

## HIS INJUSTICE TO THE CROW.

Mark Baker, the father of the founder of Christian Science, was a person of decided individuality. A story of him which has passed into neighborhood tradition illuminates the man. One Sunday, he mistook the day and worked as usual in the fields. On Monday morning he dressed himself in Sunday black and started for church. As he pounded along the roads, he noticed that his neighbors were about their regular secular employments. "What does this mean on the Lord's day?" he cried to a fellow-member of the church, whom he met driving to market. "This ain't Sunday," replied the neighbor. "You are a lost soul," said Mark Baker, and stumped on down the road. But more neighbors passed; and presently he came upon a woman hanging out her washing; in the back yard. "Don't you know that this is the Sabbath?" he shouted. "Why, Uncle Mark, this is Monday," she replied. "I'll have no joking with the Sabbath day," said Mark Baker, and went on. But when he reached the church, the doors were closed, and Mark Baker was forced to believe in spite of himself. He went at once to Elder Curtice, who confirmed his worst fears. The two fell on their knees in prayer. Then, having purified his soul, Mark Baker started home. The godly part of him was purged of sin, but the old Adam remained. The children of the neighborhood had a tame crow which used to hop through the yards of the village, stealing first from this house and then from that. As Mark Baker neared his house, this crow hopped upon a bush before him and uttered a confident caw. Baker raised his stick and struck the bird dead with one blow. "I'll learn ye to hop and caw on the Sabbath day!" he said. When he reached home, he made the family drop all work and observe that Monday as the Sabbath.

## HOW TO MAKE THE HEART STRONG.

The kind of exercise one should take for his heart's sake is extremely important. As I have already said, exercise, to affect the heart sufficiently, must be vigorous, though not too vigorous. Ordinary walking, while healthful, falls short of this requirement. That calisthenics and light exercise generally are also deficient in this respect is proved by the fact that, while all humankind naturally indulge in light exercises, yet heart ailments are prevalent among them. Every one that is not bedridden walks more or less; and I have read learned articles which try to prove that walking is the only exercise man requires. But if a man never runs, he could not, if he would, run fairly fast even a half mile. So the argument is in effect that a man need not be able to run. I cannot agree with this conclusion; for walking at a moderate pace affects heart action only slightly. Running, of all exercises for the heart, is, I think, the best. Of course one who has a weak heart cannot immediately run fast or far; nor is it necessary for the average individual to learn to run great distances at a high speed. But every one owes it to his health to be able to run, without distress, say a half mile at a fair pace. Let him begin by jogging one-eighth or one-quarter of a mile, then a half-mile, which distance he may ultimately run reasonably fast.—G. Elliot Flint in The Outlook Magazine.

The mightiest miracles are not to overshadow the power of faith. The work of Christ is not, first of all, a wonder-working ministry. The ruler whose little daughter was dead was told, "Fear not; only believe, and she shall be made whole." The miracle of life for the child was attained through faith on the part of the parent.

## THE REAL RUSSIA.

"We must seek the real Russia not among the enlightened classes but in the 70,000,000 mujiks. The Russian peasant is not attractive in appearance. He looks dull and heavy. He is very ignorant generally, dirty, often half starved, and too often drunk. He is suspicious of strangers, and not easily approached, even by Russians of the upper class. But his appearance betrays him. He is no fool; he has ideas of his own. He is willing to work, and he makes an admirable soldier. He is intensely religious, superstitious; yes, but with a firm faith in the Gospels as the Word of God and in Jesus Christ as the only Saviour. The samars? Yes, he believes in them, too, and often seeks their aid. Dishonest and immoral? Yes, too often, but he is possessed of a greater fund of kindness and good will than is common to peasants in our countries. The very essence of the mujik's religion is the idea that it means its truest expression in voluntary suffering for others or for the Lord, such as is illustrated in the suffering and death of Christ for the redemption of the world. The real character of the Mujik comes out most clearly in those dissenting sects which take their start directly from the study of the Gospels, and there are many such. There is always an attempt to bring the life into harmony with the teaching of Christ.—Rev. Dr. George Wasburn in the Missionary Review of the World.

## DO YOU KNOW HER.

I have a little friend who doesn't like to mend,  
To dust or set the table, or even make a bed;  
The very thought of sweeping nearly sets her off a-weeping,  
And when she peels potatoes she just wishes she were dead.

She "hates" to rock the baby, and says that some day, maybe,  
She'll go away and linger where they have no babies round  
To keep folks busy rocking; but really this is shocking,  
And she doesn't mean a word of what she says, I will be bound.

'Tis true she cannot bear to walk around the square  
To buy a spool of cotton or stamps for mamma's mail;  
And it's much against her wishes that she's set to washing dishes,  
While to speak or darn stockings is enough to make her pale.

## A WORD TO PARENTS.

It may seem to be a very little thing for your boy or girl to be absent from school a day or two each month, or even each week. But it is not so. Every devoted church-school teacher carries a burden for each pupil in school, and has carefully laid plans for applying the truths of each day's work to the heart of each pupil who may find it difficult to make the application without help. In a single lesson missed, new thoughts have been brought out which your child may need. Your child may have been the one for whom the watchful, prayerful teacher had a special burden when preparing that lesson. If the child loses the connection made by each recitation in the line of thought he is studying, he at once loses his interest in the study. Parents can do much to make the school a success by keeping their children regular in attendance and by taking a special interest in talking with them about their lessons.—B. E. H., in The Educational Messenger.

The voices of the vernal season are nature's anthems sung on the resurrection side of the winter.

## BABY'S FRIEND.

"Before I got Baby's Own Tablets my baby was troubled with colic and vomiting and cried night and day, and I was almost worn out. But after giving him the Tablets for a few days the trouble disappeared and you would not know it was the same child, he is so healthy and good-natured now." This is the grateful testimonial of Mr. George Howell, Sandy Beach, Que., and it tells other mothers who are worn-out caring for cross sickly children, how they can bring health to the little one and ease to themselves. Baby's Own Tablets promptly cure the minor ailments of little ones, and there are no cross, sickly children in the homes where the Tablets are used. Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## THE WEALTH OF OLD MAN JONES.

"There is one thing that I can't understand," said my friend with a questioning mind.

"What is that, Hanson?" I asked.  
"About old man Jones, down there at the foot of the hill. If there are any Christians in this country, he is one. He has prayed twice a day for forty years, and proved his faith by his works. He has worked hard, and has been ambitious to lay up something for his family, yet he is exceedingly poor, has always been poor—often his family lack the bare necessities of life. That little cabin with the rocky patch of ground around it is all that he has to show for a life of drudgery. Yet the Bible says that 'all things work together for the good of those who love God,' and 'to him that asketh it shall be given.' How do you explain it?"  
"Let us go down and talk with him about it," I replied.

The old man warmly welcomed us into his simple cabin, and set chairs for us by the open fireplace, for it was a frosty November day.

"I'm glad to see you, Will." He always called me Will. "I have been waiting to tell you about a letter I got two weeks ago from Dave. Dave has professed religion, and joined the church."

The old man's eyes grew bright, but his voice shook a little.

"I've been praying for that boy for many years, and I knew the Lord would save him."

The light on his face furrowed by care and toil and age was good to see.

"I'm perfectly happy now," he continued. "Mary married a good man, and they have a good home. Sam is preaching the gospel, and now Dave has chosen that better part. The Lord is wondrous good to his servants, and I can say with David, 'The Lord is my shepherd, I shall not want.'" and he repeated the whole Psalm.

"But haven't you often needed things that you did not get?" inquired my friend.

"Oh, yes, certainly, there have been many times in our lives when we did not have all the worldly goods we wanted, but some way we pulled through," replied the old man, cheerfully. "Perhaps it was the result of bad management; perhaps it was best so, but that matters little. The Lord has made us so rich in everything else we do not mind a little poverty."

As we climbed the hill my friend was silent. When we reached the summit we looked back at the little cabin at the foot.

"I understand now," said my friend. —Sunday-school Times.

The seed of divine truths is entrusted to the soil of human hearts. It is poor soil at best, but since God is willing to risk it, should not the husbandman cherish the seed and fit the soil for its cultivation?