

of kindness, of less value in itself than the one I have done to you, saved me from despair, and made me hopeful for better days. Years have passed now, and a kind Providence has blessed me with a good farm and a happy home. For years, as I have waked each morning, I have seemed to hear a sweet voice whispering, 'this day remember the poor.' As he said this, he raised the fork, and threw in the woman's arms as great a quantity as she and the lads could carry, and then drove onward, with a countenance expressive of the truth—"It is better to give than to receive. We turned from the scene to read again, and with greater profit than ever, the story of Ruth, gleanings in the fields of the generous Boaz, and of the kindness of the reapers to the destitute and successful gleaner.

INJURIOUS EFFECTS OF SMOKING.—S. Solly, Esq., F. R. S., the eminent surgeon of St Thomas's Hospital, Borough, has lately delivered a very important Lecture on Paralysis, before the students of that excellent institution, in which smoking is especially pointed out as one of the various and insidious causes of general paralysis. After condemning the immoderate use of malt liquors or spirits, which only stimulate for a time, and afterwards produce the most enervating and pernicious effects, the lecturer proceeded—"There is another habit, also, which I cannot but regard as a curse of the present age—I mean smoking. Now, don't be frightened my young friends, I am not going to give a sermon against smoking, that is not my business; but it is my business to point out to you all the various and insidious causes of general paralysis, and smoking is one of them. I know of no single vice which does so much harm as smoking. It is a snare and a delusion. It soothes the excited nervous system at the time, to render it more irritable and feeble ultimately. It is like Opium in that respect, and if you want to know all the wretchedness which this drug can produce, you should read the 'Confessions of an Opium-eater.' I can always distinguish by his complexion a man who smokes much, and the appearances which the faces present is an unerring guide to the habits of such a man. I believe that cases of general paralysis are more frequent in England than they used to be, and I suspect that smoking tobacco is one of the causes of that increase."

SYDNEY SMYTH ON SWEARING.—Sydney Smyth, when travelling in a stage-coach one day, long before railroads were dreamed of, was terribly annoyed by a young man, who had acquired the "polite" art of swearing to such an extent, that he interlarded his discourse with it as though it were a constituent part of the language. As there was a lady present, the matter was doubly annoying.—After enduring the young man's displays for some time, the "wag, wit and wicar," as one of his cockney admirers called him, asked permission to tell the company a little anecdote, and thus commenced:—"Once upon a time (boots, sugar-tongs and tinder-boxes), there was a king of (boots, sugar-tongs and tinder-boxes), England who, at a grand ball, (boots, sugar-tongs and tinder-boxes), picked up the Duchess of (boots, sugar-tongs and tinder-boxes) Shrewsbury's garter (boots, sugar-tongs and tinder-boxes), and said, 'Honi soit qui mal y' (boots, sugar-tongs and tinder-boxes), *pense*,' which means in English, 'Evil be to him who (boots, sugar-tongs and tinder-box-

es), evil thinks.' This was the origin of (boots, sugar-tongs and tinder-boxes), the order of the garter." When Sydney Smyth had concluded, the young gentleman said, "A very good story, sir—rather old—but what on earth has boots, sugar-tongs, and tinder-boxes to do with it?" "I will tell you, my young friend, when you tell me what 'd—n my eyes,' etc., ha to do with your conversation. In the meantime, allow me to say, that's my style of swearing."

BE SYSTEMATIC.—It will add much more to your convenience than you can imagine.—It saves time, saves temper, saves patience, and saves money. For a time it may be a little troublesome, but you will soon find it easier to do right than wrong, that is easier to act by rule than without one. Be systematic in everything; let it most extend to the most minute trifles; it is beneath you. Whitfield could not go to sleep at night if, after retiring, he remembered that his gloves and riding whip were not in their usual place, where he could lay his hand on them in the dark in any emergency; and such men are men who leave their mark on the world's history. Systematic men are the only reliable men; they are those who comply with their engagements.—They are minute men. The man who has nothing to do does nothing. The man of system is soon known to do what he engages to do, to do it well, and to do it the same time promised; consequently he has his hands full.

FLIGHT OF TIME.—Time past cannot be recalled; nor time to come ensured; therefore improve time present, that only is in thy power. To-morrow—'tis a period nowhere to be found in all the hoary registers of time, unless perchance in the fool's eaten lar. To-morrow—'tis a sharper that stakes his punery against thy plenty, that takes thy ready cash, but pays thee nought, but wishes, hopes, and promises—the currency of idiots.

Varieties.

MECHANICS.—ST PAUL was a mechanic—a maker of tents from goats' hair, and in the lecturer's opinion he was a model mechanic. He was not only a thorough workman at his trade, but was a scholar, a perfect master, not only of his native Hebrew, but of three foreign tongues,—a knowledge of which he obtained by close application to study during his leisure hours, while serving his apprenticeship. It was a custom among the Jews to teach their sons some trade—a custom not confined to the poorer classes, but also practised by the wealthy. and it was a common proverb among them, that if a father did not teach his son a mechanical occupation, he taught him to steal. This custom was a wise one; and if the fathers of the present day would imitate their example, their wrinkled cheeks would not so often blush for the helplessness, and not unfrequently criminal conduct of their offspring. Even if a father intended his son for one of the professions, it would be an incalculable benefit to the son to instruct him in some branch of mechanism. His education would not only be more complete and healthy, but he might at some future time, in case of failure in his profession, find his trade very convenient as a means of earning his bread, and he must necessarily be more competent in mechanical from his professional education.

An educated mechanic was a model machine, while an uneducated mechanic was merely a machine working under the superintendency of another man's brain. Let the rich and the proud no longer look upon mechanism as degrading to him who adopts a branch of it his calling. It is a noble calling—as noble as the indolence and inactivity of wealth is ignoble.—*Rev Dr Adams.*

A SMART BOY.—A merchant of Toronto put us in possession of the following facts relating to a little fellow only fourteen years of age, who left Aberdeen, in Scotland, and arrived at Toronto on the 1st instant, on his way to Chicago in search of his father. This intrepid youth left the old country with only one shilling in his pocket. He engaged himself on board a ship to Quebec, and from thence worked his way under many difficulties, to Toronto, where he arrived pennyless. He had been labouring in vain about the wharves to work his way to Chicago; and although hunger had fastened hard upon him, his dauntless spirit was not checked, and he began to apply his energies to meet the emergency in some way, when his case became known. The Saint Andrew's Society at once took him under their care, interceded with the Northern Railroad to procure him a passage to Collingwood and from thence to Chicago, supplied him with necessary funds, and sent him on his way rejoicing. If the father of that boy has the faculty of discovering greatness of character, here is an instance of filial affection and perseverance in his son that, if properly matured, may, on this great continent of enterprise, lead him on to a position in life beyond the ordinary lot of men. Lafite, the rich banker, left his home at a similar age to seek his fortune in the great metropolis of France. The history of that boy is well known. a single pin laid the foundation of his immense fortune, and who knows but that the single shilling in the pocket of that noble hearted Scotch boy may hereafter be marked as his starting point on the road to wealth, and we should hope to usefulness.—*Burrie Advance.*

A SHORT SERMON ON BEHALF OF PRINTERS.—Old Lorenzo Dow was a very sensible reformer. He is said to have shown his peculiar good sense, by preaching the following excellent words in behalf of the printing fraternity:—"Perhaps it may not be amiss to remind you of the printer in my discourse. He is in a very disagreeable situation. He trusts everybody,—he knows not whom; his money scattered everywhere, and he scarcely knows where to look for it. His paper, his ink, his type, his journeymen's labour, his living, &c., must be punctually paid for. You, Mr —, and you, Mr —, and a hundred others I could name, you and your children have been informed and improved by it. If you miss one paper you blame your printer,—you would rather be without your best meal than deprived of your paper. Have you ever complied with the terms of your subscriptions? Have you ever tried as hard to furnish the printer with his money, as he has to furnish you with his paper? Have you paid him for type, and his press, and his hands' labour? If you have not, go and pay him right off."—*American Paper.*

POWER OF SEA BREAKERS.—Stephenson, the builder of the Eddystone lighthouse, found by experiment at the Bell Rock and Skerry-