

down in colours what lingers still in the memory. We think of the poet's words:

"Break, break, break,
On thy cold gray crags, O Sea!
And I would that my tongue could utter
The thoughts that arise in me."



But the crags did not look cold on that summer's morning that we visited Cobo, a view of which place is here given. They were a soft, mellow brown, taking occasionally a pink and also a gray tint, the brown rocks blending beautifully with the deep blue of the sea, which was here and there relieved by the pure white foam tossing up against the rocks. How lightly and gracefully it threw and tossed itself up, to be sure! How graceful indeed are the forms that nature takes!

As we looked on that blue sea, studded here and there with rocks, somehow or other our thoughts travelled back to Canada, and we found ourselves making a mental comparison between the scene before us and

THE CANADIAN LAKES,

only instead of the brown rocks, the lakes are dotted with green islets. They each have such a perfect beauty of their own, that neither need fear the comparison. Just at this time, however, we must confess to a keen enjoyment of the delicious, fresh smell of the sea, and a delight in the pretty pink sea-weed. It was curious, too, to watch the little crabs, and a source of some amusement to see the game between them and

A SMALL PUG DOG

who accompanied us. We do not know which was most afraid of the other, but evidently both considered discretion "the better part of valour."

How full the sea is of interests, and of pretty scenes and pictures. The sea birds fly across in the air, and the little boats come sailing out on the water.

"O well for the fisherman's boy,
That he shouts with his sister at play!
O well for the sailor lad,
That he sings in his boat on the bay!"

There was one spot on this island very lovely too with blue sea and soft brown rocks, on the top of which a lady and her friend were sitting one day taking in the beautiful surroundings, and all unmindful of the steadily approaching tide, when suddenly they became aware that they were surrounded by water, and their rock had, in fact, become a little island. What was to be done now? There was nothing for it but to take off shoes and stockings, and, like the little children love to do,

HAVE A PADDLE;

but a paddle perforce through the water, which, after all, was not so bad, on a hot summer's day; at least it did not trouble the lady very much.

And now, not to keep our readers too long, we will say good-bye to the beautiful sea and rocks of Guernsey; we will leave the fascinating little pools on the shore, and the sea anemones; leave its Devonshire-like lanes, and its sweet wild roses and honeysuckle and its purple heather, and bid it a long adieu—

"Isle of Beauty fare thee well!"

DAILY TEXTS FOR THE MONTH.

So many of our girls have Scripture Union cards that we are giving the Texts for each day in August, published in the Scripture Union Almanac for 1896. It is indeed a good plan each day to have the mind stored with some Bible words; for instance, what a good motto we get on August 5th for any one wishing to be a true follower of Christ in her life! "Whatsoever He saith unto you, do it."

It will, no doubt, be observed that the texts are chosen from the daily portions, selected by the Scripture Union; those who have their cards can easily see this.

AUGUST, 1896.—DAILY TEXT TO BE LEARNED BY HEART.

1 S.—John i. 12. As many as received Him, to them gave He power to become the sons of God. 1 John, iii. 2.
2 S.—John i. 16. And of His fulness have all we received. Col. ii. 9.

3 M.—John i. 29.—Behold the Lamb of God, which taketh away the sin of the world. Rev. v. 6.

4 Tu.—John i. 45. We have found Him, of whom Moses in the law, and the prophets, did write. Prov. viii. 35.

5 W.—John ii. 5. Whosoever He saith unto you, do it. 2 Sam. xv. 15.

6 Th.—John ii. 23. Many believed in His name, when they saw the miracles which He did. John xiv. 11.

7 F.—John iii. 3. Except a man be born again, He cannot see the kingdom of God. 1 Peter i. 23.

8 S.—John iii. 16. God so loved the world, that He gave His only begotten Son. Acts x. 43.

9 S.—John iii. 36. He that believeth on the Son hath everlasting life. 1 John v. 12.

10 M.—John iv. 14. Whosoever drinketh of the water that I shall give him shall never thirst. Rev. vii. 17.

11 Tu.—John iv. 24. God is a spirit; and they that worship Him must worship Him in spirit and in truth. Psalm xcvi. 6.

12 W.—John iv. 35. Lift up your eyes, and look on the fields; for they are white already to harvest. Matt. ix. 38.

13 Th.—John iv. 48.—Except ye see signs and wonders, ye will not believe. Mark viii. 12.

14 F.—John v. 6.—Wilt thou be made whole? Isaiah i. 18.

15 S.—John v. 24. He that heareth My word and believeth on Him that sent Me, hath everlasting life. 1 John v. 13.

16 S.—John v. 28. The hour is coming, in the which all that are in the graves shall hear His voice. Rev. xx. 13.

17 M.—John v. 40. Ye will not come to Me that ye might have life. Ezek. xviii. 31.

18 Tu.—John vi. 12. Gather up the fragments that remain, that nothing be lost. Amos ix. 9.

19 W.—John vi. 20.—It is I; be not afraid. Isaiah xli. 13.

20 Th.—John vi. 37. Him that cometh to Me I will in no wise cast out. John x. 28.

21 F.—John vi. 47. He that believeth on Me hath everlasting life. 1 John v. 11.

22 S.—John vi. 68.—Lord, to whom shall we go? Thou hast the words of eternal life. Acts iv. 12.

23 S.—John vii. 17. If any man will do His will, he shall know of the doctrine. Hosea vi. 3.

24 M.—John vii. 33. Yet a little while am I with you. John xii. 35.

25 Tu.—John vii. 37. If any man thirst, let him come unto Me, and drink. Rev. xxii. 17.

26 W.—John viii. 12. I am the Light of the world; he that followeth Me shall not walk in darkness. Eph. v. 8.

27 Th.—John viii. 31. If ye continue in My word, then are ye My disciples indeed. 1 John ii. v.

28 F.—John viii. 51. If a man keep My saying he shall never see death. Prov. vii. 2.

29 S.—John ix. 4. I must work the works of Him that sent Me, while it is day. John iv. 34.

30 S.—John ix. 25. One thing I know, that, whereas I was blind, now I see. 2 Cor. v. 17.

31 M.—John ix. 35. Dost thou believe on the Son of God? John xi. 26.

QUESTIONS ON THE SCRIPTURE UNION READINGS.

We are also giving some questions in connection with the daily readings. If any girls like to send in answers we shall acknowledge them the following month, but even if some do not care to send the answers, it may be a pleasant and profitable Sunday occupation for themselves. Some of the questions, while bearing on the daily portions for the month,

may necessitate searching in other parts of the Bible.

1. What other parts of the Bible were written by John?

2. Who was the mother of St. John the Divine, and who of John the Baptist?

3. What was the first miracle Jesus performed?

4. Give the two other references where Nicodemus is mentioned, both in the Gospel of St. John?

5. How many titles of Christ are given in Chapter 1, and what are they?

6. What prophecy did Christ make as to His death and resurrection in Chapter 2?

7. What reference to the Old Testament is there in Chapter 3?

Accustom yourself always to look at the bright side of things, and never make a fuss about trifles. It is pitiful to see what mere nothings some women will worry and fret over, lamenting as much over an ill-made gown as others do over a lost fortune; how some people we can always depend upon for making the best, instead of the worst, of whatever happens, thus greatly lessening our anxieties for themselves in their troubles; and ah! how infinitely comforting when we bring to them any of our own.

It is, and ought to be, something to know how often a word or look of respectful sympathy, a quiet little attention, an unofficial observance of one's comfort in trifles, will, in times of trouble, go direct to the mistress' heart, with a soothing influence of which the servant has not the slightest idea, and which is never afterwards forgotten.

From "Woman's Thoughts About Women."

For every evil under the sun
There is a remedy—or there's none.
If there is one, try and find it;
If there isn't, never mind it.

—Sel.

A LITTLE.

A little explained,
A little endured,
A little forgiven,
The quarrel is cured.

—Sel.

A great singer who, though considerably past middle life, looks as if she had discovered the secret of perpetual youth, was recently asked how she always looked so young. "I keep my temper," she said. "No woman can remain young looking who often loses her temper. When I feel that my temper is getting the better of me I always get up and leave the room."

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