from thence until thou repay the last farthing."—*Churchman*.

How a Child should Sit.

In sitting, the child must be provided with a comfortable chair, adapted to his size and height, writes Elizabeth Robinson Scovil in a very valuable article on "The Physical Culture of Children" in the September *Ladies' Home Journal*. He should be made to sit well back in it, and not on the edge, when he has to occupy it for any length of time. The back should, if possible, give support to the small of the back as well as the shoulders. In working at a desk it should be of such a height that he can easily see his work when sitting erect by bending his head, instead of inclining the body at the hip joints. The upright position helps to expand the chest and keep the shoulders in their proper place. Its use soon becomes habitual if it is insisted upon.

In walking, the heel should not be brought down too firmly. A part of the weight of the body belongs upon the toes, and when a due proportion is thrown there it gives an elasticity to the gait which is lost when it is not properly distributed. Walking with the heels raised from the ground is a good exercise, although a fatiguing one. Hopping on each foot alternately is another. Dancing is a valuable accomplishment for children. The consciousness of being able to dance well gives ease and self-possession to many a young man and woman who would otherwise be bashful and awkward. Little people usually delight in the rhythmical motion, and if it is not combined with late hours it does them nothing but good.

Buying the Bell.

How much depends upon the church bell? There is a subtle influence in the musical peal of a sweet tone bell that touches the heart and charms the soul. Buying the bell is an event that should be met with more than ordinary thought—with a special thought for the service required. Right here it seems apropos to speak of the bells calculated to give the best service, and do the most good. The Buckeye Bells, Peals and Chimes are the most noted. They received the highest award at the World's Fair, and the Gold Medal at the Midwinter Exposition, for tone, workmanship, and hangings. They have just furnished the finest chimes of fifteen bells in New England, to the First Congregational Church, Nashua, N.H., and are now making a chime of twelve bells for St. Luke's Church, Jamestown, N.Y. If your church needs a new bell, it will pay to get a Buckeye. For price and particulars, send to the makers—E. W. Vanduzen Co., Cincinnati, O.

—An interesting addition has just been made to the furniture of St. Paul's Cathedral, London, in the shape of two colossal bronze candelabra, copies of famous originals at Ghent. A curious history attaches to them. Cardinal Wolsey, when in the heyday of his power, set about preparing a sumptuous tomb for himself in the Wolsey (now the Albert) chapel at St. George's, Windsor. Before it was completed his fall came. The sarcophagus—of black marble—intended for the cardinal, ultimately became the resting-place of Nelson in the crypt of St. Paul's. The four giant candelabra by Torregiano, designed for the corners of Wolsey's sepulchre, were presented by Henry VIII. to old St. Paul's. Being covered with gold-leaf, they were valuable, and a century later they were sold by Cromwell to the authorities of Ghent Cathedral, where they have remained ever since.