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time to devote to literature and writing for the magazines.

Mrs. Susannah Wesley found time to instruct her own nineteen children, extensively cultivate her own mind and attend to her numerous domestic duties. In all these cases it is simply a matter of wisdom in the proper economy of time.

Look at the women of the civilized world, wherein are they superior to the heathen. Of the mass of them, their whole thought, study and time is taken up with what we shall eat, or what we shall drink, or wherewithall we shall be clothed.

Multitudes are forced by their poverty to make this cry, and multitudes more are forced to make it by the goad, manum or fashion whom they serve.

Take the matter of eating. Now I hold that every woman should aim to be a first-class cook. A man lately spoke of his new wife in the highest terms, as a domestic and as tractive in society, but oh, said he, if she only could bake a loaf of bread. Young women growing up careless in these matters, are discounting themselves for life. In most cases there mothers are to blame for it, and in all cases, young ladies should have sense enough to attend to it themselves.

It is true that God has provided a great variety of foods so that cooking is one of the fine arts. I believe Vanderhilt pays his chief cook \$25,000 a year.

But while God has met our wants and tastes with varieties of foods and luxuries, our health is all the better for having but one thing at a time, that is to say, one kind of meat, one kind of vegetables, one kind of pie, one kind of cake, one kind of pickles, one kind of pudding, one kind of bread, one kind of sauce, one kind of tea or coffee and one kind of fruit for dessert, ought with butter and cheese, to be enough for any reasonable christian stomach for one meal, as there is one kind of twelve different things.

I simply make this enumeration to show you ordinary matters may be entirely alone, and to this our Saviour I think alludes, and teaches that we should economize our time, so as, like Mary, to have more to spend on the improvement of our more important and higher nature. Mary sat at Jesus feet and listened to this word. Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Another thing I may just refer to and that is the matter of dress. That too much time is spent on dressmaking and extras cannot be denied. Those women who are slaves to fashion, and are able to have many changes, have really a hard, unsatisfactory life. They spend their time and strength for naught. What credit is it to any woman to be admired for her beauty, form or dress, an animal is admired for the same things. But when we seek the adornment of a cultured intellect and a sanctified heart. Mary had chosen that good part.

I believe that our Father who clothes the short-lived lily with such immitable beauty, intended that men and women should be well-dressed. But he never intended us to be slaves of fashions which are more likely to come from the Devil than a higher source; nor that we should simply find the end of life in fading sumptuously every day, and being clothed in fine linen. Nor in this mistake confined to women; for men spend their time in heaping up riches, building spacious homes, or ornamenting their premises, and seeking only temporal things, leaving themselves no time for the culture of their minds and hearts. All this is wrong. Time is very short compared with eternity it is but a moment. The body is of trifling value, compared with the soul. Every wise man and woman should, like Mary, make the wisest possible use of their time, by living for God and eternity.

Mary is also commended for making a wise use of her opportunities. Our Saviour was

constantly thronged with work. His stay on earth was very short. He could give but a few moments to say friend. Mary knew this. She knew Jesus also. There were many questions she had reserved for His coming, and now the wonderful Christ is with her in the house, and once in a lifetime she has opportunity to listen to his words. What a blessed privilege it was to sit at his feet, only for a short time, and listen and learn. Mary chose that good part.

Oh may we all be wise as Mary. The youth of this generation have greater opportunities than Mary had. We have the church, the schools, the foreign missions, and all manner of benevolent enterprises. How few are improving the golden opportunities of this age? How few appreciate them? The vast multitudes are content with mere animal and worldly gratification.

Mary also is commended because she attended to the deepest wants of her soul. Mary hath chosen that good part which shall not be taken away from her. That good part is the Christian or Christian character. It consists in that love which saureth long, and is kind, low doth not behave itself unseemly, seeketh not her own, is not provoked, thinketh no evil, rejoiceth not in iniquity, but rejoiceth in the truth, beareth all things, believeth all things, hopeth all things, endureth all things.

This character is grafted on the mortal sense of humanity, by the grace of our Lord Jesus. Unless this character is formed within us we have received the grace of God in vain. We may have and hold an orthodox creed, but if any man have not the spirit of Christ he is none of his. We may be active in church work and should in benevolent labours, but unless we have this love we are nothing. We may preach and pray and talk like angels, but without this character we are but a sounding brass or a tinkling cymbal.

This character is indestructible, because it is god-like in its nature, and is therefore more enduring than the everlasting hills. Love never faileth. "Now abideth faith, hope, love, but the greatest of these is love." "Who shall separate us from the love of Christ, I am persuaded, that neither death nor life, nor angels, nor principalities, nor powers, nor any other creature shall be able to separate us from the love of God." Men may torture and kill the body, but they cannot torture or kill love out of the soul. "Love never faileth." Many waters cannot quench love, and seas cannot drown it. And Mary hath chosen that good part which can never be taken away from her.

In all these things Mary is commended because she made choice of them. It is one thing to know what is the wisest and best course, and it is quite another to choose and pursue it. All people have sufficient intellectual perception to see the better course, but the great mass of people perceive and admit the right, but pursue the wrong. We must choose that good part. To make a choice involves the exercise of the will, and a right disposition of the heart. We do not choose what is best because we lack that moral principle, which should influence our wills in that direction.

Solomon says "men will praise thee when thou art dead to thyself." And to those who do well to themselves in the moral development of their talents, God will say "Well done good and faithful servant."

In general therefore, we may consider the duties we owe to ourselves to be self-support, self-defence, self-control, self-respect and self-culture.

Unless we are invalids, or in some way disabled, we are in duty bound to earn our own living. The world owes no man a man a living, but we owe it to the world to support ourselves.

It is our duty also to defend our lives and character, which is dearer than life, against our assailants. In my own experience I have learned to leave them very largely in the hands

of God, who is my defence, and shield and hiding place.

Self-control is a very necessary and a very important duty we owe to ourselves. "He that is slow to anger is better than the mighty, and he that ruleth his own spirit, than he that taketh a city."

Self-respect is also highly important. The refinement of the gospel develops in us a sense of decency and self-respect. "Which becometh not unseemly, and abhors that which is evil. What fruit had ye in those things whereof ye are now ashamed." Our Self-culture is the great duty of life. Our Saviour calls those wicked and slothful servants, who neglect the culture of their god-given talents.

Self-culture includes the training of our intellectual powers, as well as the development of our moral natures.

Our usefulness here and our reward hereafter will be in proportion to our self-culture. "As ye sow so ye shall also reap. He that soweth sparingly, shall reap also sparingly, and he that soweth bountifully shall reap also bountifully."

May we all therefore, like Mary, choose that good part that shall not be taken away from us.

Original Answers to Examination Questions.

"Deborah was a king."

"Moses was Christ's disciple."

"Samson had powerful strength."

"Man is the people of this earth."

"Nebowhere John wrote his epistles."

"Samson held the lion down with his foot."

"Mount Hermon where Jesus descended to Heaven."

"Holy land was in Jerusalem the home of the faithful."

Protestant Prayers.

To Correspondents—Catholic Prayer.—It is not lawful for Catholics to join in prayer offered publicly by Protestants, as this would be an intercommunication with them in divine worship. Children at school should, therefore, as far as possible, be withdrawn from such participation. The school laws authorize parents to withdraw their children from any religious exercises to which they object, and parents should take advantage of these clauses to remove their children from the danger of this intercommunication. If the case be so that prayers are offered while the children are in the room, the law will be obeyed by their taking no part in the devotions. The children may then remain quietly sitting in their places while the teacher is reciting the prayers.—*Catholic Record.*

Forsaken Ontario.

"What made the difference between Ontario and Quebec? God had done much for Quebec, but man little. We can at any time tell when we get into a Protestant country where these principles are prevalent." Rev C. E. Perry cannot be very long out from Ireland or he must not have travelled extensively in the Province of Quebec. For if we look for evidences of Christianity "as inspired by the word of God and an open bible," the comparison is very largely in favor of Quebec. It is impossible for any one going out of Ontario into the sister Province not to be immediately struck with the ever recurring sight of a beautiful church, with its cross glistening in the sunshine, or the aspect of some imposing structure like the Hotel Dieu hospital, or of the academies and colleges which are found in almost every township in the Province; all of which are sought in vain amid the cheerless woods of Ontario.—*Catholic Record.*