

The Parting of David and Jonathan.

How many woes of mutual love have been!
How many partings since the world began!
Two names stand foremost on the list, I ween, David and Jonathan!

Passing the love of woman, so we read,
Was that the king's young son bore to his friend;
He helped him in his every time of need,
Even unto the end.

The soul of each unto his friend was knit;
Though one was rival to the other's throne,
Yet not one envious pang because of it
Had Jonathan e'er known.

They loved each other, and they had to part—
O well-known tale, with "finis" writ beneath!
Heart bound to heart, heart rent from kindred heart,
But to be joined by death!

Closer to Jonathan poor David crept
In his sore trouble, ere he fled in haste:
Fondly they kissed, and bitterly they wept,
Upon the lonely waste.

What use to linger? though they fain would stay!
So Jonathan bade David's tears to cease;
"The Lord will watch between us from this day,"
He murmured, "Go in peace!"

And God blessed both, and God will also bless
You whose torn hearts are mourning parted friends,
He will be with you in your loneliness,
His mercy never ends.

Commend your treasures to His tender care,
And He will crown you through this pain and loss;
For they shall evermore His comforts share
Who meekly share His cross.

The Vice of Lying.

It is a curious fact that all persons in theory consider lying as an odious, mean and pernicious practice, and yet that it is the most common of vices. This is because men are so ready to find excuses for deceiving each other and fail to observe the pernicious effect upon character and reputation of even small departures from truth long continued. Reputations good or bad are not made by single acts, but by the general course of conduct. A man whose reputation among friends and acquaintances is that of a truth-teller, whose word can be relied upon, gains it by constantly telling the truth; so also a man whose word is always doubted, unless confirmed, does not get such reputation unless his friends and acquaintances have learned by observation that he is constantly lying. He may not tell any malicious lies, or do any great harm in attempting to deceive, except to himself, but long-continued misrepresentations of the truth impair his credibility and develop in him a habit of lying that is fatal to his reputation. He is, moreover, exposed to great temptations to commit more grievous faults than those that have been here considered. "He lies like a politician," is a proverbial saying, for the professional politicians and their hirelings have the reputation of taking advantage of any opportunity to place their adversaries in a false position by misrepresenting, misquoting or garbling their utterances, and sometimes by directly slandering them. A man who is habituated to truth-telling, who has never indulged in white lies, shrinks instinctively from deceiving others, either maliciously or for his own advantage, in matters of great moment. But he who has practiced a disregard for truth in small matters is ready when tempted to lie for his own advantage at any time. Young people can not too soon learn to have a high regard for truth and to avoid intentional deception in any form, direct or indirect, active or passive. Their future reputations and much of their peace of mind and success in life may depend upon the degree to which they resist the temptation to indulge in this too common vice.—*Baltimore Sun.*

The God-Man.

God does not send out a messenger to seek for us; he comes himself, he unites himself to us. Instead of saying to us, Come up to me, he descends to us. This is the essential, the central point of revelation: *Immanuel*, this is the first and last word of Christian dogma. It is this word, received by faith, that becomes the principle of life in God.

It is only in Jesus Christ that you will find both

the God who is in nature, and the God who is above nature; the God of the universe, and the God of your own souls; the supremely holy God who pardons nothing, and the supremely merciful God who pardons everything; the God who bestows the first and the second birth, the God we need, a perfect God.

What I need is a God-man. It is too late, after eighteen centuries, to exclaim against such language; what before that time would have been on the part of human imagination a thought as profane as presumptuous, has become the truth. God has been made man for our salvation. The eternal essence submitted itself through love to the conditions of time and space. God, so to speak, localized himself; earth has known him in the form of his well beloved; the God of eternity, that God the thought of whom makes us reel, is become the familiar God.

Jesus is the sun of the world of spirits. There is in human life, without him, nothing but darkness and despair.

My Cross.

Mine is a daily cross of petty cares,
Of daily duties pressing on my heart,
Of little troubles hard to reconcile,
Of inward struggles—overcome in part.

My feet are weary in their daily round,
My heart is weary of its daily care,
My sinful nature often doth rebel;
I pray for grace my daily cross to bear.

It is not heavy, Lord, yet oft I pine;
It is not heavy, but 'tis everywhere;
By day and night, each hour my cross I bear;
I dare not lay it down—Thou keep'st it there.

I dare not lay it down; I only ask
That, taking up my daily cross, I may
Follow my Master humbly, step by step,
Through clouds and darkness unto perfect day.

Repentance.

"Though it is certain that true Repentance is never too late, it is as certain that late Repentance is seldom true. Counterfeit Repentance commonly cheats men with general promises, and is loth to covenant against particular sins. Reformation is not sincere if it be not universal."—*Matthew Henry.*
"He that hath tasted of the bitterness of sin will fear to commit it; and he that hath felt the sweetness of mercy will fear to offend it."—*Charnock.*

Springtide Wisdom.

In the springtime of the year there is occasion for care in the matter of food. There is no need of drugs to make people feel well. A judicious change of diet is required; that is all. It is better to take the materials for health from the grocer than from the druggist. Begin the morning meal with an extra allowance of fruit. Take two sound oranges or apples if you have been eating only one, or three if you have been eating two. Be sure there is no decay in the fruit employed in this manner. Eat good bread and butter. If you are a coffee or tea drinker, moderate the usual allowance. If you are a hot water drinker, take as much as you like. If you are a flesh eater, take half as much as you do in winter. Eat less butter and grease of all kinds in spring. It is important that the heaviest meal should be eaten in the middle of the day. The evening meal should be light and easily digested. Don't eat fried food of any kind. Moderation is the best doctor.

Grumblers.

Some people—and very disagreeable they are, by the way—contrive to get hold of the prickly side of everything; to run against all the sharp corners and disagreeable things. Half the strength spent in growling would often set things right. You might as well make up your mind, to begin with, that no one ever found the world quite as he would like, but that you are to take your part of the trouble and bear it bravely.

You will be sure, too, to have burdens laid upon you that belong to other people, unless you are a shirker yourself; but don't grumble. If the work

needs doing, and you do it, never mind about that other who ought to have done it and didn't. Those workers who fill up the gap and smooth away rough spots, and finish up the job that others leave undone—they are the true peacemakers, and worth a whole regiment of growlers.

Hints to Housekeepers

Copper may be cleaned by adding a little solution of bichromate of potash to diluted nitric acid? This should be used with care.

ESCALOPED POTATOES. Slice raw potatoes place, a layer in a basin, season with salt, pepper and butter, add another layer, season, dust with flour, add another layer, continuing until the dish is nearly full. Fill the dish with milk and bake until the potatoes are thoroughly cooked.

A FASHIONABLE DRINK.—Menier Chocolate is a fashionable drink. Did you ever try it? Send postal card for samples and directions to C. Alfred Chouillou, Montreal.

BUNS.—One and one-half cupfuls of milk, two-thirds cupful yeast, one-half cupful of sugar, sufficient flour for a soft dough; this mixed at night. In the morning add one-half cupful of butter, two-thirds cupful of sugar, one cupful of currants, and flour to mould. Let it rise again, then mould, cut in small cakes; let them rise to double their size, put in the tin, and bake in a hot oven.

CURE FOR DYSPEPSIA.—As is well known, this troublesome complaint arises from over-eating, the use of too much rich food, neglected constipation, lack of exercise, bad air, etc. The food should be thoroughly chewed and never bolted or swallowed in haste, stimulants must be avoided and exercise taken if possible. A remedy which has rarely failed to give prompt relief and effect permanent cures, even in the most obstinate cases, is Burdock Blood Bitters. It acts by regulating and toning the digestive organs, removing costiveness and increasing the appetite and restoring health and vigor to the system. As a case in point we quote from a letter written by Miss L. A. Kuhn, of Hamilton, Ont.:—"Two years ago life seemed a burden. I could not eat the simplest food without being in dreadful misery in my stomach, under my shoulders and across the back of my neck. Medical advice failed to procure relief, and seeing B. B. B. advertised, I took two bottles of it, and have been entirely free from any symptoms of my complaint since."

This gives very conclusive proof of the efficiency of this wonderful remedy.

COLD WEATHER TRIALS.—Dear Sirs,—This fall and winter I suffered from neuralgia in my face and had the best medical advice without avail. I at last thought of trying B. B. B., and after using one bottle have not felt any symptoms of neuralgia since. I regard it as a fine family medicine.

J. T. DROST, HEASLIP, MAN.

AT HOME AND ABROAD.—Physicians, travellers, pioneers, settlers, invalids, and all classes of people of every degree, testify to the medical and tonic

"Not a Day Without."

Not a day without private prayer, reading a portion of Scripture, striving to do something for Jesus, and self-examination.

Not a day without some special, unusual prayer, for some neighbour or acquaintance, or some part of the mission field, or some blessing you have never or very seldom asked before.

Not a day without some very thoughtful examination of some single sentence in the Bible, till you have gained from it some fresh and fuller view of truth.

Not a day without some little act of self-denial, such as giving up a comfortable seat to some one else, or surrendering some advantage of your own for another, or some little sacrifice for the Saviour's sake.