

pped the sledge. 'Come,' said he, 'come, help to rouse him.' 'Not I,' said the other; 'I have too much regard for my own life to expose myself to this freezing atmosphere any more than is necessary. I will sit here and keep myself as warm as I can till you come back.'

His companion hastened to the relief of the perishing man. The ordinary means for restoring consciousness were tried with complete success. And what was the effect upon the traveller himself? Why every effort he had made to warm the stranger warmed himself. And thus he had two-fold reward. He had done a benevolent act, and he also had himself glowing from head to foot by the exertions he had made.

And how was it with the other traveller, who had been so much afraid of exposing himself? He was almost ready to freeze, notwithstanding the efforts he had been making to keep himself warm.

And that which is true in the natural world is true in the spiritual.

We cannot engage in any work for the good of others without getting good for ourselves. In reaching out the hand to help another, we are increasing our own spiritual strength.—Selected.

### Little Things Tell.

A curious experiment was witnessed in a gum story. A great bar of steel, weighing five hundred pounds and eight feet in length, was suspended ritically by a very delicate chain. Near at hand as also suspended a common bottle cork by a silk thread. The purpose was to show that the cork could set the steel bar in motion. It seemed impossible. The cork was swung gently against the steel bar and the steel bar remained motionless, until it was done again and again for ten minutes, and lo! at the end of that time the bar gave evidence of feeling uncomfortable; a sort of nervous chill ran over it. Ten minutes later, and the chill was followed by vibrations. At the end of half-an-hour the great bar was swinging like the pendulum of a clock.

No man is mighty enough in his own energy of will to feel secure, if he is exposed to a constantly repeated influence of evil. The constant beating of a raindrop has often worn a hole in a stone, and the constant hearing of low views of honesty, of virtue, or spirituality, though at first offensive and opposed as in the end taken away many a man's vigor and sapped the strength of many a Christian.—Commonwealth.

### The Windy Day.

BY LUCY L. CABLE.

Oh, the windy day is a laughing day!  
For the wind is a funny fellow;  
He rollicks and shouts when skies are gray  
And leaves are turning yellow.  
The pines a moment ago so still,  
Fling out their arms and laugh with a will,  
Nodding their heads, as who should say,  
'The old wind has an amusing way.'

Oh, the windy day is a stinging day!  
For the wind is a minstrel, strolling  
Thro' field and wood, with cheery lay,  
Insistent, sweet, cajoling;  
The strings of his harp are pine and oak,  
As he chants his tale to the woodland folk—  
Ah, revellers of old are they  
When the minstrel wind begins to play!

Oh, the windy day is the vagrant day!  
For the wind is a comrade rover,  
Whistling down the great highway  
To every hillroad over;  
And whether he whistles or laughs or sings,  
Through every vagrant heart there rings  
The impelling world-old call to stray  
With the comrade wind forever and aye.  
—Harper's Magazine.

### The Governor's Wife.

'Two men in Buffalo,' says ex-Lieutenant-Governor Woodruff, 'recently had a heated argument over a question whether the wife of a Governor of a State had an official title. One man contended that he should be addressed as Mrs. Governor So-and-so, while the other man stoutly insisted that she was Mrs. Blank wife of Governor Blank. Finally they agreed to submit the question to the first man they should meet. He proved to be an Irishman. The case was put before him and he was asked for a decision.

'Nather of yez is right,' said the Irishman after a moment's reflection. 'The wife of a governor is a governess.'—Collier's for December, 17.

### EDITOR

All articles for this department should be sent to Rev. Byron H. Thomas, Dorchester, N. B., and must be in his hands one week at least before the date of publication. On account of limited space all articles must necessarily be short.

President, A. E. Wall, Esq., Windsor, N. S.  
Sec.-Treas., Rev. Geo. A. Lawson, 49 Preston St., Halifax

It has been found impossible to get copy in time for this week's issue. The brethren have utterly failed to put the promised "copy" into the editor's hands. We send as a substitute for the Prayer Meeting Topic an article from the pen of Margaret E. Sangster.

### MOODS OF DISCOURAGEMENT.

There come at times to the most cheerful and sanguine souls moments when everything seems to drag them down, and discouragement blots the sunshine from the day. At such crises, whether grievances be real or fancied, the suffering victim of an unhappy hour is apt to feel that it is not worth while to carry on the battle any longer. It may be that the issues involved are of slight importance, or that some great disaster is impending; in either case the result is the same, for faith is temporarily paralyzed, the flavor has gone out of life, and nothing appears to be worth while.

Fortunate are those beings who have never known moments of despair or desperation, and whose pulses keep the even tempo of their way as the days go on. Most of the tragedies of life spring from commonplace reasons, and nine-tenths of them could be averted by the exercise of a little prudence and common sense.

An old adage tells us that it is always darkest just before dawn. Many a time when people are greatly depressed some bit of good fortune is awaiting them just around the corner, and if they only have faith in God it will change the whole landscape.

The part of reason is, if possible, to remove whatever cause may exist to bring about the unhappy state of affairs. If the home is ill-assorted, and some one in it produces continual discord, by a little firmness the situation may be changed. A third person should never be permitted to stay where he, or she, can mar the home or happiness or cause estrangement between husband and wife. The exception is in the case of aged and infirm parents or near relatives who must be borne with.

In other cases the cause of friction should be eliminated. If trouble arises through a style of living obviously beyond the means of those who are troubled and worried in the weary strife to make ends meet, chose a simpler way of living. Economy is often one's best friend, and saves worry. If the low mood spring from ill health and disordered nerves, try what remedies there may be in the healing art.

Never drift weakly with the current when prudence and discretion require that something definite should be done. Tired people are often extremely low-spirited. The policy of wisdom when one is very tired, is to seek rest for body and mind together. If no cause can be found, and the condition is simply one of the ebb tide of joy, fold the hands, and wait for the flood which succeeds the ebb.

The Psalmist had great wisdom when he said: "I will call to remembrance my song in the night. I will remember the years of the right hand of the Host High."

The aged, bent under years of infirmity, are often victims of discouragement, perhaps because their period of activity is gone, and they are on the retired list. Younger people little know how hard it is for the old to submit to the enforced inactivities of later years. They cannot bear to be pushed aside by their juniors, and with some reason they are exasperated at that arrogance of youth which so readily assumes that older people are to be taken care of and indulged, but no longer permitted to take the lead.

There is nothing new in this attitude of youth, which has been the same since the morning stars sang together. It is often unsuspected by those who show it in kinders. The old should more persistently than ever hold fast to their tasks and their places, shirking no duty, and to the utmost filling up the measure of their days, dwelling also much with young people, if they would retain not only their vigor, but also their spontaneity.—Christian Intelligencer.

### STRENGTH IN CONFESSION

Miss Havergal once said: "Soon after I became a Christian I was sent away to a boarding school. Judge of my surprise when I found I was the only Christian in the school. My first thought was: I cannot confess Christ before all these worldly girls. I can be a Christian just the same. My second thought was: Since I am the only one to represent Christ in the school, it is all the more reason I should confess Him at once; and I did and gained great strength and blessedness in so doing."

## The Young People

### A TOUCH OF KINDNESS

A touch of kindness makes a wonderful appeal to an unconverted person to accept Christ. Mrs. Alexander, the wife of the famous singer associated with Dr. Torrey, recently related the following personal experience:

"I was in London a few days before the mission commenced, and on entering a waiting-room I noticed a woman sitting at the table, with such a look of bitterness on her face that my heart ached for her. I spoke to her, but she shook me off as sharply as she could. I tried again, but still she rebuffed me. I prayed in my heart that God would give me some word to say to her, she seemed to need love and friendship so much. Still she would not hear me, and the tears filled my eyes as I turned away, her words cut me so.

"I went out into the street, and presently a young girl came along selling flowers, and I bought a bunch of lilies of the valley. The woman did not look very pleased when I entered the waiting-room again. But I went up to her and said, 'Would you mind accepting a few flowers from me?' You should have seen the change that came into her face on the instant. The look of bitterness fled. Then I found that the way was open, and that I could speak to her. It seemed that some profiting Christians had made her turn away from the Savior and by some act of injustice they had done to her. She was judging the Lord Jesus by those who were not following Him truly.

"I mention this that we may all ask God to make us real Christians, so that when we go among other people they may know just what we are, and no longer say of us that we are merely professing Christians."

### THE POWER OF GENTLENESS.

After Mr. Harvey produced his wonderful steel plate armor, inventors of projectiles endeavored for some time in vain, to make a shot that would penetrate it. The hardest toughest shots would be destroyed on impact with the face of the plate. By an extraordinary and paradoxical device a shell was finally rendered capable of passing through a ten inch Harveyized plate. The inventor simply placed a cap of soft steel on the point of the shell.

It is a human impulse to meet wrath with wrath, hardness with hardness; but both in morals and physics experience proves that a little gentleness accomplishes more than unyielding rigidity.

### FAMILY PRAYER.

How sweet around the fireside,  
To entertain our Lord,  
To open up the Bible  
And read his Holy Word;  
To bow in prayer before him,  
His blessings to implore,  
'Tis there we find him precious,  
And love him more and more.

It makes the day seem brighter  
To have our morning prayers;  
It makes each burden lighter,  
To cast on him our cares.  
O, can it be that Jesus,  
Who is of friends the best,  
Can in our home, though humble,  
Be an abiding guest!

\* \* \*

The secret of happiness is not the size of one's purse, or the style of one's house, or the number of one's butterfly friends; the fountain of peace and joy is in the heart. If you would only throw open your heart's windows to the sunshine of Christ's love, it would soon scatter the chilling mists, and even turn tears into rainbows. Some professed Christians pinch and starve themselves into walking skeletons, and then try to excuse themselves on the plea of ill-health or "constitutional" ailments. The medicines they need are from Christ's pharmacy. A large draught of Bible taken every morning, a throwing open of the heart's windows to the promise of life Master, a few words of honest prayer, a deed or two of kindness to the next person whom you meet, will do more to brighten your countenance and help your digestion than all the drugs of the doctors. If you want to get your aches and trials out of sight, hide them under your mercies.—Theodore L. Cuyler, D. D.

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We need not be afraid that we shall go too far in serving others. There is no danger that any of us will ever go too far in the walk of active love.—J. C. Hare.

He who would be a great soul in the future, must be a great soul now.—R. W. Emerson.

Never fear to bring the greatest comfort to the least trouble, and the largest inspiration to the smallest duty.—Phillips Brooks.

There is only one way to have good servants; that is to be worthy of being well served.—Ruskin.

He who is true to the best he knows today, will know a better best tomorrow.—Charles Gordon Ames.