

going to talk to
sey could scarcely
Stuart, whose hus-
of the great firm
came about that
often as she liked
friend, and as she
s, she was much
continually send-
John, with her
"Could she spare
to meet a few
it was away for a
John be allowed
only old woman,
e." The excuses
always served to
ladame Dorsey.
ig in introducing
n, who had taken
y Philip Stuart.
me, Josephine did
stance was but a
y with her new
king one of the
en the holidays
a beforehand with
er vacation. At
ie must go home,
t represented the
her to remain in
g to be her moth-
er sister reply:
eans accept Mrs.
a say she lives
nd will meet some
I hope, my dear
e the importance
e. Your grand-
ly, if not quite,
ation. And it
ld look out that
or, by making a
ve no doubt that
e of great assist-
e to you eligible
piece of foolish-
nd at the conclu-
dropped the let-
er hands, shed
ther would write
Then she added,
na! Lena's loss
ill not blame her,
to go to Mrs.
r should see this
the thought she
on the coils, then
pance to Mrs.
if a deeper shade
er cheeks as she
gan would prob-
his aunt's house
be wondered at,
her mother's
nd by this time
nted with Mr.
not a rich man;
k, a clerk "in a
Stuart had ex-
thought to in-
ness; and if she
s was connected
s upon the tem-
s vague and im-
pose she would
second thought,
stand that to be
& Co. was to
nd Mrs. Stuart
as a young man
pleasing in his
it's own account
t's recommend,
oung man. He
taker, and had
a gentleman of
ular among the
ge that a young
who had seen
uld be flattered
herself.
the circumstan-
to the Centre,
ny thought of
ame name with
stimate.
ig, some weeks
d to the Stuart
r a photograph
a familiar face
that is Mr. Stu-
over with her,
ow him?"

"Indeed I do! He is the teacher at the Centre. I never thought of his having the same name! Is he a relative?"
"He is Uncle Stuart's nephew. But I can't understand why my aunt keeps his photograph. He is a poor upstart. If I were you I would not mention his name here. Uncle hates him, and will not hear his name. He treated Uncle Stuart shabbily about a year ago. I suppose he thinks that teaching a country school is better than a clerkship. You see, uncle took great pains to find a good paying situation, and he flew up and off in a tantrum because the place didn't suit him. He is college bred, you know? He couldn't stoop to a clerkship! But, to my mind, beggars ought not to set themselves up to be over particular. He treated uncle shamefully, and he will never be forgiven."

"How strange!" said Josephine. "I cannot think of Mr. Stuart doing anything dishonorable. Why, everybody at the Centre looks up to him, and thinks he is just splendid; but of course you ought to know."
"Oh, well, I wouldn't say anything to injure him; only if I were in your place I wouldn't talk about him here. I have no grudge against him. If he chose to quarrel with his uncle, and his bread and butter at the same time, it is his own lookout."

"But," persisted Josephine, "do you mean to say that he acted in any way that business men could call him dishonorable? You see he is a great friend of my brother's, and I would like to know about him."
"Oh, well, of course I wouldn't want to say anything against anybody. But there were circumstances connected with the affair which made things very embarrassing to my uncle, and—well, I'd rather not say anything about him."

Young Mr. Morgan had done his work very well that evening.
(To be Continued.)

TEMPERANCE PHYSIOLOGY.

FOR USE IN SCHOOLS AND BANDS OF HOPE,
(Published by A. S. Barnes, New York, under the direction of the National W. C. T. U.)

CHAPTER VIII.—FOOD.

Food in any substance which can be taken into the body and used for its health, life, and growth. We must have daily food to repair the daily waste of our bodies, to keep them warm, and, in childhood and youth, to make them grow.

SOURCES OF FOOD.

The earth and the air contain the materials on which our lives depend. But most of them must be changed in form, before they are fit for us to eat.

We hold in the hand a grain of wheat. It has no sign of life, no leaves show that it can drink in moisture and sunlight. Its outer husk is hard and dry. It seems no more alive than the grains of sand on which we are standing.

Put it into well-prepared ground. By the help of the sun, air, and moisture, it sends out rootlets into the dark earth, green shoots break through the soil, and the stem lengthens. By-and-by, a graceful plume loaded with the grain that is to make our bread, trembles in the breeze.

Down in the meadow is a beautiful carpet of green grass. It is a good place for play, but you could not eat the grass; you would starve to death if you had nothing else.

But that grass is growing, in order to make food for you. Cattle are feeding on it; it goes into their bodies, and out of it are made the milk you drink so freely, and the flesh which may come to your table as roast beef or beefsteak.

We eat, unchanged, a few inorganic substances, or substances which have never had life, such as water and salt; but most of our food is organic—has been living,—it has been prepared by plants from the earth and air, or by animals who, by their own eating and living, have changed vegetable into animal matter.

KINDS OF FOOD.

Our food is divided into three great classes—

- 1st.—Mineral food.
- 2nd.—Tissue-making food, or food for the growth or life of the various parts of the body.
- 3rd.—Heat-making food.

MINERAL FOOD.

This includes all inorganic substances that we eat unchanged, together with some that we get in other kinds of food. The

most important of these are water and salt. If a man weigh 160 pounds, about 140 pounds of this weight is nothing but water—quite enough, if rightly arranged, to drown him."

Much of this is in the blood, some in the muscles, some in the tears, and the rest in other parts of the body, as you will learn by further study. It dissolves other food, so that the body can use it, and helps to regulate the heat of the system.

We must have water to drink, and it should be pure and good. Death from thirst is quicker and more painful than death from lack of food.

We do not drink all the water which the body requires; for we get a large part of the amount needed in the food itself, as in fruits and vegetables, the juices of meat, milk, and the water used in cooking these.

FERTILITY OF WATER.

Water that runs through lead pipes, is

the ground and made them into material fit for our use, or by eating the flesh of animals which have fed upon such vegetables.

ISSUE-MAKING FOODS.

Among the most important of these are eggs and the different kinds of meat; they are found, too, in milk and the grains.

Wheat contains more of these foods than other common grains, and bread made from this grain is most nourishing and best.

HEAT-MAKING FOODS.

These are of three kinds: fats or oils starch, and sugar.

THE FATS OR OILS.

These are found in both animal and vegetable food; for example, beef and mutton suets, the cream of milk, the yolks of eggs, Indian corn, olive and palm oils.

People who live in cold climates need and crave much of this kind of food.

Eternity!

"Remember how short my time is."—Ps. 89: 47.

ELLEN H. GATES.

F. P. BLISS, per.

Musical notation for the hymn "Eternity!". It consists of a treble and bass clef with a 4/4 time signature. The melody is simple and hymn-like. Below the notation are two verses of lyrics.

- 1. Oh, the changing bells of Time! Night and day they rise - or cease;
- 2. Oh, the changing bells of Time! How their changes rise and fall.

Musical notation for the hymn "We are wearied with their chime". It consists of a treble and bass clef with a 4/4 time signature. The melody is simple and hymn-like. Below the notation are two verses of lyrics.

- We are wearied with their chime, For they do not bring us peace;
- But in un - der tone sublime, Sounding clear - ly through them all.

Musical notation for the hymn "And we hush our breath to hear". It consists of a treble and bass clef with a 4/4 time signature. The melody is simple and hymn-like. Below the notation are two verses of lyrics.

- And we hush our breath to hear, And we strain our eyes to see
- A voice that must be heard, A - our mo - ments onward flee,

Musical notation for the hymn "If thy shores are drawing near". It consists of a treble and bass clef with a 4/4 time signature. The melody is simple and hymn-like. Below the notation are two verses of lyrics.

- If thy shores are drawing near, - E - ter - ni - ty! E - ter - ni - ty!
- And it speaketh aye one word, - E - ter - ni - ty! E - ter - ni - ty!

Musical notation for the hymn "Oh, the changing bells of Time!". It consists of a treble and bass clef with a 4/4 time signature. The melody is simple and hymn-like. Below the notation are two verses of lyrics.

- 3 Oh, the changing bells of Time! To their voices, loud and low, In a long, un-resting line We are marching to and fro; And we yearn for sight of sound, Of the life that is to be, For thy breath doth wrap us round, - Eternity! Eternity!
- 4 Oh, the changing bells of Time! Soon their notes will all be dumb, And in joy and peace sublime, We shall feel the silence come; And our souls their thirst will slake, And our eyes the King will see, For thy glorious morn shall break - Eternity! Eternity!

Copyright, 1876, by J. Church & Co.

very likely to dissolve some of the lead, if it stands in the pipes for any length of time. Lead is a very sure poison. Care must be taken to draw off all the water that has so stood, so as to avoid danger. You will learn more about poisoned water in the chapter on respiration.

SALT.

Watch the sheep when the farmer "salts" them, and see how eager they are for the treat. Salt is necessary to man, as well as to the lower animals; but it exists naturally in most food-materials. A moderate amount of it, as seasoning, makes our food more agreeable and healthful.

LIME, PHOSPHORUS, AND IRON.

The bones need lime, the brain requires phosphorus, and the blood must have iron, in order to be perfectly healthy.

But we cannot eat clear lime, phosphorus or iron. We must get them by eating vegetables which have taken these minerals from

PUZZLES.

CHARADE.

My first's an adjective that will Describe the light in childhood's eye: My last the Hebrew champion chose, Refusing kingly steel to try. My whole, a name no title gilds, Yet England gives it honor due, And henceforth upon history's page, That name the student's eye will view.

DOUBLE ZIGZAG.

- * . . 0
- * . 0 .
- * . 0 .
- 0 . * .
- * . 0 .
- * . 0 .
- * . 0 .
- * . 0 .
- 0 . * .
- * . 0 .

The crosses, interference with the affairs of others. The circles, inconsideration. Cross-words. 1, Wise men; 2, to crook; 3, dispute; 4, in the same place; 5, an island; 6, to nod; 7, to fly aloft; 8, a composer; 9, precious stones; 10, certain.

RIDDLE.

Madam one thing of you I crave, 'Tis what I'm sure you cannot have Nor ever had in ages past, Nor ever will while life shall last Yet as I love you as I say, Pray give it me without delay.

EFFIE MUTTON.

ANAGRAMS.

- 1. Real fun.
- 2. To sin far more.
- 3. City life.
- 4. Clouds rise.

ANSWERS TO PUZZLES.

BURIED POEMS.—1, Sunrise on the Hills. 2, Woods in Winter. 3, Song of Hiawatha. 4, By the Fireside. 5, The Light of Stars. 6, A Psalm of Life. 7, Evangeline: A Tale of Acadie. 8, The Happiest Land. 9, Song of the Bell. 10, The Castle by the Sea. 11, Maidenhood. 12, To the River Charles. 13, The Secret of the Sea. 14, The Building of the Ship. 15, The Panatton Ship. 16, Weariness. 17, Something Left Undone. 18, Beware. 19, The Old Clock on the Stairs. 20, The Child Asleep. 21, Song of the Silent Land. 22, The Day is done. 23, Footsteps of Angels. 24, Consolation. 25, Sleep. 26, A Shadow. 27, Twilight. 28, To a Child. 29, Three Friends of Mine. 30, Hymn to the Night. 31, The Bells of Lynn. His words: W H HENRY WADSWORTH LONGFELLOW. Live: L S AT I R T I U N

TRANSPPOSITIONS.—1, Leap, palm. 2, Table beat. 3, Share short. 4, Hood, door. 5, Stock, toat. 6, Naples, planes, panels.

CORRECT ANSWERS RECEIVED.

Correct answers have been received from Effie Mutton, Everett D. Stone, Wm. Boulter, and Mary J. Harland.

WHAT IS THE USE?

An English missionary, in an address at his old school, said he used to wonder what was the use of cramming one's self with Latin and French, and he was told that it had a very fine effect upon the intellect. When he got out to the Congo he was placed in a position which was altogether unforeseen when he was at school, and he had to acquire Portuguese, which was the only means of communication, and he found it very easy to do so after the grounding in Latin he had received there. He had learned French there also, and when he got out to the Congo he found how very useful it was to know something of French. He learned to swim, and that also had been useful to him. He noticed in the school some geological and natural history specimens. On the banks of the Congo he had noticed some fossils, and had said to one gentleman, "I suppose you burn this stone up for lime." "No," he said, "that is not limestone." He asked one of the Roman-catholic missionaries, and tried to ascertain if he knew anything about limestone, but he appeared to be quite ignorant of it. But he tested a piece of it, and he found that it was limestone. It was a very valuable thing for boys to get a practical knowledge of things about them, and to pay some attention to the geology of the country around them. No one knew the calls that might be made upon them in after life.

You never know, boys, when any knowledge you may possess will come into use.—E.