Noung Lolks' Department.

How Johnny Helped.

How Johnny Helped.

"Dear me! dear me!" said Johnny's mother, in a tons of great diamay. "I de believe that's old Mrs. Brand coming up the read. Look out and ese, Johnny."

"Yes it is," said Johnny.

"And ahe always stays to tea. I don's say but I'm glad to have her, but somehow my work's all behind to day—and usw I can't get the baby to sleep. And my last jar of respherry jam's been werking se it im's fit te eat, and I haven't aspeck of truit for tes.

as it im't it to eat, and I haven't a speck of fruit for tea.

Johnny wanted to ask what kind of work raspherry jam was in the habit of doing, but know it was no time for quastions when his mother was so much worried. He quickly

mother was so much werried. He quickly said,—
"Put beby in his buggy, mamma, and I'll take him out in the garden. And den't you think I could find enough strawberries for tea, if I leek hard?"
"You're a dear, helpful little fellew i Then I can put off these ether things, and have a nice visit with the eld lady. No, I'm sure there are not enough strawberries ite."

have a nice visit with the eld lady. No, I'm sure there are not enough strawberries ripe."

"But if there were just a few, you could flatten 'em ent in the glass dish so they'd look like a good many; and when you said, "Have some strawberries, Jehnule I' I'd say 'No, I thank you, mamma,' just as sater; and then they'd go round, you see, mamma," Jehnny thought his plac very clover indeed, but mamma enly laughed and shook her head, as Jehnny draw baby ent of the back deer, just as lirs. Brand slewly came in at the frest one.

"I'll see, anyhow," said Jehnny to himself, for he had a very tender feeling for his methan's small troubles. "New, Harry, you att still, while I get mamma some berries."

Harry chatted in very crocked English to sems dandelisms and butterours, while Johnny peoped among the strawberry vince, greatly delighted at som finding some of the red fruit.

"I thought so," he said to himself, in great satisfaction; "I thought we hadn't had those two het days for nothing."

He ran softly lits the home to get a pall without mamma knowing, and then eagerly best over the bed, wondering all the time why rapperry jum had any work to do, and if it worked as hard as his mother did. And if, as the sun was het arri his back sched with stooping, it worked as hard as he was work. as the sun was hat and his back accord with steoping, it worked as hard as he was werk-

stooping, it worked as hard as he was werking to get these strawberries.
But Jehnny was not airaid of work, and
laughed merrily to his small self as one after
another the berries seemed to smills out at
him as he spied them in their hidding-places
under the green leaves.
Into the pell they weat, and it filled up
so fast that he forget all about the hard
work and the raspberry-jum in thinking how
glad mamma would be.
And Harry really must have had some
kind of an idea of how importent those
strawberries were, for the darling turned
his curly little head over and went to alsop
just as Johnny was ready to take the halls
off them.

He got the glass dish and carried them in just as mamma was setting a dish of honey on the table and thinking how trying it was to have no other amos, when all the neighborhood had honey, and Mrs. Brand was probably tired of the sight of it.

Mamma was just as much surprised and delighted as he expected har to be.

"O you little durling?" the said, "you are the comfort of my line."

And when the berries were helped, Johnny, with a very large mails on his face, which only mamma un "reseed, said,—"Yes, if you please, ma'am,"

For these were planty to go round. He got the glass dish and carried them in

Bather's Cramp.

The return of the bething season is an appropriate time for a few words on the subject of the "dramp" therewith associated if the nature and causes of this dangerous effections are considered. If the nature and causes of this dangeress affection were more generally known, it is probable that many deaths from drawning in the summer might be prevented. Cramp is a painful and tonic muscular spans. It may occur in any part of the body, but it is especially apt to take place in the lower extramities, and in its mildest forms it is limited to a single sauche. Pain is severe, and the contracted muscles are hard and exquisitely tender. In a few minutes the



THE YOUNG MUSICIAN.

BY JOHN IMBIE, TOPOSTO.

A,-2,-0,-D,-E,-F,-G, That's 46 the scale," as you may see ; On the " lines " and in the "space," Each in order you may knoe!

Chorus.-A. B. C. D. E. F. G. A marician I would be; Oh, it is such merry fun, Up and down 44 the scale " to ren !



B,-G,-B,-D,-F,-on "lines," Learn by sight the useful signs ; F.-A.-C.-E,-in the "space," Don't forget the spalling FACE.

Chorus, -A. B. C. D. &o.

Notes are simply " signs " you see, Round and black as black can be ; From the pariets a subter " seven," aring at sould require all double

Chorus,-A, B, C, D, &c.

" Sharps " and " fate " some patience need, If we manie Aed another; ! But " sweet melody " in thero, Whose you take great pains and care !

Chorus.-A. B. C. D. &c.

Seen my little friend may try Samething greater by-and-by, If her toacher she obeys, And remambers all he says !

Chorus.-A. B. C. D. &c.

Just be patient-merer from ; tog minney a ciril 10 Eles "a discord" yea will mak Which would be er a groute

spacm and pain ocase, leaving a lecal sensa-tion of fatigue and soreness.

spaim and pain cease, leaving a local sensation of fatigue and soreness.

When cramp affects enly one extremity,
no swimmer or bather endowed with average presence of mind need drown; but when
cramp seizes the whole of the voluntary
muscular system, as it probably dees in it.
weret cases, nothing in the absence of
prempt and efficient extraneous assistance
can save the individual from drowning.

Persons of middle age suffer meet from
the affection, and men more so than women,
and the robust and vigerous more so the
the weakly. Neither can there be any
doubt that the sheek of cold applied to the
surface of the body, especially when the
body is unduly heated, is the commencest
determining cause of the worst and most
extensive form of bather's cramp. On this
fact is founded the common prejudice
against bathing when the body is much
heated.

Many fatal, cases have illustrated this
point. Lest summer a rebust mah who was
an expert swimmer, rowed in a beat, upon a
sultry evening to a deep pool; with his
bedy glowing with muscular creation, he
plunged into the water, when he was imnediately selzed with general muscular
cramp, and at ence drowned. The most
powerful and meet aveidable cause of serieus gramp is the sudden immersion of the
body, when highly-heated, in water of a
relative lew temperature.—Popular Science
Noise.

SURIPTURE ENIGMA.

NO. XXV.

Who is this Jewish prophetess, who re-osives five royal messengers, and beldly darsete tell them terrible truths which they must carry back to their anxieus severeign as a reply to the inquiries?

(The initials of the subjoined will give the answer to the above.)

1. The entwitter of the keen Abitho-

pha.

2. The due gold that formed the girdle of the majestic figure in Daniel's vision.

3 The name by which St. Mark designates list hew.

The Molatrous tribe emitted from the

"sealed case" in Revelation.

5. The prophet who feretold the imprisonment of Paul.

Tast which precedes honour.

Arswer to No. XXII. The Oross of Christ .- Gal. vi. 14.

1. Oak Gen. iv. 6.

2. R-am Gen. xxli. 13.

3. O-badish . . . 1 Kings xvii. 4.

4. S-amaria l Kings xvi. 29

5. Bapphira . . . Acts v 1.

The fellowing have answered No. NXII. correctly :- Master A. L. Campbell, Lind. my, Oat, to whom is awarded the prize; Mrs. T. G. Bushey, Mrs. M. Hellis, Josse. ecte Robertsen, Imbalia D. Armitago, Mary Mulharen, Chas. Hendry, Jr., Jan. Monday, Manies, jr., L. Sanderson, Eize Hayber Mrs. T. M. Reid, Mrs. J. A. Downey, Mary, Jane Murray, R. A. Hemlog, H. R. Atkins, Mrs. B. Ackley, Minnie Mandaley, M. A.d. Jamisson, John Waddell, Maggie Ragen E. J. S. Vicars, Sarah McCann, Mrs. Je Latinor, E. W. Key, Mrs. John Reblins J. C. Worthington, P. J. Minty, Edyth Murray, Mrs. E H. Owens, Mo Nollee, Margaret Meiklejehn, B Frederick W. Coyne, M. Maclenn Harding, Mrs. J. Maini

The following additions: M. J. Wilkins, Helen Saldam.

Agrize, a beautij est postry, is given the correction to book is the correction to t