There is no advice so useful to those who are predisposed to insanity, or to those who have recovered from an attack, as to carefully avoid everything likely to cause loss of sleep, as to carefully avoid everything likely to cause loss of sleep, to pass their evenings tranquilly at home, and to retire early to rest. Long continued wakefulness disorders the whole system. The appetite becomes impaired, the secretions diminished or changed, the mind dejected, and soon waking dieams occur, and strange phantoms appear, which at first may be transient, but ultimately take possession of the mind, and madness or death ensues.

and madness or death ensues.

We wish we could impress upon all the vast importance of securing sound and abundant sleep. If so, we should feel that we had done an immense good to our fellow-beings, not merely in preventing insanity, but other diseases also.

To procure sleep it is important that the mind should not be disturbed to several hours before rething to rest. Rettie early, and when neither very warm nor cold; sleep on a hair mattress, or on a bed not very soft. The best-room should be large and well ventilated, and the bed should not be placed near the wall, or near the window, as such an argument of the placed area. the placest near the want, or near the window, as such an arrangement often exp sees the person to currents of cold air. In re-should be nothing tight about the neck, and the rule of cleaning the teeth before retiring is a good one. Tea or coffee taken late at night is apt to disturb sleep. Strive to

coffee taken late at night is apt to disturb sleep. Strive to banish thought as much as possible, or take up the most dull subject. Study during the evening is improper.

Nervous persons who are troubled with wakefulness and excitability usually have a strong tendency of blood to the brain with cold extremities. The pressure of the blood on the brain keeps it in a stimulated or wakeful state, and the pulsations of the head are often painful. Let such rise and chafe the body and extremities with a brush or towel, or rub smartly with the hands to promote circulation and withdraw the excessive amount of blood from the brain, and they will fill asleep in a few moments. fill asleep in a few moments.

A sponge bath and rubbing, or a good run, or a rapid walk in the open air, just before tetring, will aid in equalizing circulation and promoting sleep. Some people are able to perform much mental labour, and to study late at night and yet sleep well. Some require but little sleep. But

such individuals are very rare.

Sleep seemed to be at the command of Napoleon, as he

could sleep and wake apparently at his will A writer observes of M. Guzot, former minister of France A writer observes of M. Guizot, former minister of France:
"His faculty for going to sleep after extreme excitement and mental exertion is prodigious; after the most boisterous and tunultuous sittings at the Chamber, after being baited by the Opposition in the most savage manner—there is no milder expression for their excessive violence—he arrives at home, throws himself upon a couch and sinks immediately into a profound sleep, from which he is undistuibed till midnight, when proofs of the 'Moniteur' are brought to him for inspection."

| Dathy, by almost always calling Him 2. The Field—The World.—Ver the world as His Field. The undisturbed till show the mastery, but "Jesus yet shall reign violence—he arrives at All the earth shall own See Rom. x. 18; Mark xvi. 15,20.

| 3 The What the Righte in.—Christians will be the means of for inspection.

or the House of Commons, of reading for half an he can some religious book before tetring to rest. It was by this habit the could keep his mind calin and clear after the distractions and irritations of the day."—The Grand Secret of Success.

## NO TIME LIKE THE PRESENT.

If you're told to do a thing And mean to do it really. Never let it be by halves; Do it fully, freely.

Do not make a poor excuse, Waiting, weak, unsteady; All obedience worth the name Must be prompt and ready.

If you're told to learn a task, And you should begin it, Do not tell your teacher: "Yes, I'm coming in a minute."

Waste not moments nor your words In telling what you could do Some other time; The present is For doing what you should do.

Don't do right unwillingly And stop to plan and measure; 'Tis working with the heart and soul That makes our duty pleasure.

-Phabe Cary in Young England.

A CONSIDERABLE religious interest exists among the students at Princeton, and an invitation has been sent to Dr. Cuyler to address them.

MR. GLADSTONE has undertaken to write an article for one of the quarterlies on Dr. Chalmers and his influence on religious life and theology in Scotland.

MR. ROBERT ARTHINGTON, of Leeds, the founder of the Tanganyika Mission, has offered the London Missionary Society the sum of \$3,000 for the purpose of completing his scheme by placing on the lake a suitable steamer. With the help of a steamer it is hoped that the best route may be found from the lake to the Nile, and that the population of the region may be brought more directly under Christian in-

# Mhe Sunday School.

## INTERNATIONAL LESSONS LESSON XVI.

April 18, 1880 THE WHEAT AND THE TARES ( Mat. 2011)

GOLDEN TEXT .- "The harvest is the end of the world."-Matt. xm. 39.

#### HOME STUDIES.

. . . The Lord of the Sabbath . . . . . Blind and Dumb Healed Mart. xii. 1-13 Matt. xii 14 37 Matt. xii 38-59 r. W. .... Pharisees Seek a Sign. ... Pharisees Denounced. Luke xi. 37-54 . Matt. iii. 1-23 . Th. 5ab, Luke viii. 19-31

#### HRIPS TO STUPY.

In this lesson our Lord, by means of a parable drawn from some of the most familiar incidents of home life, teaches us the nature and condition of His kingdom on

This parable and its interpretation, given also in the text, turnsh the only theory on which the problem of human life can be solved; and he will certainly fail who, without this key, tries to understand the history of the world or its pre-

attributed to Hun.

Christ identifies Hunself with us, and expresses His sympathy, by almost always calling Hunself the Son of Man.

2. The Field—The World.—Vers. 24, 38. Jesus claims the world as His Field. The usurper strives hard for

"Jesus yet shall reign victorious, All the earth shall own His sway."

3 The Wheat the Righte us.—Vers. 25,38. True Christians will be the means of converting others—the children of the Kingdom are here compared to good

den of Eden is still busy at the same work.

1. The Tares—the Wuked.—Vers. 26-38. The word translated tares does not mean the useful plant sometimes called by that name and otherwise known as "vetches." The plant indicated by the Greek word zizania is a noxious weed, abundant in Palestine, and closely resembling wheat in appearance until the good grain is in the ear. Its

botanic name is I ollium temulentum, and it is known in Britain as the "darnel." No amount of argument would suffice to persuace the eastern farmer to take this poisonous grass for wheat, once its black heads appeared; and equally vain is the attempt, so its black heads appeared; and equally vaints the attempt, so frequently made in the present day, to explain away the distinction which God makes in His word, and which actually exists, between the children of the kingdom and the children of the wicked one. Their chiracter re-

the children of the wicked one. Their character reveals their parentage, sooner or later. See I John in. 8, 10; John vin. 44.

2. The Enemy—the Devil.—Vers. 28, 39. Dr. C. S. Robinson, writing in the "S. S. Times," says: "No point in the parable is more remarkable than the clear acknowledgement of this great adversary's existence, personality, and power. Two vast kingdoins, now in close contact and in mortal conflict, divide the world,—Immanuel's and Satan's. The first of these might crush the other in an instant; but the final triumph mysteriously waits. There is Satan's. The first of these might crush the other in an instant; but the final triumph mysteriously waits. There is among men a keen, bright, fallen angel, with his wits sharpened by six thousand years of strife with all good, on the alert to deceive even the elect of God. Christ for a while is content to meet his foe in a struggle for dominion in the human heart. As He views men, the difference between them lies simply in their allegiance; to which kingdom do they belong?

III. Their Final and Permanent Separation.— Vers. 30; 39-43. We are called upon, and it is quite possible for us, under the teaching of God's Word and Spirit, to distinguish between good and evil; to separate the evil from the good in our own character, and get rid of the former; but it is not so easy, neither are we called upon, to point out definitely who are children of the "kingdom," and who are not.

For the accomplishment of His own wise purposes, God allows these two classes to remain together. Ten righteous men would have saved Sodom from destruction. A wicked family of to-day may owe their temporary preservation and prosperity to some righteous descendant who will live in a

1. The Harvest—the End of the World.—Vers. 30, 39. legacy is In this world persons and things are often found out of their memory.

places. The wicked disguise themselves and take the place of the righteous. The "darnel" stoutly asserts its claim to be regarded as the hnest of the wheat. Judas seemed to be a disciple of Christ. But we are told that Judas "went to be place," when he died. This is the great work that death is engaged in—putting people in their own places; and the judgment will complete that work. Disorder in food, anyway are probably and temporary order is teal. God's universe is only apparent and temporary; order is real and permanent.

In the day of judgment there will be no difficulty what-ever in distinguishing the righteons from the wicked. Of

all the disguises, not a shied will remain.

2. The Reapers—the Angels,—Vers. 30, 39. "Another angel came out of the temple, crying with a loud voice to him that sat on the claid. Thrust in thy sickle and reap:

from that sat on the cloud. Thrust in thy sickle and reap; for the time is come for thee to reap; for the harvest of the earth is ripe" (Rev. xiv. 15).

3. The Time Firmed—the Wicked Pumshed.—Vers. 30; 40.42. "It will strike every thoughtful reader," says the writer already quoted, "that no feature of this parable is more suggestive that the account given of the tranqual conversation between the master of the field and his servants; "I et hold grow together until the harvest; and in the time." 'I et both grow together until the harvest: and in the time of harvest I will say to the reapers, Gather ye together first the tares, and bind them in bundles to burn them; but gather the wheat into my barn.'

"Trese are the words of a husbandman who has so many patches of cultivated ground that he can afford to lose one of

them without dismay. These are the words of a Master who has eternity for his patience, and need not worry over one of our wasted seasons. It fairly arrests the magnation just to think of Jesus Christ, to whom this world belongs, compact and Development of Good.

To avoid a double division, we take the parable and its explanation together, step by step, under the following heads: (1) The Source and Development of Good.

Source and Development of Evil, (3) Their Final and perhaps the minimum step to think of Jesus Christ, to whom this world belongs, compact of the source and Development of Good.

I. The Source And Development of Good.

Vers. 24, 25; 37,38. Holmess is not indigenous to the soil of fallen human nature; its seed must be brought from afar.

I. The Source—Christ.—Vers. 24, 37. He sowed good seed, and nothing else. The evil in the world cannot be attributed to Him.

Christ identifies Himself with us, and expresses His sympathy, by almost always calling Himself the Son of Man.

2. The Field—The World.—Vers. 24, 38. Jesus claims them without dismay. These are the words of a Master who

dressed to all; it concerns all; it concerns you and me: Who hath ears to hear, let him hear.

## "THE LITERARY SUCCESS OF THE CENTURY."

An eminent English authority recently pronounced "Scribner's Monthly" "The greatest literary success of the century." The "New England Journal of Education" s—the says: "America may well be proud of such a magazine." The "Hustrated London News" considers it "one of the marvels of the day." The "London Illustrated (Penny) will — Paper" says: "With its minutably finished gems of drawners where the sale appropriate is the metable and admiration of the raper says: With its inimitably missied gems of draw-ing and engraving, it is the wonder and admiration of the art-world."

The April number ast issued ends the XIXth volume, which is exceptionally briliant. The "New York Evening Post," "Hartford Courant" and other papers, speak of the series by Eugene Schuyler on "Peter the Great," as "the most notable event in modern magazine literature." "the most notable event in modern magazine literature." The style is so simple and yet so graphic that it interests not only men of letters but the young, and is read as a text book in the schools. It is understood that the causes and beginnings of Nihilism in Russia will be traced by Mr. Schuyler in the course of his narrative.

Rev. Dr. Eggleston writes of Mr. George W. Cable and his story, "The Grandissmes," in "Scribner:" "If Cable can hold that gait, the rest of us who write American stories must surrender to him. What a superb piece of work it is!" "Scribner's" is the only American periodical that has as yet established a large circulation abroad; the edition in England being 10,500. It now enters upon its second

England being 10,500. It now enters upon its second decade, and the work of winning a second hundred thousand at home. Its readers to-day are estimated at more than half a million.

The publishers of "Scribner" announce that all new The publishers of "Scribner" announce that all new subscribers after this date who take the back numbers, beginning November last, will receive instead of the six unbound numbers the bound volume, November, '79, to April, '80 (containing all of "Success with Small Fruits," and the opening chapters of "Peter the Great," "The Grandissimes," and "Louisiana"), without extra charge. The subscription price is \$4 a year.

TWELVE French Catholics, heads of families, have joined the Congregational church at Centre Falls, R.I., having been brought into the light by reading the Bible.

A GENTLEMAN in England, interested in the Bible work of the world, recently gave £1,000 to the British and Foreign Bible Society, for the extension of its colportage in China.

# Births, Marriages and Deaths.

## DIED.

Fell asleep in Jesus, March 18th, Esther, relict of the late Jonathan De Wolfe, of Liverpool, Nova Scotia.

The Congregational Church has lost a tried and true Christian worker. A consistent life and triumphant death she has bequeathed to the Church and the world. Such a legacy is invaluable. Such a life will be held in blessed