

help and cheer one another. This idea has evidently been caught by one of our little girls, who, in writing the other day, says:

"I always try to do what I can for others, and when I see a little girl that nobody else speaks to, I always say 'Hello' to her."

We commend the spirit that prompts this, though the action itself may possibly be open to question. It reminds us of the familiar words:

"It needs a loving spirit,
Much more than strength, to prove
How much a little child can do
For others by its love."

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You probably noticed in the June number, under the heading "Our Literary and Mutual Improvement Society," an offer made to the boys by which they may purchase good wholesome reading very cheaply. We are authorized to say that this offer comprises the *girls* too, and that they may, if they wish, have the books on the same terms as the boys. To those who have time and are fond of reading, this is an excellent way of getting some good and interesting literature of which they need not be ashamed, and which will do them far more good than the trashy and unreal stories that frequently come in their way.

READY WRITERS.

ME publish this month papers by Cissy Wallace and Nellie Ventriss Jackson on "Influence," and one from a "Reader of Ups and Downs." We think this latter is not from one of *our* girls, but we are pleased to insert it here. We want you all to help us to make this part of our paper a success, and while we wish you to remember that home duties and the wishes of your mistress must always have the first consideration, we think many of you can find a few spare minutes occasionally to try what you can do. We will endeavour to choose easy and interesting subjects, and shall be glad to receive suggestions from the girls themselves as to what they think they can best write about. One of our correspondents asks if she can have the subjects earlier so as to give more time to think them over. This is a very reasonable request, and we will try and always give you a topic a month in advance.

Laura Fitts has sent a paper on "How to Ensure a Happy Life," for which we thank her; but it was received too late for publication last month.

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WHAT INFLUENCE HAS A GIRL IN THE WORLD?

NELLIE JACKSON, Innisville.

A girl has an influence in this world whether she is good or bad, and if a girl wants to be thought much of by those around her, she will try to be good, and she will do much good in leading her friends and companions onward and upward. A girl that does not care how she acts in the eyes of those around her, and says and does those things which are wrong, will do a great deal of harm, and is in danger of leading many a poor girl, that is easily led, down to destruction. There are a great many ways a girl can do something to make life pleasant and cheerful to herself and those around her by speaking some kind word or performing some kind action—for actions speak louder than words. I suppose some of you have read the Pansy book, "Esther Reid Yet Speaking." You remember how she did much good after her death. When a girl is early taught to love the Saviour, she will, with the love of Jesus in her heart, find it a great deal easier to make life a pleasure, and make those around her love her. Dear girls, let me write a few verses to you:—

"Scatter bright smiles as you pass on your way,
Through this world of toil and care;
Like the beams of the morning that gently play,
They will leave the sunlight there.

Scatter bright smiles—'tis but little they cost—
But your heart may never know
What a joy they may carry to weary ones
Who are pale with want and woe.

Scatter bright smiles o'er the grave of the past,
Where the orphan's treasure lies;
In the tear-drop that glistens there, light will shine
As the rainbow that paints the skies."

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INFLUENCE.

CISSY WALLACE, Kingston.

I think "influence" is a very great word with a great meaning. We must either have a good or bad influence. If our influence is pure and good, how we may help those around us! We may not be able to give much money, but how much love and joy we can give if we just think of it. There may be some friend who has sore temptations, then we can help her to overcome them in one way or another; and how much joy may come into that friend's life. We should always be careful how we speak and act before little children. It is in their young lives that they are so apt to pick up the wrong in whatever way or form it may be, and what a comfort it must be to little ones' parents to see them treading the right way. One little word or deed said or done in the wrong way may ruin some poor child for life; how very careful we should be that nothing is said or done before them that may do them evil.

We may help some poor person who is in trouble, or whatever it may be, not so much by speaking, as by living and doing the things that would please our Master. How much good might be done in this world if we all did our own small work in the right way. We do not need to have lots of money or grand houses in order to have a good influence in this world; but a pure and spotless life is more than this world can ever give, and money can never buy it for us. How much wrong is done by shedding a wrong influence; how much misery, pain and woe. But let it not be said of us that it was our fault that this person or child was led astray, but let us all put our hand to the wheel and work bravely, and then in due time we shall have our reward.

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WHAT INFLUENCE HAS A GIRL IN THE WORLD?

A Reader of "Ups and Downs," Barrie.

A girl's influence could and should do a great deal of good. A girl with a loving disposition is sure to influence all around her. Girls in homes with younger brothers and sisters growing up, can set the example of being kind and gentle, always ready to help them out of their many little quarrels and troubles. Another way is to teach little ones in Sunday-school, and have a kind word for all around. The way for a girl placed out at service is to be truthful and honest in all her dealings, and do what is required of her willingly and cheerfully. Shun evil companions, for a girl is known by her company. These and many other things, if carried out, have influence over others; therefore every girl can do some good with a little perseverance.

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TOPICS.

For { "A description of some building you
Aug. { have seen."

For { "An account of a pleasant day you
Sept. { have spent in Canada."

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Please remember the following useful hints, borrowed with slight variations from a back number of the Boys' part of Ups and Downs:

Write on one side of the paper only.
Do not add anything except your name and address to the paper on which the essay is written. If you wish to write a letter or make any remarks, do so on separate paper.

When a letter accompanies an essay, the manuscript will be carried through the mail at the rate of one cent for four ounces, provided the package is not sealed. Write on the corner of the envelope, "MSS. only," and address to Miss Code, Dr. Barnardo's Home, Peterborough.

Papers for insertion in next month's Ups and Downs, must be posted not later than the 15th of the preceding month. A paper must not contain more than 500 words, and it need not necessarily reach this limit, but it must not exceed it.

IN LEISURE HOURS.

Edith Hallendale sends the following buried cities, to which we hope to have a good many replies:—

Please do not rent on Queen Street.

"You are a bright one!" exclaimed the lad.

Windall and Alec spent the afternoon with Harold.

We have counted them all, and the total is: towels seven and handkerchiefs twelve.

They are going to build two new castles where the old ones stood.

She also contributes this puzzle:

My whole is a word of eleven letters, and implies both sorrow and shame.

My 3, 9, 8, is a covering for the hand.

My 4, 5, 5, is to be sick.

My 5, 10, 7, 11, signifies something lent.

My 8, 10, 3, is a boy's name.

My 10, 1, is an exclamation.

My 11, 2, 8, is something to crack,

These initials give the name of a noted English poet.

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Gertrude Freeman sends a few conundrums:

What is that which is full of holes and yet holds water?

Why should a man never tell his secrets in a corn field?

What is that which, by losing an eye, has nothing left but a nose?

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We want you all to feel there is something you can do for our paper, so for the younger ones, or for those who cannot write essays, nor perhaps even guess puzzles, we propose giving this month half a dozen easy Bible questions. Some of you may find this a profitable way of spending part of the Sabbath day, if you are not able to go to church or Sunday school:—

1. For what were the following Bible characters specially noted?—Job, Moses, Samson and Solomon.

2. What three men were taken to heaven without dying, and how?

5. Name the tribes of Israel.

4. Which is the first parable in the Bible?

5. Mention one miracle wrought by Elijah.

6. Give a text from Isaiah foretelling Christ's birth.

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PUZZLES.

1. My first is in pepper, but not in salt;
My second is in rice, but not in malt;
My third is in bear, but in deer;
My fourth is in rain, but not in fair;
My fifth is in borrowed, but not in lent;
My whole is a musical instrument.

2. My first is in fowl, and also in fair;
My second is in do, but not in dare;
My last is in light, but not in lit;
My whole won't let you see a bit.

3. In spring I look gay,
Decked in comely array;
In summer more clothing I wear:
As colder it grows,
I throw off my clothes
And in winter quite naked appear.

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ANSWERS TO PUZZLES.

Edith Hallendale and Emma Sharp have found out Henrietta Webb's puzzle. The bird with a very long beak is a *Pelican*. The "mysterious army" seems to be rather puzzling. Emma Sharp thinks it describes the "Israelites fighting against the Benjamites," recorded in the 20th chapter of Judges; Annie Boulton thinks it refers to "Gideon and his army fighting against the Midianites," in the 7th chapter of Judges.