

Paul says: "Yet is he not crowned, except he strive lawfully."

So if the responsibility which has come to you brings its suffering, take the double training as bravely, as sweetly as you can. "It doth not yet appear what we shall be," and perhaps

"... unto thee is given A life that bears immortal fruit In such great offices as suit, The full-grown energies of heaven."

But there are many responsibilities to which are attached no pain or suffering, and these, for the sake of the discipline they afford us, we would do well to seek. Take a small one, if you will, some practical item connected with your daily life, but whatever it is, make the task your own, and be faithful to its demands.

A RUSSIAN LEGEND.

In the days of Christ's passion, say the peasants, Russia was a warm country, and one vast garden. The apostle St. John, persecuted everywhere after his master's death, came to Russia to preach the gospel "Love thy neighbour as thyself."

But the people of the country drove him from their doors. As he cast the dust of each village from his weary feet, the village and the country round it became an icy arid steppe, and eventually the whole country was covered with ice and snow.

When he arrived at the coast, St. John took a boat and sailed towards the north. No other boat could follow him, for behind his vessel the sea froze into a sheet of solid ice. Finally the disciple loved of Christ arrived at the island where the North Pole is, a beautiful island where the temperature is always soft and equable, and where flowers and vegetation of all kinds grow in rich luxuriance. There upon this Island of the Pole, St. John still lives.

A GRATEFUL CAT.

In a family where there were no children, and the loss of little ones was felt very keenly, a great many pets from the animal world found a home. Among them was a beautiful cat. She was trained to do many little tricks and had corresponding privileges, one being to sit in a high chair at the dining table beside her master, with a bib tied about her neck, and have her meals with the family. Her food was prepared for her on a plate just as a father would prepare it for his own child, and pussy would sit with her paws on the cross-bar of the chair and enjoy her dinner to her heart's content. She had learned to come to the dining-room when the summons-bell sounded, just as every member of the household did, jump into her chair and sit there awaiting her turn, most orderly and well-mannered.

One evening pussy was missing, and her master and mistress wondered what had become of her. The bell was sounded two or three times with no response.

When suddenly, pitter, patter, down the stairs came kitty, something like a little whirlwind, rushed into the dining-room, leaped into her chair, and

planted a mouse on her master's plate! She had been fed so often and so generously by her host that in her gratefulness she must needs repay his kindness by similar attention.

FINDING OUT HOW TO BEGIN.

Two boys had sat down together to work out some problems in algebra. One of them had been busy with his pencil a full minute when he noticed his companion sitting with folded arms and knitted brows.

"What is the matter?" he exclaimed. "Why don't you begin?"

"I'm finding out how to begin," returned the other, quietly, and he went on thinking. The first speaker covered a page of foolscap with figures, found himself in a labyrinth from which there seemed no escape, and, looking back over the statement of the problems, discovered a mistake in his first equation. Long before this, however, his companion had worked the problem through and reached the correct result. He had not wasted time, because he had looked at all sides of the question before he began.

A little hard thinking before we begin to act would save us not only much precious time but many a heart-ache as well.

CANNED SALMON.

Salmon fishing is one of the great industries of British Columbia. The description of the methods of busy factories where the fish is canned shows the speed and skill with which that part of the work is done:

A modern cannery is a marvel of mechanical ingenuity. After the fish is cleaned automatic machines do nearly all the remainder of the work, even, in some instances, filling the cans with a motion for all the world like that of the human hands, one holding the can, the other crowding it full of raw fish. I shall not attempt to enter into description of the machinery. The can of fish is started

Was Deprived of Rest and Sleep

By the Distress Which Accompanies Itching Piles—Cured by Dr. Chase's Ointment.

Mr. G. Gibson, 18 Scollard street, Toronto, writes:—"From my occupation as driver I contracted a most irritating form of itching piles, which were a source of continual worry and annoyance, and deprived me of rest or sleep. From several remedies tried I obtained no relief until I began the use of Dr. Chase's Ointment. I can testify that it gave relief from the first, and has cured me. I have not since been troubled with piles in the slightest degree. The itching has ceased, and there is no more pain or chafing. I believe Dr. Chase's Ointment to be a perfect remedy for piles, and can recommend it in fullest confidence."

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rolling on its way, and one has the impression that it continues to roll through machine after machine hardly touched by human hands. It rolls into the cooker and out again,—even

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