

EXPERIMENTS ON SMOKERS.

A Russian physician examined a number of students to ascertain if their health was affected by tobacco. Of the smokers, 16.09 per cent. were found to have some affection of the breathing organs, while only 10.69 per cent. of the non-smokers were thus affected. In respect to disease of the digestive organs, the figures were respectively 11.83 for those who smoked and 9.92 for those who did not; and of both the breathing and digestive parts combined, 8.77 for the smokers and 3.22 for the non-smokers.

For many years, in every case, when careful examinations have been made as to the comparative health of the two classes or their standing in their studies, or their skill in gymnastic feats or in athletics, the *non smokers* have had an *advantage over the smokers*.

These figures show the evils of tobacco better than anything else. Tobacco lowers the physical, mental and moral standard of the man. He is simply the less capable than he would be. This is all there is of it. Is not this enough?—*Selected.*

 THE GINGERBREAD BAROMETER.

A CLEVER Frenchman has discovered a unique barometer. It is nothing more or less than the figure of a general made of gingerbread. He buys one every year, and takes it home and hangs it by a string on a nail.

Gingerbread is easily affected by changes in the atmosphere. The slightest moisture renders it soft, while in dry weather it grows hard and tough.

Every morning, on going out, the Frenchman asks his servant: "What does the general say?" and the man applies his thumb to the gingerbread figure. Perhaps he may reply: "The general feels soft. He would advise you taking an umbrella." On the other hand, if the gingerbread is hard and unyielding to the touch, it is safe to go forth in one's best attire, umbrellaless and confident.

The Frenchman declares that the general has never yet proved unworthy of the confidence placed in him, and would advise all whose purse will not allow them to purchase a barometer or aneroid to see what the local baker can do for them in the gingerbread line.—*Epworth Herald.*

A COLLECTION OF FOOTPRINTS.

SOME of you make collections of stamps, of flowers, of plants, of moths, and other things. Did you ever see a collection of footprints?

A young people's paper says that a professor has recently given to Yale College the finest collection of footprints that ever was made; great slabs of red sandstone, on which are not only footprints of birds and reptiles, but even the autographs of raindrops left by a passing shower.

These marks were made thousands and thousands of years ago. The stone was soft sand then. It hardened as the centuries went on, but the marks are there.

You are making marks on your life now, boys and girls. They will remain. A man's character means a man's "marks." Character is just a Greek word which means mark.

Have you made a good beginning, as Timothy did? Do you know that nearly all God's best helpers began early to love him and to read his word? Think of Moses and Samuel and Josiah and John the Baptist and the boy Jesus.

Timothy was very young, but he could never forget that Paul was praying for him, and his mother was hoping he would be Christ's true follower.

Those who love you best are praying for you, and hope you will follow Timothy's example and make a good beginning. They cannot do it for you. It must be your own act.

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