

There is one saint whose name has come to be connected with Christmas, more especially with Christmas Eve, and the hanging of stockings, whose name must not be forgotten. He is St. Nicholas of Myra, the patron saint of school boys, poor girls and sailors. St. Nicholas was Bishop of Myra in Asia Minor in the fourth century. Very little more than this is positively known about him, but a great deal of striking legend has gathered about his name, and from the great veneration which both the eastern and western churches showed him in early times we may infer that he was a good and great man. One of the stories told about him is as follows: "A certain nobleman of Panthera, Nicholas' native place, lost all his money; he had three daughters, and they had nothing before them but want and misery. Nicholas had inherited great wealth from his parents, and was always seeking to do good; so when he heard of the trouble of the three maidens, he took a large sum of gold and tied it in a handkerchief, and went by night to the house to see how he might give it without being seen. He found an open window and threw in the gold, then hastened away. The eldest daughter had this money for a dowry, and was married. Then Nicholas, in the same secret way, left the same sum of money for the second daughter, who was married also. But when it came to the third daughter's turn, the father watched to see who their benefactor was, and when Nicholas came the third time, he caught him by the robe, and said, 'O, Nicholas, servant of God, why seekest thou to hide thyself?' But St. Nicholas made him promise to tell no one. This legend may account for the secrecy which the saint always observes in his Christmas Eve visits, and for the necessity laid upon all boys and girls to be sound asleep before he comes."

There is another story which shows his care for boys: "Once when he was travelling he stayed at an inn kept by a wicked man, who used to kill children and serve their bodies up as meat. St. Nicholas discovered his horrible wickedness, and went to a tub where the bodies of three boys were preserved. The saint restored the boys to life, and sent them home to their mother, who was a widow."

In the eleventh century the remains of the saint were taken from Myra and carried to Bari, in Italy, and there great festivities are held in his honour on his day, the 6th of December. St. Nicholas is also the patron saint of Russia.

The seven days immediately before and the seven immediately after the shortest day in the year were

called Halcyon Days. A Greek myth tells how Halycone, the wife of Cyx, mourned so for her husband, who was drowned at sea, that she was changed into a bird, the halcyon. This bird brooded over her nest, on the top of the waves, for these fourteen days, and during this time Jove did not permit the winds to blow. So at that time the sea was always calm and safe to seafarers. Milton speaks of this belief in his "Hymn on the Nativity:"

But peaceful was the night
Wherein the Prince of Light
His reign of peace upon the earth began;
The winds, with wonder whist
Smoothly the waters kist,
Whispering new joys to the mild ocean,
Who now hath quite forgot to rave,
While birds of calm sit brooding on the charmed wave.

A Flag Salute.

A subscriber who is convinced of the usefulness of such exercises as a "Flag Salute" asks the REVIEW to give a ceremonial that would do for certain occasions, adding, "We look to the REVIEW to keep us informed of the best ways of making and keeping our schools progressive, and so far we have not been disappointed."

Two correspondents who are conversant with such matters recommend the following plans:

ORDINARY SALUTE.

If the "salute" is to be a daily affair, it should be simple, and consist merely of the pupils standing in line to see the flag go up; then lifting their caps and singing the first stanza of the national anthem. To prevent this becoming stale by too frequent repetition, the following may be substituted as often as the teacher may deem advisable, certainly often enough to keep the pupils in good practice.

OCCASIONAL SALUTE.

The pupil selected to hold the flag during the salute is preferably the one making the highest marks in the school or department since the last flag salute—a day, a week, or a month before, as the case may be. He takes his place on the platform facing the school with the flag held at "the shoulder," that is, with the right hand grasping the flag staff by the thumb and first two fingers from behind, and the upper part of the staff pressed tightly to the hollow of the shoulder, head erect, but not thrown back, knees straight, hips drawn in and chest advanced, left hand dropped to the side at the