



A Mother's Prayer.

Lord speak to me, that I may speak
In living echoes of thy tone ;
As thou hast sought, so let me seek
Thy erring children, lost and lone.

O lead me, Lord, that I may lead
The wandering and the wavering feet ;
O feed me, Lord, that I may feed
The hungering ones with manna sweet.

O strengthen me, that while I stand
Firm on the Rock, and strong in Thee,
I may stretch out a loving hand
To wrestlers with the troubled sea.

O teach me, Lord, that I may teach
The precious things thou dost impart ;
And wing my words, that they may reach
The hidden depths of many a heart.

Oh give thine own sweet rest to me,
That I may speak with soothing power
A word in season, as from Thee,
To weary ones in needful hour.

O fill me with Thy fullness, Lord,
Until my very heart o'erflow
In kindling thought and glowing word,
Thy love to tell, Thy praise to show.

O use me, Lord, use even me,
Just as thou wilt, and when, and where ;
Until Thy blessed face I see,
Thy rest, Thy joy, Thy glory share.

Learn to do Something.

Six in family, four girls and two boys, and each earning a living ; seven in family, five girls and two boys, all grown up, only one earning a living. Both families rank about equal as to wealth and social standing, but the parents of the farmer are wise in insisting that each child should know how to do something well, so that if adversity should come she would not be left stranded.

The rich of to-day may be the poor of to-morrow and it is necessary that girls born in affluent circumstances should be taught some trade, whereby in case of reverses, they may earn an honest livelihood.

How many Toronto society girls if thrown on the world could earn even five dollars a week ? They can not cook, as their tale of indigestibles will testify. They can not do chamber work, as it makes their backs ache to climb the stairs. Their knowledge of music is not comprehensive enough to enable them to teach ; neither is their knowledge of French and German.

As a rule women are incompetent workers, not from lack of brains, but on account of their superficial education. The wonder is that women do so well, considering their training, and the traditions that are absorbed with their mother's milk.

A girl's demoralization begins with birth, and is almost thoroughly accomplished when she puts on long dresses. As a baby, she is made to look pretty ; as a child at dancing school, she hears about beaux and beauty ; at day-school there is much less mental training than there is study of "style" and vapid accomplishments. The consequence is that boys starting with no greater natural advantages than their sisters, far outstrip them on arriving at maturity. No-

thing less than inherent genius has saved the female sex from driveling idiocy. Nature has been so generous that it is about time common sense and education came to its assistance.

What was the Cause of It ?

"Oh, mama, mama, I am so sick!" These words, uttered by my five-year-old Walter, caused me to awaken suddenly one night not long since.

Arising hastily I went to his bed, and soon saw that he was sick indeed. It needed no inquiry to see that he was "sick at his stomach."

"Why, Walter, boy," queried I, "what have you been eating ? Did anybody give you anything while you were at Hallie's yesterday ?"

"Yes, mama, Topsy gave us a lot of candy." No need for further questions. The problem was solved. Within the next hour the offending candy and all else eaten that day were ejected from the system, and peace was again restored within.

Then followed a short talk upon the evils of excessive candy-eating, another good-night kiss, and he once more repaired to the Land of Nod.

But for some time my mind was busy thinking, thinking—well, thoughts from which this article has grown.

Oftimes I have had mothers say to me, "Your two children certainly look the very picture of health. I wish mine were as strong. How do you manage it ?"

Manage ! I scarcely know that there is any great amount of management now.

Things appear to fall in line naturally. They were both extremely "puny" babies. Then I had to "manage" that their food was just what it should be and that they ate regularly. Now they have splendid appetites, scarcely ever think of "piecing," play much out in the open air, go to bed early at night, take a short nap after dinner, and that is all. The "managing" has been kept up five years with Walter, and three with Ruby, until now it is second nature.

This subject of eating between meals is an old and hackneyed one, yet it is by no means threadbare, for we all need to hear it "rehashed" frequently.

The stomach cannot properly digest food already within it, if a fresh amount is being continuously thrown in. More than that it must have a period of rest after one meal before it can properly digest the next meal. Even the heart, which we are wont to think is always at work, has its slight period of rest between its pulsations.

I believe I am a "crank" on the subject of wholesome food for children and regular times for partaking of it, but if I am, I have been made so by experience and observation. I do not believe in the cast-iron rule that children shall never eat candy or sweetmeats, neither that they shall never eat "pieces" between meals, but I do believe in using a great amount of good sense in the matter. And let the eating of these things be the exceptions rather than the rule. Then mothers will not so often be heard to complain that their children are so sickly and fretful, and wonder why it is so.—Companion.

On the Baby's Nap.

When a baby is well and dressed comfortably it should spend fully three-fourths of its time in slumber. When a child is wakeful and restless, it is an indication that something is wrong, either overfeeding or uncomfortable clothing. On laying the baby down see that the wrinkles are straightened out of its clothing. The little one cannot be comfortable upon a mass of wrinkled flannels and linens. After it has slept for about an hour, turn it on the other side. It will not waken the lightest sleeper if properly done. The change of positions prevents its limbs becoming cramped, and it will sleep much longer. Resort should never be had to opiates without the advice of a physician. I have heard of a single drop proving fatal. The brain of the

infant is very susceptible to the influence of these drugs, and the gravest disorders are produced through their use.

The habit of rocking a child to sleep should never be formed, although it is sometimes a great comfort to both mother and babe, but all the best physicians agree that rocking is injurious to the brain.

While baby is taking its nap do not condemn the household to utter silence, to walking on tip toe, and speaking in whispers for fear of waking the baby. Such a state of affairs is a great discomfort to the whole family, and there is no need of it. If the child is accustomed from the beginning, to sleep through the ordinary sounds of the household, they will not disturb it in the least.

Training an Awkward Boy.

Of all earthly undertakings none pays better than the training of an awkward or wayward boy.

What shall be done with him ? Why, bear with him as none but a mother can. His destiny is in your hands. Take the solemn trust by a brave comradeship. Show a steady interest in all his boyish affairs. Win his confidence and then respect it. Go to his bedside at night with a kiss and a blessing. Don't mind if the baby and younger children call lustily for "mamma," your growing boy needs you most, even if eighteen. Tuck him in and chat with him ; above all forget not to kneel in the shadowed room and pray for him. If you do not know how, learn ! Never mind if your heart does fly and leap into your mouth. Kneel at his bedside, and though he pretend to slumber, he will tell his wife of it, years after, with loving devotion to that memory.

When your boy sees that you are less offended with his rudeness, than grieved with his want of integrity ; that you are proud of him, and in true sympathy with him, he will make his mother's great heart of love a sure resting place, and the problem of "what shall be done with him," will be solved, for he will never go astray in the years to come, because he cannot forget whose idol and pride he was, when in every one's else way, and who was patient with him when every one else blamed.

The Little One's Teeth.

To begin at the very beginning, be very careful, when you find a "tiny white pearl" or two in your baby's mouth, that the little fists that so industriously whack every available object against these new, soft little "pearls," do not get hold of hard articles.

The enamel on many a front tooth has been broken in this way, and decay begun before the tooth is fairly out. If this danger is safely gotten over, when the "milkteeth" get out, they should be regularly cared for, using a very soft and very small brush.

Home care can do much for the child's teeth, but with the best of home care should be given the dentist's attention. Decaying teeth can often be given a soft filling that will preserve them, while the filling will not be a severe trial to the restless little ones.

And when I have said, take all the care possible of the children's teeth at home, beside putting them in the care of the dentist, it would seem that I had said enough, but there is this caution left : Do not let any one draw a tooth until the crown is absorbed, and the tooth loose ; and a string is the best instrument with which to draw one then.

Premature extraction of the first teeth causes irregularity of the second set, and often spoils the arch of the mouth, thus injuring the shape of the face for life.

Some patent tooth-washes are not desirable, so to avoid all danger, a good dentifrice can be made of prepared chalk and orris-root. This whitens and preserves the teeth, and is really the basis of all good tooth-powders.