

Never get out at the wrong side of a railroad carriage.

Never pass from one side of the railroad to the other, except when it is indispensably necessary to do so, and then not without the utmost precaution.

Express trains are attended with more danger than ordinary trains. Those who desire security, should use them only when great speed is required.

Special trains, excursion trains, and all other occasional trains on railways are to be avoided, being more unsafe than the ordinary and regular trains.

If the train on which you travel meet with an accident, by which it is stopped at a part of the line, or at a time where such stoppage is not regular, it is more advisable to quit the train than to stay in it.

Beware of yielding to the sudden impulse to spring from the carriage to recover your hat which has blown off, or a parcel dropped.

When you start on your journey, select, if you can, a carriage at or as near as possible to the centre of the train.

Do not attempt to hand any article into a train in motion.

When you can choose your time, travel by day rather than by night; and if not urgently pressed, do not travel in foggy weather.—*Scientific American.*

## Poetry.

### THE LOST SPIRIT.

BY MRS. FLETCHER.

"I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul."—Psalm cxlii. 4.

WEEP, sire, with shame and rueing,  
Weep for thy child's undoing!  
For the days when I was young,  
And no prayer was taught my tongue;  
Nor the record from on high,  
Of the life that cannot die:  
Wiles from the world and wicked men,  
Of their threescore years and ten;  
Earthly profit, human praise,  
Thou didst set before my gaze,  
As the guiding stars of life,  
As the meed of toil and strife.  
I ran the world's race well,  
And find my guerdon—HELL!

Weep, mother, weep! yet know  
'Twill not shorten endless woe,  
Nor thy prayer unbind my chain,  
Thy repentance soften pain,