

cited, the cause of their pale faces and slight constitution being an over amount of sweetmeats with their diet, when the actual cause is want of pure air and proper exercise.

Don't tell the sick one that the medicine is not bad to take, when you can hardly keep your own stomach from turning "inside out" at the smell of it. Better by far tell him the simple truth, that it is disagreeable, but necessary for his health, that you desire him to take it at once. Ten to one he will swallow it with half the trouble of coaxing and worry of words, and love you better for your firm, decided manner.

Don't teach the children by example to tell white lies to each other and to their neighbours. Guard your lips and bridle your tongue if you desire to have the coming generation truthful. Truthfulness is one of the foundation stones of Heaven. Remember the old, old book says, "no liar" shall enter the gates of the beautiful city. There is no distinction between white lies and those of a darker hue. A falsehood is an untruth, whether the matter be great or small.—*Rural New Yorker.*

### CHRISTIAN ASSOCIATIONS FOR YOUNG WOMEN.

As we see and hear the encouraging results of the united efforts of the young men in Christian work, and notice that many of those who, only a few months ago, found Christ, and associated themselves with other Christians, have been blessed to others, and grown in grace themselves, we have felt that it was indeed a good thing for the young men that they had met together.

The thought has impressed us that more might be done among females by Christian women. There are many young Christians that need not only a pastor's care and advice, but would so much enjoy and be benefited by sympathy and association with Christians of their own age.

I believe an association of young Christian women, meeting together for prayer and the study of God's Word, and also for the planning and carrying out Christian work, would not only be a great blessing to the young Christians themselves, but a great blessing to many

who are without Christ, and waiting for the message to be brought to them.

Many young ladies with time to spend in the work are burning with a new love to Christ, and a desire to work for Him, but know not just what to do. In such associations of young Christians from different churches, work might be suggested and advice given by more experienced ones, that would be a great help to those wishing to work. Many who have lately confessed Christ have hitherto been very busy in the world. They cannot now sit idly dreaming; to be happy Christians they need to be busy ones. And why should not the talents, the attractions and the grace, they possess, be brought into the joyous service of Christ, and, by the united strength of many, be a blessing, with God's help, to many thoughtless girls?

Let the Young Women's Christian Associations be formed with a suitable president, secretary, and treasurer, and if they receive the advice and encouragement of earnest ministers of different denominations, while the members themselves are left to manage them, the results will, I am persuaded, be a sufficient proof of their great value.

For the mothers, meetings for prayer, such as have been attended in Edinburgh with good results, might be held, and encouragement given to many anxious mothers, by sympathy, and united mutual prayer.

May a grateful love to Jesus induce many to unwrap their talent, and use it for Him, that it may increase tenfold!

D. L. MOODY.

PETER is the apostle of impulse, the patron saint of the earnest, instant, but easily discouraged souls who are giants while they "feel like it," and only then. A long night of labour has brought no fish to the net, and with the morning, tired, sleepy, and discouraged, Peter is willing enough to sit in the boat and listen to the teachings of the Master he loves. He can enjoy that, but when the command comes, "Launch out into the deep and let down your nets for a draught," his weariness and discouragement begin to assert themselves. He don't "feel like it," very likely has little