

A Little Gentleman.

His cap is old, but his hair is gold,
And his face is clear as the sky;
And whomever he meets, on lanes or streets,
He looks him straight in the eye
With a fearless pride that has nought to hide,
Though he bows like a little knight,
Quite debonair, to a lady fair,
With a smile that is swift as light.

Does his mother call? No kite or ball
Or the prettiest game can stay
His eager feet as he hastes to greet
Whatever she means to say,
And the teachers depend on this little friend
At school in his place at nine,
With his lessons learned and his good mark earned,
All ready to toe the line.

I wonder if you have seen him too,
This boy, who is not too big
For a morning kiss from mother and sis,
Who isn't a bit of a prig;
But gentle and strong, and the whole day long
As merry as boy can be;
A gentleman, dears, in the coming years,
And at present the boy for me.

—Harper's Young People.

How Can the Busy Pray.

It is just as necessary for them to pray as for those who have leisure. But the latter must not theorise too much, or lay down strict rules as binding upon all, until they appreciate the difficulty of having to work in a factory, or at a desk, or elsewhere, at least ten hours every day, during which a man's time is not his own. Nor is it much use to bid those "enter into their closet," or place of private retirement, who live under circumstances in which privacy is almost impossible to be secured.

What then? Cannot the busy pray? Certainly; they must. It is their duty toward God, their neighbour, and themselves.

How, then? General rule: where there's a will there's a way.

Suggestions: 1. Make your morning and evening prayers a habit more difficult to dispense with than breakfast or supper. 2. Make the most of public worship, especially the Holy Communion, on God's rest day, and whensoever you can on a week day. Let this, too, be made a habit from which it will seem impossible to deviate without violence to self. 3. If you live anywhere within reach of your parish church, insist that the doors shall be left open from morning till night—at all events, in spring, summer, and autumn—and make a habit of dropping in for a few minutes either at noon or after supper; or, still better, both. So far as this is only a matter of habits, you form them easily enough in things secular, and can, if you please, form them in matters of religion.

A Notable Conversion.

The Rev. Mr. Mackay writes from Formosa concerning an extraordinary turning from idols on the part of the people of Ka-le-oan, a village, or rather a congeries of villages, recently visited by him. A native assistant had commenced work in that district, but Mr. Mackay had been hindered from going there. On his recent visit he found many of the people having a clear idea of Gospel truth, while all of them were wearied of idol-worship. But they told the missionary that the military mandarin had declared that they must keep up their idol-worship or else become rebels against Chinese authority. Mr. Mackay visited the official, who "wished him peace," and gave permission to the people to do as they liked. A council was at once held by the people, which turned out to be boisterous; but on Mr. Mackay's entering the assembly and inquiring if it were because of difference of opinion, he was informed that the people were unanimous, and that they were only giving vent to their indignation for having served idols so long. They then handed over for Christian service an idol temple which they had built at a cost of \$2,000.

The next day was a joyous one. Led by the head men of the place, parties went from village to village gathering up idols, incense sticks, and all the paraphernalia of idolatry, and made a great

bonfire of them all. The temple, now a Christian church, was opened, and the people poured in, singing with great gladness the 100th Psalm. The three main facts in the case Mr. Mackay states thus: (1) Nearly 500 idolaters cleared their house of idols in our presence. (2) They declared themselves anxious to worship the Lord, the Redeemer. (3) They gave a temple built for idols as a house of worship for the living and true God.

Nine Rules for Bathers.

Avoid bathing within two hours after a meal.
Avoid bathing when exhausted by fatigue or from any other cause.

Avoid bathing when the body is cooling after perspiration.

Avoid bathing altogether in the open air if after having been a short time in the water it causes a sense of chilliness and numbness of the hands and feet.

Bathe when the body is warm, provided no time is lost in getting into the water.

Avoid chilling the body by sitting or standing undressed on the banks or in boats after having been in the water.

Avoid remaining too long in the water; leave the water immediately if there is the slightest feeling of chilliness.

The vigorous and the strong may bathe early in the morning on an empty stomach. The young and those who are weak had better bathe two or three hours after a meal—the best time for such is from two to three hours after breakfast.

Those who are subject to attacks of giddiness or faintness, and those who suffer from palpitation and other sense of discomfort at the heart, should not bathe.

How to be Welcome.

The secret of making one's self an agreeable guest, warmly welcomed when one comes and sincerely regretted when one goes, does not always lie in the possession of conversational talents or general accomplishments. This little authentic dialogue, which took place between Mr. and Mrs. Parkins the evening after their Aunt Sophia Green had ended a week's visit at their house, indicates a surer means of making one's self welcome.

"How lonesome it is," said Mrs. Parkins, "now that the children have gone to bed. I wonder what it really is that makes Aunt Sophronia's visits so especially delightful?"

"Why, I suppose it's because she never finds any fault," said Mr. Parkins.

"Are all our other guests accustomed to find fault with things which go on about the house?"

"No, but—"

"But what? Aunt Sophronia seldom says anything particularly pertinent or enterprising. In fact, she says and does very little."

"That's true; but she is always good natured, and yet nobody's visits give us so much pleasure as Aunt Sophronia's. There must be some other and positive reason."

Mrs. Parkins knitted on silently for a few moments, as if in a brown study, and then, dropping her work, exclaimed:—

"William, I know what it is!"

"Well!"

"Whenever Aunt Sophronia opens her mouth to speak, it is almost always to bring out, either flatly or else in some roundabout way, some good quality of one of the children."

"I guess that's so," said Mr. Parkins, raising his eyebrows as if searching his recollection.

"And did you ever hear her so much as refer, in all the times she has been here, to any of their numerous failings?"

"Never!"

"Then we've found her out."

"Yes, we've found her out, but she can't come again too soon!"—*Youth's Companion*.

Hints to Housekeepers.

ABOUT BATHING THE FEET.—While a nightly bath is excellent, the feet should not be soaked oftener than once a week—unless indeed, they are sore from walking or standing. In that case, dissolve a bit of washing soda the size of your thumb's

end in a basin of water, as hot as can be borne. Soak the feet in this ten minutes. For perspiration—especially offensive perspiration—never let hot water touch your feet. Bathe nightly in cold water, with a little chloride of lime in it. For tender or burning feet nothing is better than a strong sea-salt bath, either hot or cold.

HOW TO AIR A BED.—It is not everybody who can make a bed well. Beds should be stripped of all belongings, and left to air thoroughly. Don't, however, leave a window open directly upon the bed and linen with a fog or rain prevailing outside. It is not uncommon to see sheet and bedding hanging out of a window with, perhaps, rain not actually falling, but with ninety per cent. of humidity in the atmosphere, and the person sleeping in that bed at night wonders the next day where he got his cold. A room may be aired in moist weather, but the bedding and bed must not absorb any dampness.

THE GRAND TRUNK SYSTEM.—The Grand Trunk system differs from the human system in that the same troubles do not affect it and the same remedies are not needed. For all diseases of the human system there is no tonic purifier, renovator and strengthener as good as Burdock Blood Bitters. A weak system can be built up by B.B.B.

BUTTERMILK AS A COSMETIC.—There is nothing that equals fresh buttermilk for removing tan, freckles, sunburn or moth spots. It has the great advantage that it does not injure the skin, but renders it soft, like a child's. Take a soft cloth or sponge and bathe the face, neck and arms thoroughly with buttermilk before retiring for the night; then wipe off the drops lightly. In the morning wash it thoroughly and wipe dry with a crash towel. Two or three such baths will take off all the tan and freckles. It will keep the hands soft and smooth. The acid of the buttermilk answers a far better purpose than any powder or paste that is in a drug store. It is a simple remedy, but effectual.

A NATIONALIST PLAN.—A proposal which would obtain favour with even the opponents of Nationalism, contemplates the placing of a supply sufficient for each family of nature's great dyspepsia specific and blood purifier, B.B.B., in every home in the land. The benefits of such a boon to the people would be incalculable.

WHEN YOUR SHOES ARE WET.—Girls and ladies, and for that matter their husbands and brothers, are all liable to get their feet very wet, at the sea or on the mountains. Then they come home, throw off their boots, forget them, and when next they are wanted, they are hard and dry, or mouldy, and only fit to be thrown away. Even if they are remembered, very few know what to do with them. Stand them up, put them in shape, and then fill them with oats, such as they feed to horses. This will in a few hours draw all the moisture out of the leather, keeping the boot in shape meanwhile, and leaving it soft and pliable. The oats can be used again and again. This is a relic of the days when no railroads existed, and travelling was done under difficulties, and in weather the present generation has no conception of.

HEALTH, HAPPINESS AND PROSPERITY.—All these depend on pure blood, for without it health is impossible; without health happiness is impossible, and without happiness prosperity is mockery. No means of obtaining pure blood and removing bad blood excels the use of B.B.B., the best blood purifier known.

RASPBERRY VINEGAR.—No drink is more refreshing on a hot day than a glass of nice, cold raspberry vinegar. When raspberries are plenty, it is very little trouble to make and bottle enough to last all through the hot season. Take enough red raspberries to nearly fill a stone jar, pour over them sufficient cider vinegar to just cover them. Cover the jar closely and set in a cool place for thirty-six hours, then strain the juice through a jelly-bag as if for jelly; add a pound of sugar to each pint of juice, put it over the fire and let it boil for three or four minutes, skimming it meanwhile. Bottle it while hot and seal the tops of the corks, or tie a layer of cotton over the tops, which will do as well. Pint bottles are the most convenient size to use.