

to brush. You'll feel better when you are more like yourself."

He smiled faintly as he looked up at her quivering lips and eyes full of unshed tears. But her homely advice was good, and he was glad to follow it. Her little room above was lined with richly carved oak panels like the kitchen below, and a bookcase contained her books, many of which he had himself given to her. There was an easel standing under the highest part of the shelving roof, where a skylight was let into the thatch, and a half-finished painting rested on it. But he did not give a glance toward it. There was very little interest to him just now in Phebe's pursuits, though she owed most of them to him.

By the time he was ready to go down, supper was waiting for him on the warm and bright hearth, and he fell upon it almost ravenously. It was twenty-four hours since he had last eaten. Phebe sat almost out of sight in the shadow of a large settle, with her knitting in her hand, and her eyes only seeking his face when any movement seemed to indicate that she could serve him in some way. But in these brief glances she noticed the colour coming back to his face, and new vigour and resolution changing his whole aspect.

"And now," he said, when his hunger was satisfied, "I can talk to you, Phebe."

(To be continued.)

#### WHAT FIFTY YEARS HAVE DONE.

Mr. Grant Duff, the recently appointed Governor of Madras, in the course of his farewell address to his constituents, said: "In how great a time has our lot been cast! What previous age has equalled it? The President of the British Association, the other day, in an address worthy of a man who has few equals, pointed out the altogether unprecedented and enormous advance which science has made in the last fifty years. And what glorious things have we not seen in the domain of politics, even in the last half of these fifty years. The abolition of slavery in the United States, the emancipation of the Russian serfs, the expulsion of Austria from Germany, and her transformation into a constitutional State; the reconciliation of Hungary with the House of Hapsburg, sealed on that day when the Empress went to lay her wreath on the bier of the man who had so firmly, yet so respectfully, resisted, and resisted till he won; the resurrection of Italy, the birth of Roumania, the growth of Servia, the beginnings of Bulgaria, the unification of Germany, the fall of the French Empire, with its evil traditions of Bonapartism and blood; the abolition of our worst national reproach—the Irish Establishment; the astounding growth of our colonies, the vast tide of prosperity which free trade, more than any other agency, has rolled upon our shores—a tide of prosperity so vast that even the seasons with which we have been recently visited have only been an inconvenience, instead of leading, as they assuredly would have done if we had not got Free Trade, to misery and insurrection. Such are a few—and only just a few—of the great things which we have lived through. And, gentlemen, we have this proud satisfaction—we have throughout sympathized with all these things, and in so far as in us lay, we have helped them on with vote and voice. We have felt that the men who have done these things even when most remote from us, were our brothers, much more real brothers than men, though born close to us, who have devoted their lives to hindering the cause of progress and of good."

#### WRITERS OF BOOKS OF TRAVEL.

There are four classes of men who print accounts of their travels. First, we have the makers of "tours" and "trips" and "views" and "vacations abroad," who write to be known as having travelled and as "authors." To this great primary division belong young lords fresh from the university, who, before going into "the House," hang up their votive tablets of transmarine adventure in the Temple of Fame in the form of Rambles in the Rocky Mountains, and ladies who never dream that there is anything worth knowing which is not in their guide-book. Then we have the regular professional traveller, who, like the "chanter" or talking man in a how, gets his living by exhibiting the great panorama of the world. He is invariably "a bit of a Barnum," has existed in all ages, and was provocative among the Greeks of several excellent proverbs which discredit all truth in all tourists. Above these we have the peregrinations of great poets, scholars, or diplomatists; and finally the scientific traveller, who, with an object in view, from which death itself must not daunt him, pushes on bravely to the end. It may be a question with the cultured as to which of the last two were the most readable books, but with the world a Humboldt is higher as a traveller than a Goethe, and the immense popularity in England of Stanley proves that, on the whole, feeling inclines to adventure allied to solid service.—*December Atlantic.*

#### OVERWORKING THE UNDEVELOPED BRAIN.

"Overwork," properly so called, can only occur when the brain upon which the stress of the labour falls is as yet immature, and therefore in process of development. When an organ has reached the maturity of its growth it can only work up to the level of capacity or faculty for work. Fatigue may produce exhaustion, but that exhaustion will come soon enough to save the organ. Repeated efforts may, under abnormal conditions, follow each other too rapidly to allow of recuperation in the interval of actual exertion, and as the starting point will, in each successive instance, be lower than the previous state, there may be a gradual abatement; but even this process should not injure a healthy and well-developed organ. In short, a great deal of nonsense has been written and said about the overwork of mature brains, and there are grounds for believing that an excuse has been sought for idleness or indolence in a valetudinarian habit in the popular outcry on this subject, which awhile ago attracted much attention. Nevertheless, there can be no room to question the extreme peril of over-

work to growing children and youths with undeveloped brains.

The excessive use of an immature organ arrests development by diverting the energy which should be appropriated to its growth, and consuming it in work. What happens to horses when they are allowed to run races too early happens to boys and girls who are overworked at school. The competitive system as applied to youths has produced a most ruinous effect on the mental condition which this generation has to hand down to the next, and particularly the next but one ensuing. School work should be purely and exclusively directed to development. Cramping the young for examination purposes [college students at this time of year take heed.—Ed.] is like compelling an infant in arms to sit up before the muscles of its back are strong enough to support it in the upright position, or to sustain the weight of its body on its legs by standing while as yet the limbs are unable to bear the burden imposed on them. A crooked spine or weak or contorted legs are the inevitable penalties of such folly. Another blunder is committed when one of the organs of the body—to wit, the brain—is worked at the expense of other parts of the organism, in face of the fact that the measure of general health is proportioned to the integrity of development and the functional activity of the body as a whole in the harmony of its component systems. No one organ can be developed at the expense of the rest without a corresponding weakening of the whole.—*Lancet.*

#### "THIS SAME JESUS."

Acts i. 11.

This same Jesus! O how sweetly  
Fall those words upon the ear;  
Like a swell of far-off music,  
In the night-watch still and drear.

He who healed the helpless leper,  
He who dried the widow's tear;  
He who changed to health and gladness  
Helpless suffering, trembling fear;

He who wandered poor and homeless,  
By the stormy Galilee;  
He who, on the night-robed mountain,  
Bent in prayer the wearied knee;

He who gently called the weary,  
"Come, and I will give you rest!"  
He who loved the little children,  
Took them in His arms and blessed;

"This same Jesus!" When the vision  
Of that last and awful day  
Bursts upon the prostrate spirit,  
Like a midnight lightning ray;

Then we lift our hearts, adoring:  
"This same Jesus," loved and known—  
Him, our own most gracious Saviour—  
Seated on the great white throne.

For this word, O Lord, we bless Thee;  
Bless our Master's changeless name;  
Yesterday, to-day, forever,  
Jesus Christ is still the same.

—*Frances R. Havergal.*

We do not become righteous by doing what is righteous, but, having become righteous, we do what is righteous.—*Luther.*

HAVE you enemies, those who hate and abuse you? Then you have a golden opportunity of obeying Christ and manifesting His Spirit by loving them, and doing them good.

It is not an uncommon thing for us to be grateful for blessings received by ourselves. Do we always feel duly thankful to the Giver of all good for blessings conferred upon other persons?

THERE is many a wounded heart without a contrite spirit. The ice may be broken into a thousand pieces—it is ice still; but expose it to the beams of the Sun of Righteousness, and then it will melt.

LIFE is a book of which we have but one edition. Let each day's actions, as they add their pages to the indestructible volume, be such as we shall be willing to have the assembled world to read.

DIFFERENT church sects, warring over their creeds, are like rival fire companies called to save a burning city. Instead of doing the work before them, they sit down to quarrel about which has the best engine.

HEAVEN is not a "land of rest" in the sense of idleness. We are not to think of the home prepared for us by Christ as a place in which there will be no activity or growth of mind and heart; for the service to which we shall there be called will be a service in which every faculty of intellect and of affection will have full play.

THERE are some persons who are constantly asking for special rules of life. They would have an individual Bible with particular instructions for each hour of their lives; but Christ dealt with great principles, which are to be the basis and motive of all action; and from these, with the aid of His Spirit, we are to draw out our own applications.

THE Khedive of Egypt is reported to have set at liberty last month nearly a hundred slaves that had been brought to Cairo. Among them were some sixty girls, ranging in age from ten to fifteen years, most of whom had been sold by their own parents at sums ranging between \$100 and \$300. The greater number were black, but some who had come from Abyssinia were of lighter complexion, or even white. There were four sisters among them, who were anxious to be sold to the same master, so that they might not be separated.

## BRITISH AND FOREIGN ITEMS.

THREE Japanese students in the University of Glasgow carried off most of the prizes at the last Commencement.

THE amount subscribed for the Garfield Memorial Professorship at Williams College is \$17,710. It is hoped to make the total \$50,000 at least.

THE Chief of Police in the city of Chicago says that one-half the crimes of that city might be stopped by an enforcement of the law against the sale of liquor to minors.

MORE than 400 Jewish exiles, driven out of Europe by persecution, arrived in New York on two vessels recently, and it is stated that 5,000 more are expected before spring.

A DESPATCH from London, 20th ult., says: "Immense throngs gathered to hear Mr. Moody in Mr. Spurgeon's Tabernacle, in London, at both morning and evening services to-day."

THE editor of the French paper at Cairo, Egypt, has been forced to flee from the country on account of threats against his life by the sheiks for calling Mahomet a false prophet.

GOV. ST. JOHN, of Kansas, says that the Brewers' Congress at Chicago authorized the expenditure of an unlimited amount of money to defeat the enforcement of the prohibitory law in Kansas.

THE Land League in Ireland being virtually dead, little knots of disappointed politicians are meeting together and giving vent to their chagrin under cover of reviving the Home Rule League.

THE \$2,500,000 given in 1862 by the late George Peabody as a fund for building lodging-houses for the poor in London has been so judiciously invested and managed that it now amounts to \$3,600,000.

THE Austrian Minister of Education has ordered that every school-house shall have a small patch attached, in which the pupils must work to gain a practical knowledge of agriculture and horticulture.

THE natives of Patagonia can now read the life of Christ in their own language, as the Gospel of Luke has been translated into it by Rev. Theodore Bridges, who has laboured among them for twenty-five years.

LATEST despatches state that the Governor-General, accompanied by H. R. H. the Princess Louise, will sail from Liverpool by the steamer on the 12th of January, arriving at Halifax on or about the 20th of that month.

THE women of Chicago Presbytery contributed \$10,000 last year to missions, recently sent out two young ladies to India, and have 62 flourishing societies in the 46 churches and the various Sunday schools of the Presbytery.

THE reason given for changing the name of the "dead letter" office in London to the "returned letter" office was that so many people misunderstood its meaning, and were constantly inquiring for missing and dead people.

THE Young Men's Christian Associations throughout the United States are gradually becoming provided with buildings for carrying out their important work. The Pittsburg Association has raised \$50,000 as a building fund.

A BILL to repeal the Act giving power to ecclesiastical councils to forbid preaching by Dissenters in their respective jurisdictions was passed by one house of the German Reichstag by a vote of 85 to 64, but rejected by the other house by 54 to 25 votes.

THE secretary of the London Missionary Society announces that Missionary Williams, who was stationed at Mirambo's capital, Urambo, on the road to Lake Tanganyika, Central Africa, has died of sun-stroke. Only three missionaries are now left in the mission, of whom one is an invalid.

NO less than 141,000 children recently presented themselves for the examination for scriptural prizes in the London Board school. Four thousand copies of the Scriptures were given as prizes. The service of presentation was at the Crystal Palace, and presided over by the Bishop of Manchester.

THE Rev. John Hall, D.D., has declined the Chancellorship of the University of New York city, to which he was recently elected. He was strongly inclined to take the position, but he met with such determined objections from his congregation as to his assuming engagements which would take his attention from the church that he has reluctantly declined.

THE English Congregational Union adopted a resolution at its jubilee meeting, speaking of the Revised Version as "an important service rendered to the whole Church of Christ," thanking the revisers for their patient and scholarly work, and congratulating them "on the favourable reception which their work has found at the hands of Christians of all denominations."

THE constant industry of the late Dr. J. G. Holland was one of his marked characteristics. While associate editor of the Springfield "Republican" he wrote half the editorials, did reporting when occasion required, and generally had a serial story on hand, besides delivering his lectures, which were in great demand. He was connected with the "Republican" for seventeen years.

PRINCE TECK, the husband of the Princess Mary of Cambridge, is believed to have accepted the Presidency of a land corporation for Ireland with a capital of several millions, the object being to purchase large estates and reclaim waste lands, especially in the district of Connemara, dividing these estates into lots and reselling them on easy terms, thus establishing a peasant proprietary without injury to any one.

THE German Gustavus Adolphus Society aims to assist Protestant ministers and build Protestant churches in Roman Catholic countries in Europe and foreign lands. Last year it received \$190,000, with which it built 22 churches and six parsonages, and laid the foundations of 16 new churches, 11 school houses, and 131 parsonages. In the 49 years of its existence it has received \$3,863,000 in contributions, and aided 1,156 congregations.