often know on Sunday, just as my people do, what the next words of the prayer will be.

GEORGE: Yes, sir, there's truth in that; but it comes from his heart, I'm sure.

THE VICAR: Well, and I think that my prayers do too, and I'm glad to find that there's not so much difference in them after all. But I must say, George, that since we both pray the same things practically Sunday by Sunday, I prefer to use the words that my forefathers have used, and which are so carefully and Scripturally composed that they seem exactly to express the need of everybody before the Throne of Grace.

Little Mary Wilkins is dying, her father says. I mentioned her name to the people in Church to-day, and after those words in our beautiful Litany where we ask God to take care of "all sick persons, and young children," I paused. Many a worshipper knew why, and, I am sure, offered a silent prayer for the little sufferer.

GEORGE: I didn't know that they ever had silent prayer in Church. We only do but seldom, and it's always at the prayer meetings.

THE VICAR: Yes, that's just it. People give us a bad name before they really know what we do at Church. I hope you will soon come and see for yourself.

You see, George, that I have proved to you that a form of prayer is Scriptural, for both our blessed Lord and John the Baptist composed them and taught their disciples to use them. Then both the Apostles and the members of the Early Church used forms of prayer, and we have continued to do so for many hundreds of years—in fact, until comparatively recent times, when the Nonconformists appeared on the scene; and even now many of the Wesleyans almost entirely use the Church of England Liturgy, and nearly all Nonconformists do the same at their marriages or funerals, even "praying out of a book" at such times, clearly showing that they value it. Extempore prayer is very useful sometimes, and often decidedly preferable. I often use it myself; but in Church I am glad to feel that my people are not dependent on my feelings, nor upon my memory with regard to their own or their family's needs.

GEORGE: Thank you, sir. I'm glad to have had a good deal explained. I didn't quite see it in that light before.

THE VICAR: No, George, I'm sure you were under a wrong impression about us. Your Minister is a kind and good man, and when you have listened to him a few more Sundays and watched, you will find that, although his words are not actually written down, they are so grafted into his mind and heart, that he, too, even because of his earnestness, uses a "Form of Prayer," though, perhaps, not one that is so large or so comprehensive as ours.

HINTS ON HOME NURSING.

BY MRS. EDWARD WELCH.

(Continued from page 158.)

2. THE second danger to be most carefully guarded against is the occurrence of complications during the course of the fever. We will deal with some of these in detail:—

(1) INFLAMMATION OF THE BOWELS.

It will be remembered that two things were mentioned as all-important in nursing treatment—perfect rest and proper food. In typhoid the bowel has become ulcerated, owing to the poison which has entered the system, and if the patient is not kept absolutely at rest, the ulcers may burst the lining of the bowel, and the result will be inflammation of the bowels, which is frequently the cause of death. Exactly the same thing may happen if the patient is allowed to depart from liquid diet and to have even a crumb of solid food. Hence the paramount importance in typhoid of *milk*, which is a soothing, non-irritating food, and cannot, as even a crumb of bread might, break down surfaces which are healing, and so cause fatal results.

In this matter of diet the doctor's knowledge and experience *must* be trusted, and set against the natural wish to gratify the patient's longing for something more substantial, though not really more sustaining, than milk.

(2) HÆMORRHAGE.

Hæmorrhage, or bleeding of the bowel, is caused by the ulcers breaking into a vein. If the slightest trace of blood is ever noticed in the patient's discharges, it should be at once reported to the doctor. It is impossible to enter here into the causes of hæmorrhage: it must be enough to say again that *rest* is of the utmost importance; no wound can possibly heal without rest.