

An Altar Dedication.

When we before this altar bow,
Great God of love, Thy presence show;
Here let Thy glory ever shine,
Around, amidst this sacred shrine.
All blessed will be to see Thy face,
And still more blessed to have Thy grace;
Lord, linger near this throne; this spot.
Forgive all sin, remove all blot.
Make Thou each soul be white and clean,
Who on the Saviour's bosom lean,
Then He will say: "Abide in Me,"
My life was offered up for thee.
Come, now draw near His mercy-seat,
The lowly heart He'll kindly greet;
Tho' He upon the cross was slain,
Shall this our Saviour die in vain?
Dear pilgrim, cast thy burden down,
And from His hands receive thy crown,
Wings will be given to soar above;
Where all is joy, and all is love.

Written by a layman, and read by Bishop Coleman at the dedication of the new altar of St. John's Chapel, Wilmington, Del.

Ecclesiastical Terms.

The derivation of many Church words is unknown to many who often express a desire to know the meaning of certain terms.

The word Canon (Church Law) is a Greek word meaning "rule," like the measuring rule of a carpenter; so the Church Canon is the rule or law regulating the Church. Is there any connection between Canon and cannon? Yes; the carpenter's rule was originally a reed, both straight and hollow; hence, modern instruments of war were called cannon. The word Church comes from a Greek word, meaning that which pertains to the Lord. The English expression was derived from the Anglo-Saxon tongue, into which it was incorporated by missionaries from Constantinople to the Goths. The words Decani and Cantoris, as they apply to our boy choir, designate the two sides of the chancel. In all the ancient cathedrals, the stalls of the Dean (Decanus) were on the right, facing the altar, and the Precentor on the left; hence the two names, Decani and Cantoris. The small table near the side of the altar, on which the bread and wine are placed before consecrated, is called the Credence Table. The word is derived from the Italian *credenzar*, meaning to give credit, and refers to the ancient court practice of having all meals and drinks on a separate side table, where they were tasted by the cup-bearers and carvers before presentation to the king. This was to guard against poison; hence to give credit; and from this, Credence Table, applicable to any small side table.

One Better than Thirteen.

William F. Goetchins, Esq., contractor and builder, office 552 Seventh Avenue, New York City, writes: "I have suffered from dyspepsia for a number of years and was confined to my house for five months. Have had thirteen New York and Mount Vernon doctors (will name them if necessary) attending me, but failed to get any benefit. I tried K.D.C., and am pleased to say the effect was magical. I have tried probably every known remedy for dyspepsia, and found none to benefit me, until I took K.D.C. I recommend K.D.C. as the dyspeptic's best friend. Try it and prove what I say."

Causes of Sleeplessness.

Formerly sleep was believed to be dependent on a state of comparative bloodlessness of the brain, and by the condition of the circulation of the blood through that organ the character and duration of sleep was held to be modified. This view is still regarded as correct by physiologists of the present day, but since physiological chemistry has thrown more light on the processes of repair and waste, it has been shown that, in addition to the part played by the blood circulating through the brain, inducing wakefulness or sleep according to the increase or decrease in the rapidity of the circulation and the variation in the size of the blood vessels, the actual chemical condition of the brain cells also serves to determine the existence of sleep and wakefulness. As the formation of clinkers in a furnace reduces the fierceness of the flames and interferes with the

activity of combustion, so the accumulation of fatigue products within the brain cells, formed during the waking hours, tends to induce unconsciousness by reducing the activity of chemical action and interchange between the blood, the vehicle of nourishment, and the brain cell needing replenishment. The healthy alteration of work and rest is thus provided, for the very existence of waste material generated during the activity of the brain cell tends to interfere with the absorption by the brain tissue from the blood of the pabulum necessary to energetic action; but if from any cause the brain is unduly stimulated, whether by emotion, thought, or external impressions on the one hand, or by acceleration of the blood current and increased blood supply through cerebral vessels, then the supervention of sleep will be delayed and possibly prevented for a prolonged period. In this connection, the introduction of exciting drugs into the circulation from without, or the absorption of irritating poisons formed under conditions of disordered digestion, or in consequence of bodily fatigue, must be remembered as fruitful sources of insomnia.

The clergy have tested K.D.C. and pronounce it the best.

A Great Well.

At Bourne, in Lincolnshire, at a depth of 66 feet, water, impregnated with iron, was encountered, but this chalybeate liquid was excluded as the tubes were carried deeper. Some 12 feet lower the main spring was tapped, and the water rose very slowly up the tube, and it was 24 hours before the water overflowed. As the depth increased, so did the volume of the ascending current; and by the time the well had reached the depth of 100 feet, the flow was 1,300 gallons per minute, or 1,872,000 gallons per day.

Although this was an enormous flow, yet the engineers thought that by going a little deeper a still larger supply would be available. Numerous cases are on record where, under similar circumstances, the deepening of the well has resulted in complete failure. It will be readily understood that in such instances increased boring has carried the well through the non-porous rock upon which the water-bearing layer rested, thus allowing the water to escape. With the Bourne well, however, the deepening of the bore hole had the desired effect, for at a depth of 120 feet the outflow increased to 1,800 gallons per minute, or no less than 2,592,000 gallons per day.

Amorites and Hittites.

There is, I think, some evidence that, in the earliest times, the great centre of native civilization was in the Lebanon, and not in Southern Palestine. The Phoenicians had ports and fleets long before 1,600 B.C. in this part. The Amorites lived in the Lebanon Mountains, and the Hittites held all the plains near the Orontes, from Kadesh to A'eppe and to Carchemish. Remains of their art have been found by Burckhardt at Hamath, and by Sir Chas. Wilson and others in Northern Syria; and this region is full of deserted mounds, some 40 feet high, which conceal unknown treasures of antiquity. The sites in this region which require exploration—and which others will soon explore if we do not—include especially Kadesh itself, Arpad and Carchemish.

I do not think we should confine ourselves between the limits of Beersheba and Dan; for the kingdom of Solomon reached to the Euphrates; and the "Land of the Hittites" (often mentioned in the Bible) is quite as important for Bible study as is Southern Palestine. Our limits, I think, should be drawn from the Egyptian boundary to the foot of the Taurus; and the most promising sites are to be found in the plain of the Orontes, east of Lebanon. In Lebanon itself, inscriptions of Nebuchadnezzar are cut upon the rocks; and the Assyrian conquerors, returning from their expedition to Egypt, left monuments at Beirut and Samala, describing their distant victories. The Egyptians set up statues at Tunep, near Arpad, and it is quite possible that in this region we may yet recover texts which will tell us of the conquest of Jerusalem by the northern enemy, or early inscriptions, even of the time of Solomon.

Hints to Housekeepers.

ROAST DUCKS.—Draw the ducks, wash quickly in cold water, and put into the body of each bird two tablespoonfuls of chopped onion and one cupful of chopped celery. As this stuffing is put in only to flavor the ducks and is not to be served, the green stalks of celery will answer. Truss, dredge with salt, pepper, and flour, and put into the pan with a little water. The oven should be very hot. Roast from ten minutes to half an hour, according to taste, with occasional basting. Serve very hot, with brown, olive, or orange sauce.

TOMATO JELLY.—Break firm ripe tomatoes into pieces and stew with a little water as will keep them from burning. Strain through a jelly bag and add one pound of sugar to each pound of juice. Boil till it jellies. Serve with roast meat.

Dr. Fowler's Extract of Wild Strawberry cures Diarrhoea, Dysentery, Cramps, Colic, Cholera Morbus, Cholera Infantum, and all looseness of the bowels. Never travel without it. Price 25c.

SPICED TOMATO.—Use four pounds of ripe fruit, two pounds of brown sugar, one pint of vinegar, one half-ounce stick cinnamon, and one-quarter ounce of whole cloves. Make a hot spiced syrup and cook tomatoes; take them out, and cook the syrup slowly till tomatoes are cool. Then return to the syrup and cook ten minutes. When cold put in jars. The syrup must be as thick as molasses before pouring over the fruit. Seal, or tie up carefully.

CHICKEN A LA TERRAPIN.—For every pint of chopped chicken allow three tablespoonfuls of butter, one cup of cream and three hard-boiled eggs; rub them together until smooth, add to the chicken with the cream, and stand over a moderate fire until heated. Add the whites of the eggs pressed through a sieve and the yolks rubbed to a paste with two tablespoonfuls of cream; stir this into the chicken and let it come to the boiling point. Season with salt and pepper and chopped parsley. The proportions given above make a very rich dressing.

Dear Sirs,—I have used Yellow Oil for two or three years, and think it has no equal for croup. MRS. J. S. O'BRIEN, Huntsville, Ont.

INDIAN CHUTNEY.—Three ounces salt, one pound brown sugar, one ounce garlic, one-half pound raisins, one-quarter ounce cayenne, six ounces preserved ginger, juice of four small lemons, six wineglasses of vinegar, and ten large apples. Pare and cut up the apples and boil them in the vinegar till quite soft. Shred all the other ingredients very finely, and mix the lemon juice and sugar together. Mix everything together, and simmer for one hour. Keep in a dry place; the warmer, too, the better. The chutney is ready for use in six months' time.

Pickled cabbage is a favorite accompaniment of cold meat, and one of the nicest of home-made pickles. To make it choose some fresh-cut pickling cabbage and cut them into thin shreds, removing the stalks. Place the shredded cabbages on a flat dish and sprinkle them with salt and let them stand in a cool place for three days. Then fill the jars with them and pour over till it covers them boiling vinegar, in which has been boiled for a quarter of an hour a handful of whole mixed spices. These spices are put into the jar with the vinegar. The pickle should be tied down with a bladder, or brown paper will do if fastened on securely. It will be ready by Christmas time.

A home preparation for whooping cough among children is as follows: Take one ounce of garden thyme, pour one pint of boiling water upon it, let it draw for 20 minutes, then strain and sweeten it with a little sugar. The dose of this preparation is from one to two teaspoonfuls every hour or two, according to the age of the child and the severity of attack. This may be along the same lines as the famous syrup of red clover for this exhausting yet usually harmless malady.

For Cholera Morbus, Cholera Infantum, Cramps, Colic, Diarrhoea, Dysentery, and Summer Complaint, Dr. Fowler's Extract of Wild Strawberry is a prompt, safe and sure cure that has been a popular favourite for over 40 years.