

It is irksome only to those who are willing slaves to the world, the flesh and the devil, but to those who take it gladly upon themselves it brings the untold blessings of heavenly joy and peace.

These quiet weeks of Lent with their calls to self-examination and repentance and self-denial, with their meditations upon the sorrows and the sufferings of Jesus, with their commemoration of His fast of forty days, leading up to that height of anguish and agony, and to the shameful cross endured for us—these weeks of Lent, what are they, rightly understood, but the taking that yoke upon us? Is it an irksome yoke? O surely not to those who for their dear Lord's sake accept it! To such it becomes only another name for sweet and perfect freedom! From such the world with its allurements, with its temptations and its cares falls off and leaves them with hearts at liberty for the sweet service of their King. Self by being denied loses its power, and Satan, being resisted with new strength, will flee away.

Lent may bring us into such close and blessed contact with our Lord that in it we may taste a joy which no earthly pleasure can approach, a peace passing undemanding which the world cannot give, but if the hallowed season is to bring us nearer than ever before to the feet of Jesus we must be very earnest, very real in our fulfilment of its duties, in our acceptance of its aid. *Jerusalem which is above is free*, but if we would taste the blessedness of its liberty, we must be citizens not in name only, but in heart.

PRIVATE PRAYER.

There is the greatest need that the Christian regularly observes his hours of private communion with his Father in heaven. There can be no spiritual strength where the closet devotions are neglected. The reason why so many Christian lives are so feeble is to be found just here. These believers—and believers they are—do not wait upon the Lord. They permit themselves to drift along upon the current of events; they do not address themselves to the duty and privilege of seeking from God the strength they need. Hence they are feeble, both as concerns the bearing of temptation and the performing of service. They are not spiritually equipped as they ought to be. How many weaklings there are in the Church where there ought to be strong men!

When we put God to the proof, testing His promise, we shall find that it stands sure! They that wait upon Him shall renew their strength. The strong Christians—not by any means those who make the most noise in the world—are those who go to the true source of strength, and who go constantly. Their strength is renewed from day to day. The promise is fulfilled in them, "As thy days the strength shall be." They mount up with wings as eagles, they run and are not weary, they walk and do not faint. Strong, soaring, glorious flights of spiritual endeavor are theirs. Theirs is the run in the way of God's commandments, putting forth the highest efforts of spiritual energy. Theirs it is to walk in the path that leads to life with the unconscious ease, with the absence of any sense of exertion, as the vigorous man, as he goes toward his home.

But let us remember that to renew

our strength we must wait upon the Lord.—*Christian Weekly.*

ANCIENT BIRD TRACKS.

Describing a visit just paid to the sandstone quarry at Turner's Falls, on the Connecticut River, Massachusetts, Mr. Elias Nason states that workmen are still busily engaged in excavating the bird tracks that have made the quarry geologically famous. The ledge rises 30ft. or 40ft. above the river, and consists of thin laminae of a dark coloured and somewhat brittle sandstone. On the faces of the slabs are found the tracks, depressed and in relief. They are in general clear cut and very distinct. Some very fine specimens have recently been brought to light. One of them has tracks of an enormous animal, 5ft. apart, and the tracks themselves (three-toed) are 15in. long. According to Prof. Huxley, who has visited this quarry, an animal making such tracks must have been 25ft. or soft. in height. Mr. Nason was permitted to take away with him several beautiful specimens, one of which exhibits the delicate tracery of the feet of an insect escaping over the soft mud; another exhibits the ripples of the wave, another the drops of rain, and others have well-defined imprints of the tracks of birds. He also saw the impressions of several kinds of ferns and grasses. Mr. Stoughton, who is working this geological mine, considers some of the largest slabs to be worth from \$500 to \$1,000; but the cost of excavating them is heavy. The whole region is supposed to have been originally covered by the sea. As the waves receded, birds and quadrupeds whose species are extinct left the impressions of their feet upon the mud, which, hardening into stone, has held them through the ages for the examination of the scientists of the present day. Compared with these tracks as to age, the pyramids of Egypt are but as of yesterday.—*London Times.*

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JAMES WRAGLE.

Liverpool Road, June, 1881.

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Montreal, Jan. 16th, 1882
Last summer my little girl was weak, delicate and nervous, and did not rest well at night. I gave her less than two bottles of your Emulsion, according to directions, and soon after she began to take it she improved very fast in strength, slept well at night and lost much of that nervousness with which she had been troubled, and gained in flesh as well as strength, and has never been so well as since she took a course of your Emulsion.

Yours truly,
C. A. HUMPHREY,
Head Master Royal Arthur School.

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SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until Noon, on FRIDAY, the 30th MARCH for the conveyance of her Majesty's Mails, once per week each way between Upper Musquodohoit and West River, Sheet Harbor.

under a proposed contract for four years from the 1st July next. Printed notices containing further information as to conditions of proposed Contract may be seen, and blank forms of Tender may be obtained at the Post Offices of Upper Musquodohoit and West River, Sheet Harbour, or at the office of the subscriber.
CHARLES J. MACDONALD,
Post Office Inspector.
Post Office Inspector's Office,
Halifax, Feb. 16, 1883.



Mail Contract.

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until Noon, on FRIDAY, the 30th MARCH, for the conveyance of Her Majesty's Mails, once per week each way, between East Jeddore and Head of Jeddore;

under a proposed contract for four years from the 1st July next. Printed notices containing further information as to conditions of proposed Contract may be seen, and blank forms of Tender may be obtained at the Post Offices of East Jeddore and Head of Jeddore, or at the office of the subscriber.
CHARLES J. MACDONALD,
Post Office Inspector.
Post Office Inspector's Office,
Halifax, 16th Feb., 1883.

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