

Break the "cliques" and "press" the wall flowers. Use the backward one, and be friendly, especially to the seemingly uncouth one, for hidden jewels are often the most precious.

In the country organize rambling clubs, and botany classes, with some good guide, and use the results as a programme some evening.

#### THE MUSIC COMMITTEE.

See that the singing is consecrated. No one should offer dead singing as a sign of consecration. Don't allow the singing to drag, or get fat. See that all strangers have hymn-books handed to them on entering. Be ready with a carefully prepared index, to provide hymns for any department wanting them.

#### THE FLORAL COMMITTEE.

Don't put drones on this committee, but do secure the kindest and most valuable young lady in your midst as its convener. Plant some seeds, and distribute the flowers to the sick, the poor, the aged, and those in prison. Flowers have led men to Christ before to-day. Don't make a practice of waiting to send a funeral design, but rather send several sick-room bouquets. The dead cannot appreciate the respect shown to them, but the living can enjoy flowers a great deal.

Decorate the pulpit often, and then distribute flowers or plants to the needy ones, with an appropriate verse as a message. This work is for God as much as any.

#### THE FIFTH VICE-PRESIDENT.

(Junior.)

This department has already received attention at the Institute. The 5th vice-president of the Senior League should be the superintendent of the Junior League, and must love children, or be a failure. The members of the committee may be associate superintendents and helpers, who will strive to bring the children in work and lead them into Senior League membership.

The secretary holds an important position, and should keep a brief record of all meetings held, as this will prove very interesting and valuable in after years. Especially should the secretary keep record of all business transacted by the executive, and record the action of the League upon all questions submitted to it. The secretary should keep on file all reports of committees, especially the Lookout. Keep copies of all printed matter with prices for reference. Secure written reports from all delegates appointed to attend conventions.

The correspondence in a small League may be done by the recording secretary, but a few matters should be carefully attended to. The communications received must be submitted to the executive, and promptly answered. Report interesting meetings to your local papers, and to the Era. See that the Lookout convener has provided the member leaving with a transfer card, and that his new home church is made aware of his coming.

The treasurer should promptly place all funds "in trust" in the bank and pay all accounts by cheque. He or she should demand the appointment of auditors and have their books properly signed. See that the credit of the League is good by prompt payment of all accounts.

The past president is a member of the executive, and should do all in his power, by counsel and advice, to help his successor, and thereby ensure progress in the League's work.

Splendid Junior Leagues are now alive and at work in the Exmouth and Portland Street churches, St. John's, N.B., under the personal care and oversight of the pastors. This is a fine example for others to follow. Get in line, brethren!

#### Well Done

A note from Rev. J. W. Shier, of Wesley Circuit, Saskatchewan Conference, conveys the gratifying information that the Sunday Schools of that circuit have raised \$21.70 for the Sunday School Aid and Extension Fund. One school, with 70 members contributed \$9.25, which is over 13 cents per member; another school with 55 members gave \$12.15, an average of 22 cents, while a school with 39 members gave 10 cents per member. This is a very fine example of what can be done when pastor and Sunday School superintendents work together and are thoroughly interested. Some of the schools in the Central Conference feel that 5 cents per member is rather a heavy task to undertake, but they ought to be inspired by the generosity of these western schools, which have gone so far beyond the request.

#### Wanted—A Host of Encouragers

We want a host of men to be encouragers, because there are plenty of the other sort in the world. Discouragers put out lamps. Wanted—a few men to trim wicks! Discouragers quench fires. Wanted—a few men to make them burn! Discouragers depreciate genius. Wanted—a few men to appreciate talent! Discouragers slap the weak in the face. Wanted—a few men to take them by the hand and help them along the journey of life!

A young naval officer, now occupying a good position, felt nervous and weak the first time he took part in an engagement. The captain of the vessel, noticing the young man tremble, went forward and spoke some words like these in his ear: "Do not be excited; keep as cool as you can! We have all felt like this in our first encounter with the enemy. You will soon gather courage." The young officer says that these words made him strong, gave him confidence, and created bravery. That captain was an encourager. Wanted—a host of encouragers!

#### Some Health Rules

The New York "World" inaugurated a contest relating to health rules, and the first prize for the ten best rules was awarded to Robert Spilman, Montreal. The rules are as follows:

1. Think healthy thoughts.
2. Breathe deep, and always through the nose.
3. Drink plenty of water between meals.
4. Eat moderately—masticate thoroughly.
5. Work hard, and bathe often.
6. Relax both mind and body one hour every noon.
7. Associate with healthy people.
8. Study the "Law of Thought," and apply its teachings.
9. Relax every limb and muscle before dropping asleep.
10. Sleep in a cool, clean, well-ventilated room, eight hours at least out of every twenty-four.

If people would take less nutrition and drink more water, there would be less rheumatism, gout, eczema, and neuralgia in the world. The most frequent cause of these derangements is an excess of nutritive materials. The blood is surcharged with salts which are not needed in the system.

The doctors are trying to remedy these diseases by giving something to eliminate the salts, such as purgatives, diuretics, and solvents of various kinds. The rational way, however, to cure such affections is to stop the cause. Drink more water, eat less meat and concentrated food, and shut off the supply of urates in the blood.

Those who take active exercise in the

open air every day require a greater amount of nutrition. Not only do they use up the nutritive materials in muscular exercise, but the amount of oxygen inhaled because of their activities thoroughly oxidizes the urates, and changes them into urea. If the blood is loaded with urates, they are very likely to crystallize, especially in those portions of the body where the circulation is the least and the temperature the lowest, such as the elbows, ankles, the toes and fingers.

Drink more water, eat less food. This is a prescription which is worth more to such people than all the drugs in the world. Shut off the source of urate poisoning, and the effects of urate poisoning will disappear.—Medical Talk.

#### The Laugh Cure

Laughter induces a mental exhilaration. The habit of frequent and hearty laughter will not only save you many a doctor's bill, but will also save you years of your life.

There is good philosophy as well as good health in the maxim, "Laugh and grow fat."

Laughter is a foe to pain and disease and a sure cure for the "blues," melancholy, and worry.

Laughter is contagious. Be cheerful, and you make everybody around you happy, harmonious and healthful.

Laughter and good cheer make love of life, and love of life is half of health.

Use laughter as a table sauce; it sets the organs to dancing, and thus stimulates the digestive processes.

Laughter keeps the heart and face young, and enhances physical beauty.

Laughter is Nature's device for exercising the internal organs and giving us pleasure at the same time.

It sends the blood bounding through the body, increases respiration, and gives warmth and glow to the whole system.

It expands the chest, and forces the poisoned air from the least used lung-cell.

Perfect health, which may be destroyed by a piece of bad news, by grief or anxiety, is often restored by a good hearty laugh.

A jolly physician is often better than all his pills.—Success.

#### The Immortal Flower

Christ is said to have brought immortality to light. It is only meant that there was a great obscurity in the thoughts of men concerning this great faith of the human soul and that Christ set it forth so clearly that reasonable men must believe. What is the immortal flower with that imperishable beauty which no time can touch so as to take away the charm of the flower? It certainly is no flower such as hangs from any bush, for they all die. It is certainly no flower that one fashions with his fingers, an artificial flower, for that is simply an appearance of a blossom. We like the artificial flower simply because it reveals something that we heartily love. The immortal flower is different from any of these. The immortal flower is your character and my character. All flowers are not beautiful. Your character and my character may not be beautiful. A flower does not necessarily mean a beautiful thing, but beautiful things are found among the flowers. All characters are not beautiful, but beautiful characters are found among characters. Shall I tell you what is called the fragrance of the immortal flower? One says sweetly and truthfully that the fragrance of the immortal flower is "man's good deeds, good thoughts."