

HARD TO KEEP THE SABBATH.

It sometimes seems hard to keep the Sabbath just as we should like to in our country, especially in large cities, but think how much harder it is for young Christians in heathen lands, where the people about them, and even their own relatives and friends, know nothing and care nothing for the day. In China when a new convert closes his shop on Sunday, his customers think his business must be running down, and they desert him altogether.

In Japan school picnics are usually appointed on Sunday, as well as special exhibitions and examinations. But in Okayama three brave Christian girls succeeded in breaking up this custom, as far as picnics were concerned, in their grammar school. In the case of the poorer people the Sabbath question becomes sometimes almost a matter of life and death. In the silk districts the feeding of the silkworms during the season demands the full time of all hands. It is the habit of silkworms, however, to rest one day in seven. A large silk farmer, a member of one of the mission churches, reports that last year his worms considerably chose Sunday as their rest day; but he thinks this matter cannot be controlled. All honor to those who amid so many difficulties are letting their lights shine brightly!

"ONLY MY MOTHER."

A heathen woman said that the Bible must have been written by a woman, for it says so many kind things of women, while their sacred books say nothing of the kind. The degradation of womanhood throughout the East is well known, and is as marked as is their exaltation where the light of the Gospel shines. Especially among Mohammedans is this contempt for womanhood noticeable. A Mohammedan apologizes with an expression of contempt when speaking to his wife.

A Mohammedan's scorn of women is the logical outcome of his religion, which refuses to recognize their claim as human beings deserving of respect. As they are of use to man, they are worth food and shelter, but they are not in the least entitled to standing, ground at his side. The Countess Cowper, in "A Month in Palestine," gives an instance far more telling than any sermon, of this dreadful state of things: "I was told by a Christian in Cairo that he was once walking with a well-to-do Mohammedan with whom he was intimate, and who had often discussed with him the different positions of women in their respective sects. As they passed an old veiled figure in the street, who shrank on one side out of their way, the follower of the prophet delivered a passing kick at her.

"There," said the Christian, 'that is what I complain of. You kick a woman as we would not kick even a dog.'

"That said the Mohammedan, with a look of astonishment—'why, *that is only my mother!*'"

And yet infidels will say smooth words of the Mohammedans who despise womanhood, and of the heathen who murder their parents and children; and blaspheme Moses, who said, "Honor thy father and thy mother;" and speak with contempt of Jesus, who said, "Suffer little children to come unto me."

CAUSE FOR ALARM.

A young man carelessly formed the habit of taking a glass of liquor every morning before breakfast. An old friend advised him to quit before the habit should grow too strong.

"O, there's no danger; it's a mere notion. I can quit any time," replied the drinker.

"Suppose you try it to-morrow morning," suggested the friend.

"Very well; to please you I'll do so, but I assure you there's no cause for alarm."

A week later the young man met his friend again.

"You are not looking well," observed the latter; "have you been ill?"

"Hardly," replied the other one. "But I am trying to escape a dreadful danger, and I fear that I shall be before I shall have conquered. My eyes were opened to an imminent peril when I gave you that promise a week ago. I thank you for your timely suggestion."

"How did it effect you?" inquired the friend.

"The first trial utterly deprived me of appetite for food. I could eat no breakfast, and was nervous and trembling all day. I was alarmed when I realized how insidiously the habit had fastened on me, and resolved to turn square about and never touch another drop. The squaring off has pulled me down severely, but I am gaining, and I mean to keep the upper hand after this. Strong drink will never catch me in his net again.—*Ohio Church Life.*"

"MADE UP MY MIND."

God help me ever more to keep

This promise now I make;

I will not chew, nor smoke, nor swear.

Nor poisonous liquors drink.

I'll try to get all my young friends

To make the promise too;

And every day I'll try to find

Some temperance work to do.

—Selected.