

awake worrying about him. At last I fell asleep, and I had a dream, or a vision, I don't know which to call it. I seemed to be in a graveyard, and there was one stone that I seemed to be drawn toward. I expected to see my husband's name on it, and I trembled with fear, but I drew nearer and looked. I saw my own name, and below it I read these words: "Lady Disdain. No one loved her in life nor mourned her in death, and no one was ever made happy by her."

"I awoke with a start, and there was no more sleep for me that night. I looked at myself as if I had been some one else, and I saw that if I kept on as I had begun, my epitaph would be a true one. Then I realized what was the trouble with Alfred. My gloomy, fault-finding, depressing atmosphere was having its effect on him. As soon as it was light I looked at his sleeping face and I was terrified, he looked so worn and pale and unhappy. I was sick with fear. Had I learned my lesson too late?

"It was hard to appear cheerful and hopeful when there was such a fear at my heart, but somehow strength was given me to do it, and you don't know how thankful I was that first day when I made Alfred laugh—something he had not done for weeks. I played to him and read to him, and in the afternoon when he took his nap I went out and called on one of the neighbors, and every day when I could returned one of the calls I had received. It was hard for me to do it, remembering how disdainful and rude I had been, but they were all so kind and forgiving and did not seem to remember the first impression.

"Soon the neighbors began to drop in often, and this helped to cheer Alfred up, and the next time the doctor came he was surprised at the improvement toward. I expected to see my over from top to toe—I had changed my appearance a great deal—and then he nodded his head approvingly and muttered, "I thought so." I did not ask him what he meant, because I knew.

"That dream has made such a difference in my life, Aunt Asenath—yes, and in the lives of others, too, I shudder to think what I would have been by this time if I had not had that experience."

"Don't waste any shudders on that," I says. "Something else would have put you on the right track, but of course the vision you had made a quicker cure. You are one of the kind that can take a hint. Now, lots of folks can't, and in your place they would have kept right on as you begun, and then would have blamed everybody under the sun but themselves for their misery."

"Well," she says, "I'm glad I found the guilty person. And what to you think, Aunt Asenath? I have got so I like the town and the neighborhood and the house and the people—yes, the people most of all. Besides all that, I'm going to like the country pretty soon, too—in about another month, I think," and she laughed.

"The difference is all in yourself," I says. "Most generally when folks hate everything and everybody in sight, the trouble's all with themselves.

If they'd only see it and hate themselves for awhile it would make all the difference in the world to 'em, and everybody else that has to live with 'em or see 'em.'—Rural New Yorker.

#### THE LABOR CONGRESS OF CANADA FROM ITS INCEPTION UP TO THE PRESENT TIME.

The Trades and Labor Congress of Canada is a powerful lever of usefulness to the wage-earner, and at every session of Parliament this field becomes more apparent.

Thirty-two years ago in September the first Congress was held in Toronto in 1873, in 1874 at Ottawa, in 1875 in St. Catharines. Owing to bad times in general throughout the country no Congress was held until December, 1883, in Toronto, at which 45 credentialed delegates were present. The principal subjects discussed were Chinese immigration, shortening the hours of labor, assisted immigration from Europe, Factories Act, manhood suffrage, land question, Insolvency Act, accumulative voting, land grants, tax exemptions, abolition of piece work, board of arbitration in labor disputes, temperance, employees' liability, organization of female labor, labor bureaus, tax exemptions, Torrens system of land transfer, etc.

In September, 1886, P. J. Whitter, President, they met in Toronto, at which 109 delegates were present.

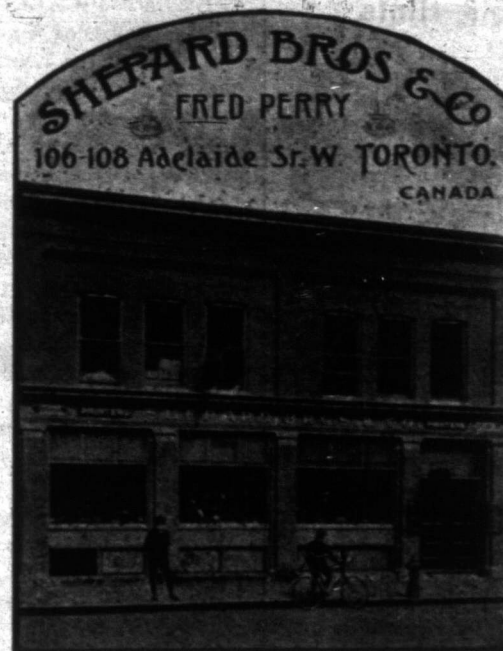
1887 in Hamilton—Pres., Chas. March.  
1888 in London—Pres., J. T. Carey.  
1889 in Montreal—Pres., J. T. Carey.  
1890 in Ottawa—Pres., W. La Fontaine.  
1891 in Quebec—Pres., W. La Fontaine.  
1892 in Toronto—Pres., Geo. T. Beales.  
1893 in Montreal—Pres., Geo. T. Beales.  
1894 in Ottawa—Pres., P. J. Jobin.  
1895 in London—Pres., P. J. Jobin.  
1896 in Quebec—Pres., D. A. Carey.  
1897 in Hamilton—Pres., D. A. Carey.  
1898 in Winnipeg—Pres., Ralph Smith.  
1899 in Montreal—Pres., Ralph Smith.  
1900 in Ottawa—Pres., Ralph Smith.  
1901 in Brantford—Pres., Ralph Smith.  
1902 in Berlin—Pres., John A. Flett.  
1903 in Brockville—Pres., John A. Flett.  
1904 in Montreal—Pres., Alph. Verville.

#### CAN CONTROL PLANT LIFE.

Berkeley, Cal.—That the process of regeneration may be controlled in plant life is the discovery made by William Albert Setchell, head of the botany department of the University of California. The results of Prof. Setchell's experiments have been published in a bulletin. The experiments, from which so much of value to science will come, were made on a seaweed known as kelp.

By controlling the direction of the flow of nutrition in the plant, Dr. Setchell made buds grow where they had not grown before and made the buds at the end of the plant, which had been the strongest under normal conditions, dwindle away. This is the first investigation along this line in the field of botany, and the results thus far obtained are of such widespread importance as to throw a new light on the regenerative process.

Prof. Setchell believes that the problem of polarization may be solved by experiments on the same line that his recent experiments have opened up.



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