

drinks. This is creditable to both employer and employée. Once, large quantities of intoxicating beverages were used in the logging camps upon the Ottawa and its tributaries ;—but now the cask or the jug is seldom seen in the timber-forests. They have become a Maine Law unto themselves and the liquid-poison no longer fires their brains, weakens their arms, or renders the blow of the axe uncertain and unprofitable. Such an example among this hardy and labouring race of men, is worthy of all praise, and ought to be followed by those in the less toilsome and more fashionable walks of life.

How Emily began the Day.

Emily arose very early one May morning. The light of day shone in through her curtains, though the sun was not yet risen. Robins and blue birds were at their morning songs, and the sweet smell of spring flowers came into the chamber. Emily's first thought was, Oh how good God is ! And even before she dressed herself she looked up to heaven and gave thanks. While she was dressing herself she kept thinking of the goodness of her heavenly Father. But when she had finished putting on her clothes, she went to a private corner of her little room, kneeled down, folded her hands, and prayed to God. She thanked him for preserving her during the night, and for giving her good friends and a sweet home. She confessed her sins, and asked forgiveness for the sake of the Lord Jesus Christ. She prayed for the Holy Spirit, to teach her and purify her heart. She begged that God would be with her, to bless her all the day long. She also asked for blessings on her dear parents and her little brother, and all her friends.

After rising from her knees, Emily sat a little while at the open window, to breathe the fresh air, and to see the green trees and meadows, the beautiful flowers, and the numerous

animals, great and small. She enjoyed all these things the more because she had been thinking of the blessed Creator, and because she loved him. Then she sung a little hymn which her dear mother had taught her. After which she took her own Bible and read a chapter with great attention. There were two verses in the chapter which she committed to memory.

Emily next put on her bonnet and went out to take a short walk ; for she knew that it was her duty to take care of her health. The sun was now up, and every thing looked very beautiful. She strolled down the green lane, and admired the blossoms of the trees. She saw the cows going in a long row to the pasture, and the sheep nipping the grass on the hill-side. She drank out of the spring at the end of the lane, and laughed to see the frogs leaping into the pond. Then she returned to do a little sewing in the porch, while her little brother played at her feet.

Presently her father called her in to family worship, where she was serious and attentive ; and then the bell rang for breakfast. She went to the table with sparkling eyes, rosy cheeks, and a fine appetite. These are the effects of early rising and a good conscience. There was a little time for play before the school hour came, and she made herself ready before her companions came along. Then she tripped off to school with a light heart, and found the whole day happier because she had begun it aright.

Every little reader must own that this was a good way of beginning the day. But there was nothing which every little reader may not imitate. All children may attend to early rising, neatness, prayer, scripture, and exercise ; and those who begin every day in this manner will be apt to find every day happy. Those who spend their days properly when they are young, are the persons who will be useful and pious when they are old.