A SUNU FUI EASTER MORNING.
Wiy do all tho flowors rojoice On Eastor morning ourly?
Soo, thoy bloom on all the hills, Braking through the tender green:
Windfowers shako thoir bolls of snow,
Violots fringe the laughing rills, - Bloodroot peeps where soft winds blow,

Dandolion's golden sheen
'Wakons at the robin's voice In the dawnlight poarly, Ab ! the sweob world surely knows Christ, the flower of earth, arose On Eastor morning early?

Why are littlo children glad Ón Eastor morning carly?
Whon the first aweet morning light
Blushee thiough the shadowy gray,
Open myriud happy oyes;
Flower-like faces, fresh and bright,
"Like dow-laden lilies riso;
Hearts that harbour nothing sad,
Soaring, track his heavonly way,
In the dawnlight pearly.
Sing, 0 children: all carth knows

- Christ, the children's king, arose

On Easter morning early.

 populat.

Mallocklat V.10 with limonthly



Uninarl. 8 phan ital ©"







 ikr lui
Idderes WIILITAM nRIGGS.


O. JLutrvil. Que.

Ilnlfax.'N 3

- Tilf Sunlieam.
$=\rightarrow$ TORONTO, APRIL 16,1892


## A WORD TO CEILDREN

- Dear chuldren, listen whilo I tell you something which deeply concerns your wolfare. Tne subject in the shape of your bodies God know the shape best Ho creatod us upright, in his uwn image. None of the inferior animals walk upright.
God titted the great vital organs in your, body to an erect spine. Do your shoulders over stoop formard? If thoy do, so do the
lunge, hourt, liver, and stomach fall down out of their nataral places. Of course thoy can't do thsir work well. To show you how this is, I will toll you that whon you bend forward you can only take about half as much air into the lungs as you can when you stand up straight As I have said God has so arranged the groat organs in the body that they can't do their duty well except when the body is straight. Oh, how it distrosses me to see the dear children, who I love so much, bending over their school desks, and walking with head and shoulders drooping ' My dear children, if you would have a strong spine and vigorous lunge, heart, liver, and stomach, you must, now while you are young, learn to walk erect. If a boy were about to leave this country for Japan, never to return, and come to me and ask for rules to preserve health, I should say: "I am glad to see you, and will give you four rales, which, carefully observed, will be pretty sure to preserve your health."
He might say to me, "Four are too many. I fear I may forget some of them; give me one, the most inportant one, and I promise not to forget it." I should reply • " Well, my dear boy. if I can give you but one. it is this:
"Keep yourself straight, that is, sit up straight; walk straight; and, when in bed at night, don't put two or three pillows under your head, as though intent on watching your toes all night; and I believe that in this I should give you the most important rule which can be given for the preservation of health and long life."

My dear children, don't forget it, -Dio Levis.

## THE PENITENT THIEF.

On a heap of chips and shavings in a garret a Christian man, visiting among the poor of London, found a boy aboutten years old. He was pale, but with a very sweet face.
"What aro you doing here, my boy?" he acked.
"Hush! hush ! I'm hiding."
"Eiding? What for?" The poor boy rolled up his ragged shirt sleove and showed his thin white arm all black and blue with braises.
"Who was it beat you like that?"

- Don't tell-but my father did it."
"What for?"
- Father gets drunk, and beats me, because I won't steal."
"Did you ever steal?"
" Yos, sir, onco I used to steal."
"Then why don't you steal now?"
" Because I wont to the Sunday.scoce and there I learnod about the $\mathrm{G}_{0}$, heaven, and his law saye,
"' Thou shalt not steal,' I will never any more, oven if fathor kills mo."


## SHE WILL NEED TEEM NO MOR

Sume daye since a man noticed a ragr Inttlo bootblack culling somo bright bi soms from a bruised and faded bouq: which a chambermaid had thrown is an alley.
" What are you doing with that bouge my lad ?" asked the man.
"Nothing," was the lad's reply, as kept on at his work.
"But do you love tlowere so well it you are willing to pick them out of mud?"
"That's hardly your business," was: somowhat impudent reply.
" O, certainly not, but you cannot exp. to sell those faded flowers?"
"Sell 'em! who wants to sell 'em ! ! going to take 'em to Lil."
" $O$, Lil is your sweetheart, I see."
"No, Lil is not my sweetheart; my sick sister," said, the boy, as his en flashed and his dirty chin quivered. "I boen sick for a long time, and lately: talks of nothing but flowers and birds, 5 mother told me this morning that would die $b$-b-before the tlowers and bia came back."
The boy burat into tears.
"Come with me to the florist's," said gentleman, "and your sister shall han: nice bouquat."

The little fellow was soon boundi home with his treasure. Next day he, peared and said: "I come to thank $s$ " sir, for Lil. The bouquet did her so mp good. Sbe hugged and hugged it till set herself a coughing again. She si she'll come by-and-by and work for g ? soon's she gets well."

An order was sent to the florist to $\mathrm{g}^{3}$ the boy every alternate day a bouquets Lil.

It was only the day before gesten that the bootblack appeared again. stopped inside the ottice door anci ai
 streaming from his eyes) won't-neod the flowers any more."

He went quickly away, but his bri wor 3 la had told the story. Lil won't ach the flowers any more, for she is go where they are always blooming, and er on earth they will grow above her mould ing form, and the birds will sing arond her grave.

