

A Brave Girl.

Emily Lacy, a young girl under sixteen years of age, was one of the few passengers who survived the wreck of the *Quetta*, and the story of her escape, endurance and pluck is almost past record. She had learned to swim from her earliest days, and in the unparalleled test to which her powers were put she came off victorious.

Emily Lacy, in company with her young sister, a girl of thirteen, was going to England to complete her education. When the *Quetta* struck on the sharp rock, twenty feet long, which was the cause of shipwreck, Miss Lacy was in the saloon writing to her mother. She rushed downstairs and got her sister out of bed. In the confusion, however, on deck, the girls were separated, never to meet again, for this little sister, May, was drowned, in company with the clergyman who was taking the girls to England.

When the *Quetta* sank, Miss Lacy went under the water, but quickly rose to the surface. She describes the horrible time when many drowning Cingalese and sheep almost pressed her back under water. She managed to get away from them, and swam towards a raft occupied by the ship's purser. He was very kind to her, and she stayed with him about twelve hours. He could not swim, and Miss Lacy for a great part of the time swam by the side of the raft, trying to tow it towards the shore. She thought the shore was only two miles off, and at last, notwithstanding Mr. Grey's remonstrances, determined to swim to it, for the purpose of bringing him back food and water. The brave girl struck out boldly, but soon got into cross-currents, where she made little or no progress. She was swimming for twenty hours before she was picked up, a burned and terrible object, from exposure and the heat of the sun.

At the time of her rescue her strength was nearly gone, and she could only feebly raise one arm when she saw the boat approaching. She said that she had often to keep her head completely under water to avoid sunstroke. Only the thought of her parents sustained the heroic girl in her valiant efforts to keep afloat. She said that she had no fear of death, either from drowning or sharks.

There are few girls who would have the physical strength or bravery of heart to do as Miss Lacy has done; but the value of learning to swim well has been abundantly illustrated in her case.—*New York Ledger*.

When the Breath

Is tainted by catarrh it is an evidence that the disease has progressed to the throat, perhaps to the larynx, and the bronchial tubes. These are only stations on the road to the lungs. When catarrh has progressed and attacked the lungs, there can only be one result—consumption and death. Clark's Catarrh Cure will arrest the disease at any point before the lungs are seriously affected. It costs 50 cents of druggists, or sent to any address on receipt of price. Clark Chemical Co., Toronto, New York.

Gulliver and the Pigmies.

You may have heard that famous story of Gulliver? He was a giant, they say. He lay down to sleep one day amid the pigmies. They began binding their little threads around his fingers. He said:

"This is fun; I can break that at any minute with this great muscle of mine. I can break a hempen rope; and can I not break a spider's web?"

The little pigmies tied another finger; he laughed. By and by they tied another and another, until both his hands were tied and fastened down to the ground. He could have broken off then, for they were only gossamer tissue—only spider's webs, that's all.

But they bound another around his wrist, another around his arm, another around that wrist and that arm, and one around his body, so that little by little they climbed over his knees, over his breast, on his face, and upon his nose.

He was looking at them, and said: "My dear boys, I am bigger than you are; go ahead."

By and by they got him tied down in every possible place. He tried to rise, but didn't rise. He didn't laugh any more; they laughed that time.

He did not look at them with a twinkle out of his eye, saying: "My muscle is big," but he looked as much as to say, "Whatever has been done to me?" There he was tied fast and absolutely helpless.

Now, so it is, dear young people, with indulgence in any wrong habit.

For instance, it is not one drink that kills a man; it is not two drinks that destroy him. These are only little threads, each one a thread, and you laugh to yourselves and say "I can break off at any time, I can take care of myself; I am able to control this habit whenever I choose." But by and by when you try to do it, you find that it is utterly and absolutely impossible. It cannot be done without the help of Heaven, and it requires a large measure of that.

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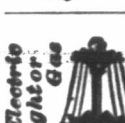
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