There is no advice on useful to those whon are predisposed o insanity, or to those who lave recovered from an attack, as to carefully a wiold everything lakely to cause loes of slecp, to pass their evemings thanquilly at home, noll to retire eatly in rest. Tong continued wakefulnese disorilers the whole eyverin. The appetite becomes impaired, the secretions diminished or changed, the mind dejected, and scxon waking dicams occur, and stange phantome appear, wheh at hrst may the transent, bu: ultmately tahe pussessi mof the mond, and madness or death ensues.
We writ we could mpress upon all the vast impontance of secuing somed and aimadant slecp. If so, we shombld fees that we had down an mmene good to our feliow betnes, not merely in preven'ing, man'ty. but other daseases alon.

To procure deep it is important that the mind shoubld no
 early, and when new her veep warm nor cold: seep on a hatr mattress, or oll a bed mot vers soft. the loet-romin hoould lee latge and weli verntilated, and the bed hoould mot be placed near the wall, wor near the wimiow, as weh , .10 arMagement offen exp, ises the person to curremts of cold ant. In re whould be mollung ughe alwut the neek, and the sule



"iervous person, "hus ale troubled with wahefulness and exctubality useally have a strong tendency of blood to the bian with cold evtrematies. The pressure of the blood on the bran keeps if it a stmulated or waheful state, and the puhanomo ot the heod are of.en panful. Let such rae and
 smarily with the hands 1 w promete corculation and whindran the excewse amomet of bhood fom the brain, and they w.ll fill a aleen in a few mements.
A ap mege bath and mbinge, or a good run, or a rapid walk in the open air. just before eetung, will and is equal. iang craculuon and promoting slecp. Sume penple are
able to perfown math memal haver, and to study late at able to per form makh mental habour, and to sudy hate at
nubhe and jet veep well. Smate requre but litte sleep. But nuth and yet veep well. Some
such mdualual are very rame.
Sleep weened to be at the command of Napoleon, as he could leep and wake apparently al ha, will.
A "rier e'servenof M1. Gurot, former maniter of France: "llas facules for ging tonlep afier extreme excotement and mental exectuon is procligious; after the mone honsterous and cumbltuous whuns at the Chamiker, after being baited by the Upporituon in the mont savage manner-there is no minder whersion fot their excessive violence-he arrives at home, throws hamelf upon a couch and sinks mmediately
into a profound siecto from whin he is undistulsed :ill
 mul mintht, when
for
"It is an intereobng fact," says amother wher. "that firs many of the hatier jears of his hife Sir kebere licel was in the mavalike halnt, al whatever huur he returned fromblus $C$. 'moel or the llouse of ciominoms, of reading for half an ho o in
some relonons lowok lrefone teturing tis rent. It was by this halne he vaid hat he condid heep lus mond catm and cleat after the distrattons and ursations of the daj." 7 The Grand Seindt if Sut, ess.

## NO TMME LINE 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 it fully, freels.
Du nut make a pror cacuse,
Waiting, weak, unsteady;
All obedhence worth the name
If you're told to learn a task,
And you should begin it, Do not tell your teacher: ", Yes,

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

Don't do right unwillingly
'Tis working to plan and measure;
Ths working with the heat and soul
That makes our duty pleasure.
-Phabe Cary in Young Eugland.
A considferabse: relggious interest exists among the students a! Princeton, and an invitation has been sent to Dr. Cuyler to address them.
Mr. Gianstone has undertaken to write an article for one of the quarterties on Dr. Chalmess and his influence on religious life and theology in Scolland.
Mr. Robert Arthinitos, of Leeds, the founder of the Tanganyika Missun, has offered the Lundon Missomary Society the sum of \$3.00 for the purpose of completugh his scheme hy platung on the lake a suatable steamer. With
the hel of a steaner to thened that the best route may be The he por astamer th inved that the best route may be
found from the lake to the Nilc, and that the population of the region may be brought more directly under Christian inthe region

## 国he sunday School.

## international lessons Lessen xvi.


Cinl !ns Tras. - "The hatvest is the end of the world."-Mat1. גIII. 39.

## нomk stumis.



In the lesoon our Losd, by means of a parathe drawn from nome of the most faninhar wedents of home lite, leaches us the nature and conditan of His hinghemon cantl.
This parable and its interpretatuon, given aloo in the text. lurnisi the only theory on "hich the problem of human lite
 heg. the w understand the history of the world or its present comdition
To avoul a double devison, we take the paralile and IN explanatuon lugether, step by step, under the following heads: (1) 7 he Sinerce and Dewiopment of Gore (a) 7 he Suber and becthpment
I. Tilt surket: and Deveiopment of GoonVers. 24. 25 : 37.35. Hallamens is not madigenous to the vol of tallen human nature; th seed must be brought from alar.
2. The Sniter-chirst. - Vers. 24, 37. lie sowed good
eed and nothag che. The evil in the world cannot be seed, and nothug chas. The evol in the world cannot be altobuted to 1 m (10.
pathy. by almont alway callug is, amic expesses as sym. 2. The fichi-The Hiolde--Vers. 2138 on Man.
 the world as H
the mastery, hut

> "Jesus yet shall reign victorinus,
> dill ihe earth shall wwallos sway."

See Rom. x. ${ }^{1 S}$; Makk xvi. 15,20.
3 The 11 heat the אishte.us.-Vers. 25.38. True
Chrictans will be the means of conre:ung' others-the
children of the Kingdom are here compared to good seed, and grood seed is productive.
11. Tine sulkle. ANi, Dhistopytar of Evil. Vers. $20.2 S ; 38,39$. Unce fallen, esil is mataral to man, and besodes that, the enemy that sowed it tirst in the garden of l .den is still busy at the same wort.
t. The Zaics--the Wi ked.-Vers. 26.38. The word translateci tares does not mean the uectul plant sumetmes, called by that nanne and otherwise known as " vetclies." The plant indicated by the Greck word aizaniaz is a noxious weed, abundant in Padesture, and closely resembing wheat in appearance until the good grain is in the ear. Its botan:c name is /ollinms temulentum, and it is known in Bhitain as the "darnel."

No amount of argument uould suffice to persuace the castern farmer to tahe this ponsonous grass for wheat, once its blach heads appeaned; and equal!y van in the attempt, oo frequently made in the present day, to explanu anay the danonctuon which Gud mahes in His word, and whach ac tually exint, between tive children of the kingdom and the children of the wicked one. Their character re-
veals their parentage, sooner or later. See 1 John in. veals their parenta,
8,10 ; John vin. 44.
2. The linemy-the Deril.-Vers. 28, 39. Dr. C. S Robinson, writing in the "S. S. Tilues," says : " No point in the parable is more remarkable than the clear ach towand power. Two vast kingdoms, 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 in. stant ; but the final trumph mystertousiy watts. 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 Ged. Christ for a white is content to meet his foe in a struggle for dominion in the human heart. As He views men, the difference Deiween them lies simp! $/$ in their allegiance; to which kingdom do they belong?
ili. Tueir Final and Permanent Separation.Vers. 30; $39 \cdot 43$. We are called upon, and it is quite possible for us, under the teachang of God's Word and Spirat, o 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 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 II is own wise purposes, God allows these iwo classes to remain together. Hen righteous tanuly of to day nasy ulwe the from destruction. A wicked prospenty to some aghteous descendant who will live in a future century.
I. The Harvest-the End of the World.-Vers. 30, 39 .
places. The wicked dinguise enenicelves and take the plare if the "ughtenus. The "darnel" stoutly aseets ls chain to lue reparited as the these of the wheat. Judis seemed ". 'e a diactule of Chrst. But we are told that judas "went "10 phace when be ded. This is the gieat work that death io engeraged in-putang peenple in their own places: and the julgment wil! comple:e that work. Disotider in G.at , unncree womly apracen and tenporary; order is teal . miol permanern.
In the day of juifgment there will be no dofficulty what-
 all lise dispunes, not $n$ shed will remann.
$\Rightarrow$ the Ki, pers-the Amels. - Vers. 30. 39. "Anopher angel came onit of the temple. roying will a loud vorse in luin that sat win the (l mut. lirust in thy seckle and reap:
 the earth 19 rape (kev. xit. 15).
 to 12. "It will whe every thenghthfll reader," as) the winter alre.aly gunted, " that no feature of this paralse is mone sughe wowe that the aco ount piven of the trangul consceatumbetween the maser of the held and han setwants: 1 et lowh s'ow loge her unth the harveat: and in the tune of homen f will wis to the veapera, (iather ge together tust the lares, and hand them in laundles to burn theme but walat the wheas into my bann.'
litere ate the wods of a howhondman whohas so many puther of cultuated gromid that he can afforid to hose one of them witheol di-may. These ale the words of a Maver who lias eleminy for hopallence, and need nom worty over one
 o thank of Jesus (bist, to whim tho wonld belongs, conn'lus, posobly at hours unknown to us, and houhng cover ous pan of the rmased fied. There he sees you and me; and perhaps he mamurs to hmell, Phes, every, one of them! but le' thematone fur a while whl the havevt.'
 30, 43. " He will thatughly puige lis flow, and will kather the "heat mow Ith garner" (lahe in. 17). "And they that be wise wall shane as the bightnew of the firmamens; and they that tum many to nighteousness as the stars furever and ever" (1)an. xir. 3).
To "hom w tha solenan warmag addre-sed, and whom doen this plana retelation of the future concern? it is ad. dresped to all; $t$ concerns all; it concerns you and me: Who hath ears to hear, let him hear.

An emment Einglish authority recently pronounced "Scribmer's. Monthly" " The greatest hiterary success of the century." The ". New Eingland Juuinal of Liducation". sags: "America may "eli le pryud of such a magazine." The "Illustrated Lundon Nitul" cunsuder, " "one of the marvels of the day." The "I London lllustrated (penny) l'aper" says: "With its mumbally fimshed gems of drais. ms and engraving, th is the wonder and admuration of the art-norld."
The Aprol namber , ast issued ends the XIXth solume, Whelt is exceptionally linh.ant., The " New 'iork Evenmg Fist," " Hartford Comant" and other papers, speak
of the sernes by Fugene Schuyler on " Peter the Gieat as of the seres by Eugene Schuyler on " leter the Gireat," as " the most nutable event in modern magazine hetature." The style is so simple and yet so graphe that it interests not ouly wen of letters but the young, and is read as a text book in the schools. It is understoont that the causes and beghnomg of Nihlism in Russia will be traced by Mr. Schuyber in the course of his narrative.
Rev. Dr. Fiblewion writes of, Mr. George W. Cable and min sory, "The Gandisimes," in "Scniner:" " If Cable can hold that s:ate, the rest of us who wite dmencan sturies must surtender to hun. What a superl, peece of work it is !" "Scribner's" is the only American pernohcal that has as Eet extablathed a large curculation alroad; the edtaion ma England being 10, so. It now enters upon its second decade, and the work of winuing a second hundred thousand at home. lits teaders to day are estmated at more than half a million.
The publi-hers of "Scribner", announce that all new subseribers after this date who take the back numbers, begiuning November last, will receive instead of the six unhound numbers the bound volume, November, '79, to April, 80 (contanning all of "Success with Small Fruits," and the opening chapters of "peter the Great," "The Grandissimes," and "Lousiasia"), without extra charge. The subscription price is $\$ 4$ a year.

Tweive French Catholics, heads of families, have joined he Congregational church at Centre Falls, R.I., having been brought into the light by reading the Bible.
A gexrtigmas in England, interested in the Bible work of the world, recently gave $\mathrm{L}, 000$ to the Bratish and Foreign Bible Society, for the extenston of its colportage in China.

## Births, egtarriages and detaths.

## DIED.

Fell aslecp 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 worher. A consistent life and triumphant death she has bequeathed to the Church and the world. Sucha legacy is invaluable. Such a life will be held in blessed

