

Al. Autumn Song.

With the dove of her broad, high palace-hall,
So blue, so vast, so fair,
A stival, sun of gold, for all
Who would pay her homage there
In vestures of every form and hue,
Purple and yellow, pink and blue,
They came from everywhere

They trocked and danced to their heart's content,
To the music of birds, and bees,
Till the Queen, awary, this message sent,
"We are tired of joys like these,
Come, let us sleep in our chambers deep"
They followed her then, but she heard them weep,
And "Good-by, sweet flowers," sang the breeze

But scarce had they vanished to slumber, and rest,
Than a gorgeous motley throng,
Marched by autumn, with spirit and zest,
Came, singing their festive song,
Brown and golden, amber and red,
Varied, and tinted so much, 'tis said,
A rainbow seemed fallen down

They mally danced 'neath the hazy light
Of the sun's faint shortening rays,
And they wildly whirled through the long cool night,
In the moon-beams' glistening ways,
Faster and faster their maze they wove
O'er hill and valley, o'er plain and grove,
And the wind its minarely plays

Till, one by one, from their giddy height,
They suddenly, flitting, fell;
And still in their robes so very bright,
Formed a living heap in some desolate dell;
And the skeleton trees their thin arms wrung,
And the wailing wind a wild dirge sung,
But none could their sorrow tell.

ALICE IN BUCKLESHOE BOOTS.

A Million Applicants.

A business man in this city received a few days ago, in response to an advertisement for an assistant to fill an important position, a very large number of applications, "about a million," he said, and of those all but four were consigned to the waste-basket. As the name of the firm advertising was not given, the writers of these four letters were the only ones of all the number who ever knew even who it was that advertised, and of course were the only ones who had any chance of getting the position. It is almost pathetic to think of all these applicants waiting for a response to a letter that in some way carried with it its own condemnation, that said somewhere between the lines, "The one that wrote this is ignorant and incompetent."

"What was it," you ask, "that crept into that letter that doomed it?" Just the thing, my young friend, that creeps into a life that dooms it to the second or third class—ignorance, and what is more, ignorance of the ignorance, paradoxical as that may seem. You little know that you paid postage on a misspelled word and a poor crippled sentence without a verb; that one capital letter and several punctuation marks you forgot to enclose, but put in instead, some conceit and assurance that did not recommend you in the least. You little knew, or you would not have written it, that your letter would not even be read on account of the bad penmanship; and you may be surprised to know that your letter told all about your bad taste and slovenliness that a man would, if necessary, pay to keep out of his business, and yet you expected a favorable answer.—*The Business World.*

The Sin of Fretting.

There is one sin which it seems to me is everywhere and by everybody underestimated, and quite too much overlooked in valuations of character. It is the sin of fretting. It is as common as air, as speech; so common that unless it rises above its usual monotone, we do not observe it. Watch any ordinary coming together of people and see how many minutes it will be before somebody frets; that is, makes more or less complaining statement of something or other which most probably every one in the room, or in the car, or the street corner, it may be, know before, and nobody can help. Why say anything about it? It is cold, it is hot, it is wet, it is dry; somebody has broken an appointment, ill-cooked a meal; stupidity or bad faith somewhere has resulted in discomfort. There are plenty of things to fret about. It is simply astonishing how much annoyance may be found in the course of every day's living, even at the simplest, if one only keeps a sharp eye out on that side of things. Even Holy Writ says we are prone to trouble as sparks fly upwards. But even to the sparks flying upward, in the blackest of smoke there is a blue sky above; and the less time they waste on the road, the sooner they will reach it. Fretting is all time wasted on the road.—*Helen Hunt.*

Medical Qualities of Apples.

In all temperate climes the apple grows freely, and might be obtained in practically unlimited quantities. That it is not more used than it is, is probably due to the fact that, being so plentiful, it is undervalued. Yet almost everyone likes the fruit in some fashion, and it should form a part of at least two meals out of every three during the year round; for even when the fresh fruit is not in season, canned, dried, or "evaporated" apples may always be had.

"Chemically," says a writer in the *North American Practitioner*, "the apple is composed of vegetable fibre, sugar, gum, chlorophyll, malic acid, gallic acid, lime and water. Furthermore, the German analysts say that the apple contains a larger percentage of phosphorus than any other fruit or vegetable. The phosphorus is admirably adapted for renewing essential nervous matter—lecithin of the brain and spinal cord. It is perhaps for this reason—though but rudely understood—that the old Scandinavian traditions represent the apple as the food of the gods who, when they felt themselves to be growing feeble and infirm, resorted to this fruit to renew powers of mind and body."

Not only the phosphorus, but the acids of the apple are of singular use for persons of sedentary habits, whose livers are apt to be too slow of action. These acids aid the liver in its work of eliminating from the body the noxious matters, which, if retained, would make the brain heavy and dull, or, in time, would cause rheumatism, jaundice, or skin eruptions, and other allied troubles.

The malic acid of apples, either raw or cooked will neutralize any excess of chalky matter engendered by eating too much meat.

Ripe apples are probably the least fermentable of all the fruits, except possibly the banana. For this reason ripe and sound apples may be eaten by most persons in even the hottest weather, but even the apple is safest when cooked.

For Teachers.

Thoroughly organize the school before attempting to teach.

Call and dismiss classes in some uniform order.

Have the school well in hand before proceeding with a recitation.

Secure undivided attention and retain it.

Be independent of the text-book, as far as possible.

Be animated and enthusiastic, but do not be noisy and fussy.

Study the results of your instruction and discipline, and search for the causes either of success or failure.

Never address the pupils in a petulant, ill-natural manner, and never resort to ridicule as a means of discipline.

"A good laugh is a good tonic." Your discipline should be able to stand the strain of such an event.

Do not belittle your government by calling in higher authority, except as a last resort.

Avoid loudness and harshness of tone, and cultivate purity of voice and sweetness of expression.

Kindness and affection are the strongest elements of a teacher's power, when set in an iron frame.

Allow pupils to leave the room when it is necessary, and never keep them after school for so doing, unless the privilege is abused.

Be good natured first, last, and always. Kindness to animals should be a feature of the first year's work.

Teach children self-reliance in their amusements as well as in their studies. A few well-selected rules of politeness should be taught each year of school life.

The best order in school is that in which no one stops to think whether or not there is good order. Like good dress, good order attracts the least attention, the least comment.

Children should at once begin to seek for the facts; to say what they have to say well; to arrange their thoughts.

There is a healthy influence in the stimulus to excel. There is no harm in the well-directed rivalry in the well-organized school.—*American Teacher.*

That man is rich who hath no debts.

The worst enemy some men have is prosperity.

Expect better memories in creditors than debtors.

Put the brakes on the investment that hurries you.

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TORONTO DEAF-MUTE ASSOCIATION.

RELIGIOUS SERVICES are held as follows:
1. Every Sunday morning at 11 a.m. in the Y. M. C. A. Building at corner Queen Street West and Davenport Road. Leaders: Messrs Fraser, Houghton and Slater. In the afternoon at 3 p.m. in the Y. M. C. A. Building, at corner of Spadina Avenue and College Street. Leaders: Messrs. Nasmith and Bridgen.

The Literary Society meets on the first and fourth Wednesday evenings of each month, alternately at Y. M. C. A. Building, corner of Queen St. West, Davenport Road and Spadina Ave., at 8 p.m. President, G. J. Howe; Vice-Pres., J. T. Smith; Secretary, J. Wm. Houghton; Treas., H. Moore. All resident and visiting deaf mutes are cordially invited to attend the meetings. The Secretary's address is 45 Bully Street.

HAMILTON DEAF-MUTE ASSOCIATION

MESSES GRANT AND DUFF conduct religious services every Sunday, at 3 p.m., in Treble Hall, John St. north, near King.
The Literary and Debating Society meets every Friday evening at 7:30, in the Y. M. C. A. Building, corner Jackson and James Sts. President, J. H. Byrne; Vice-President, Thos. Thompson; Secy-Treasurer, Wm. Bryce; Bergt-at-arms, J. H. Mosher.
Meetings are open to all mutes and friends interested.

The Los Angeles Association of the Deaf.

SERVICES EVERY SUNDAY at 3 p.m., at the Guild Room of the St. Paul Church, Olive Street, Los Angeles, CALIF.—1. The holding of religious services in the sign language. 2. The social and intellectual improvement of deaf-mutes. 3. Visiting and aiding them in sickness. 4. Giving information and advice where needed.
OFFICERS: Secretary-Treasurer and Missionary, Thos. Wild. The post office address of Mr. Thos. Wild is station D, Los Angeles, Cal., to whom all communications should be addressed.

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TRAINS LEAVE BELLEVILLE STATION:
WEST—12:30 p.m.; 11:25 a.m.; 8:05 p.m.
EAST—10:45 a.m.; 9:00 a.m.; 12:45 p.m.; 6:00 p.m.
MADOC AND PETERBORO BRANCH—6:45 a.m.; 12:45 a.m.; 5:10 p.m.

GENERAL INFORMATION

Classes:
SCHOOL HOTELS. From 9 a.m. to 12 noon, and from 1:30 to 3 p.m.
DRAWING CLASSES from 2:30 to 5 p.m. on Tuesday and Thursday afternoons of each week.
GIRLS' FANCY WORK CLASSES on Monday and Wednesday afternoons of each week from 2:30 to 5.
SCHOOL CLASSES for Junior Teachers on the afternoons of Monday and Wednesday of each week from 3:10 to 4.
EVENING STUDY from 7 to 8:30 p.m. for senior pupils and from 7 to 8 for junior pupils.

Articulation Classes:—
From 9 a.m. to 12 noon, and from 1:30 to 4 p.m.

Religious Exercises:—
EVERY SUNDAY.—Primary pupils at 9 a.m., senior pupils at 11 a.m.; General Services at 2:30 p.m., immediately after which the Bible Class will assemble.
Each SCHOOL DAY the pupils are to assemble in the Chapel at 8:45 a.m., and the Teacher-in-charge for the week, will open by prayer, and afterwards dismiss them with a prayer, they may teach their respective school classes not later than 9 o'clock in the afternoon at 3 o'clock the pupils will again assemble and after prayer will be dismissed in a quiet and orderly manner.
REGULAR VISITING CLERGYMEN.—Rev. Canon Burke, Right Rev. Monsignor Parrelley, V. G. Rev. J. L. George, (Presbyterian); Rev. J. N. Baker, (Methodist); Rev. H. Marshall, (Baptist); Rev. M. W. Macleau, (Presbyterian); Rev. Father O'Brien.
BIBLE CLASSES, Sunday afternoon at 3:15. International Series of Sunday School Lessons. Miss ANNE MATHISON, Teacher.

Clergymen of all Denominations are cordially invited to visit us at any time.

Industrial Departments:—

PRINTING OFFICE, SHOWS AND CABINET MAKING from 7:30 to 8:30 a.m., and from 1:30 to 5:30 p.m. for pupils who attend school. For those who do not from 7:30 a.m. to 12 noon, and from 1:30 to 5:30 p.m. each working day except Saturday, when the office and shops will be closed at noon.

THE SEWING CLASS HOURS are from 9 a.m. to 12 o'clock, noon, and from 1:30 to 3 p.m. for those who do not attend school, and from 3:30 to 5 p.m. for those who do. No sewing on Saturday afternoon.

The Printing Office, Shows and Sewing Room to be left each day when work ceases in a clean and tidy condition.

PUPILS are not to be excused from the various Classes or Industrial Departments, except on account of sickness, without permission of the Superintendent.

Teachers, Officers and others are not to allow matters foreign to the work in hand to interfere with the performance of their several duties.

Visitors:—

Persons who are interested, desirous of visiting the Institution, will be made welcome on any school day. No visitors are allowed on Saturdays, Sundays or Holidays except to the regular chapel exercises at 2:30 on Sunday afternoons. The best time for visitors on ordinary school days is as soon after 1:30 in the afternoon as possible, as the classes are dismissed at 3:00 o'clock.

Admission of Children:—

When pupils are admitted and parents confer with them to the Institution, they are kindly advised not to linger and prolong leave-taking with their children. It only makes discomfort for all concerned, particularly for the parent. The child will be tenderly cared for, and if left in our charge without delay will be quite happy with the others in a few days, in some cases in a few hours.

Visitation:—

It is not beneficial to the pupils for friends to visit them frequently. If parents must come, however, they will be made welcome to the class-rooms and allowed every opportunity of seeing the general work of the school. We cannot furnish lodging or meals, or entertain guests at the Institution. Good accommodation may be had in the city at the Hoffman House, Queen's, Anglo-American and Dominion Hotels at moderate rates.

Clothing and Management:—

Parents will be good enough to give all directions concerning clothing and management of their children to the Superintendent. No correspondence will be allowed between parents and employees under any circumstances without special permission upon each occasion.

Sickness and Correspondence

In case of the serious illness of pupils letters or telegrams will be sent daily to parents or guardians. IN THE ABSENCE OF LETTERS FRIENDS OF PUPILS MAY BE QUITE SURE THEY ARE WELL.

All pupils who are capable of doing so, will be required to write home every three weeks. Letters will be written by the teachers for the little ones who cannot write, stating as correctly as possible, their wishes.

No medical preparations that have been used at home, or prescribed by family physicians will be allowed to be taken by pupils, except with the consent and direction of the Physician of the Institution.

Parents and friends of deaf children are earnestly advised to consult the medical profession and appliances for the cure of deafness. In 999 cases out of 1000 they are cured, and only want money for which they get no return. Consult well known medical practitioners in cases of adventitious deafness and be guided by their counsel and advice.

R. MATHISON, Superintendent