

try to win men from the fever of work to the health of Lent.

Closed Doors.

Some persons are greatly troubled, because doors of usefulness and opportunity are shut. It is true that some men like to shut doors, and slam them in other people's faces. When they are in they like to have other people keep out, and some seem to have no higher object than to do what they can to hinder others from doing anything. And often while those who shut doors entrench themselves in their castles, those outside fret and grieve over such hindrances. They try to kick doors open, and they pinch their fingers in the cracks, and make a great noise about the wrong and the injustice to which they are subjected.

Good friend, has a door been shut in your face? Do not spend your time in kicking or banging the door, but consider, not what man intended, but what the Lord intended. Turn about. Perhaps the Lord has some purpose in this which is wiser and wider than you know. While men have shut the door on one side, perhaps the Lord is opening one on the other side.

Victoria Cross for Brave Men.

Among the many valuable collections of coins and badges owned by New York millionaires, there is said to be but one Victoria Cross. That was bought abroad some years ago by Mr. John Aspinwall Hadden to grace his collection of original war medals. It now lies in a glass case in the Metropolitan Museum of Art, having been presented by Mrs. Hadden something over two years ago. As a bit of red ribbon is still attached to it, those versed in the history of the Victoria Cross know it formerly belonged to a soldier.

The highest price ever paid for this decoration by any collector was £2,500, by Private William Griffiths, at a sale at the famous Christie's, in London. Strange to say, one was sold recently in Cork, Ireland. It was in a collection belonging to the late J. J. Mahoney, Esq., and brought a fair price. The cross is made from captured gun metal, and is supposed to be very rare, although the London *Gazette* has published the names of 407 men who have been decorated with this cross.

The late Prince Consort is credited with having created and designed the insignia for this new order for distinguished bravery in 1856. All ranks of the British Army and Navy can aspire to this honour, regardless of rank or social standing.

It consists of a Maltese cross of bronze, attached by the letter V to a bar on which a sprig of laurel is embossed. On the obverse, in the centre, is the British Lion and Crown. Beneath it is a scroll bearing the inscription, "For Valour." The reverse is plain, the name and corps of the recipient being engraved on the bar to which the ribbon is attached. The date of the act of bravery is in the centre of the cross.

This decoration recognizes neither rank, long service, wounds, nor any other circumstances whatever save the one of great and conspicuous bravery. That is the only claim to this honour, and it is, therefore, highly prized. The names of recipients are published in the London *Gazette* and a registry carefully kept in the office of the Secretary of State. The cross is suspended from the left breast by a blue ribbon for the navy and a red one for the army.

The recipient receives a life pension of £10, and an additional pension of £5 for each additional act of bravery. Any person selected for this honour may be decorated on the field or at the spot where the act of bravery took place, in the presence of the naval or military force to which he belongs. This has often been done, and is still fondly spoken of by many of these brave men.

—The swiftest bird on the wing is the frigate bird, a sort of nautical bird of prey. Sailors believe that it can start with the peep of dawn from the coast of Africa, and following the trade wind, land on the American coast before sunset. It can, undoubtedly, fly more than 200 miles an hour, but we do not know of any trustworthy record of the speed of which it is capable.

A Successful Native Worker.

The Rev. Ruttouji Nowroji, of the Western India mission of the Church Missionary Society, was a Parsee, and was converted to Christ thirty-seven years ago. He was ordained in 1870, and is the missionary at Aurungabad, where he is greatly respected by men of all creeds and nationalities. His work extends over a wide tract of country, and he has baptized 1,400 people in the last twenty years.

In an address recently delivered in London he pleaded for Western India. One of the most telling parts of his speech was when he said, "There was in one village I visited a very violent man, against whom I was warned. 'That is the very man I want,' said I. But when I tried to speak to him about Christ, he said, 'The sun will sooner rise in the West and set in the East than I become a Christian.' Yet after ten years of hope deferred I was gladdened by being permitted to baptize that man and his wife, and the once violent man is now meek, gentle, loving, kind."

Rheumatism racks the system like a thumb-screw. It retreats before the power of Hood's Sarsaparilla, which purifies the blood.

A Peaceful Life.

A peaceful life; and this I hold to be
A life that finds its springs of peace in Thee;
Then outer cares are outer things alone,
And do not jar the quiet undertone
Of heavenly joy, that through the passing years
Sings to the soul, unheard by worldly ears.

So winter, summer, spring, and all the days
Pass in a calendar of prayer and praise—
Now loud, now soft, half whispered, it may be,
And heard, oh, Father! often but by Thee;
Till the still soul, like a calm summer's sea,
Reveals the Saviour's image perfectly.

May this sweet life be mine! Oh, Jesus, keep
My soul in peace, sure, undisturbed and deep;
Calm, tho' expectant in its hope, until
It sees Thy face, some new dawn, fair and still.

Errors in Diet.

Indigestion is caused by some error in diet or imprudence as to the time of taking food. A delicate person should never eat when excited or tired.

Too great a variety of food should not be partaken of at once. It is better to make a meal of one or two articles, and the next one of something different, than to eat several in succession at the same time. Well-made soup, without fat; delicate fish, boiled, baked or broiled; nicely cooked vegetables, quickly done in boiling water; meat at the happy medium between overdone and rare; light puddings, and stewed fruits are all suitable for the invalid's bill of fare. Eggs may be prepared in different ways. If liked well done they should be boiled about twenty minutes, as long cooking renders them more digestible than when simply boiled hard. If any dish is found to disagree with the patient it should not appear again. In the early convalescence the physician should be consulted before making any change in the diet, and if he gives explicit directions in any case they should be carefully followed. Some light nourishment should be given before rising, or after any extra exertion, and the last thing at night.

—One reason why so many Jews centre in Jerusalem is that to the Sacred City money is lent by the devout and charitable from all parts of the world. It is a sort of central depot of philanthropy, and in consequence not a family nor an individual there need be in want. The *haluka*, or portion, allowed to each family, is paid almost as regularly as a dividend, and if it be not enough in itself for comfortable subsistence, it is enough to remove the necessity for industrious work. The Jews in high places are well aware of the demoralizing effect on the Jews of Jerusalem of this misapplied philanthropy, and of the attraction it forms for the "thrifless and shiftless."

Use K. D. C. for all stomach troubles.

—There are people—yes, many people—always looking out for slights. They cannot carry on the daily intercourse of the family without finding that some offence is designed. They are touchy as hair triggers. If they meet an acquaintance who happens to be preoccupied with business, they attribute his abstraction in some mode personal to themselves, and take umbrage accordingly. They lay on others the fruit of their irritability. Indigestion makes them see impertinence in every one with whom they come in contact. Innocent persons, who never dreamed of giving offence, are astonished to find some unhappy word or momentary taciturnity mistaken for an insult. To say the least, the habit is unpleasant. It is far wiser to take the more charitable view of our fellow-beings, and not suppose that a slight is intended unless the neglect is open and direct. After all, too, life takes its hues in a great degree from the colour of our own mind. If we are frank and generous, the world treats us kindly; if, on the contrary, we are suspicious, men learn to be cold and cautious to us. Let a person get the reputation of being "touchy," and everybody is under restraint, and in this way the chances of an imaginary offence are vastly increased.

—The contrast between a few rare days in the Arctic regions and the rest of the year is rather startling. Lieutenant Peary, in his report of his expedition in Greenland, says that under the eighty-second parallel, only one day's journey south from the highest point reached by him, he spent "one of the most delightful days of my life. The air was as soft and balmy as on any spring morning in the far states. Flowers were about us, green grass covered the earth, and near the tent a little brook babbled along. The sky was a tender blue without a cloud, and the breeze was deliciously cool and invigorating."

Hints to Housekeepers.

Make your omelettes with hot water instead of with cold milk. A tablespoonful of water to each egg, and stir the eggs rather than beat them.

Don't hold a child in convulsions in your arms, but strip it quickly and immerse it to the neck in a hot bath, to which a teaspoonful of mustard may be added.

For rice muffins take one cupful of boiled rice, one pint of flour, two eggs, one quart of milk, one tablespoonful of lard, one tablespoonful of salt. Stir it up and bake in gem pans.

SWEET SPIRITS OF NITRE—Reduces fever and causes perspiration. Put a teaspoonful in half a glass of cold water and let the child drink it at intervals. Valuable in a feverish cold.

SOFT JUMBLE CAKES.—One cup sugar, two cups flour, one-half cup of butter, one-half cup milk, two eggs, two even teaspoonfuls baking powder; flavor with vanilla. Bake in a square tin. When baked wet the top with milk and sift powdered sugar over.

QUAKER PUDDING.—Put a teacupful of grated bread crumbs into a bowl. Beat four eggs, with two tablespoonfuls of sugar, a small pinch of salt, and two tablespoonfuls of corn starch; stir it into a quart of milk, pour over the bread crumbs, and put into a greased pudding-dish, and steam one hour. Serve cold with lemon sauce.

I have been greatly troubled with headache and bad blood for ten or twelve years. I started to take Burdock Blood Bitters in July, 1892, and now (January, 1893), I am perfectly cured.

HUGH DRAIN, Norwood, Ont.

I suffered for a long time with constipation and tried many medicines without success. I then tried Burdock Blood Bitters and very soon had great relief, so I continued its use and am now completely cured.

JOSEPH PHILLION, Quebec, Que.

Norway Pine Syrup cures coughs, colds, asthma, bronchitis, hoarseness, sore throat and diseases of the throat and lungs. Price 25 and 50c.

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