

O happiest who before Thine altar wait,
 With pure hands ever holding up on high
 The guiding star of all who seek Thy gate,
 The undying lamp of heavenly Poesy.

Too weak, too wavering, for such holy task
 Is my frail arm, O Lord; but I would fain
 Track to its source the brightness, I would bask
 In the clear ray that makes Thy pathway plain.

I dare not hope with David's harp to chase
 The evil spirit from the troubled breast;
 Enough for me if I can find such grace
 To listen to the strain, and be at rest.

A DUTCHMAN'S TEMPERANCE LECTURE.

We have listened to many effective arguments in favour of total abstinence, but we have never heard one more exhaustive than that of the honest German who was asked to speak at a meeting of the friends of total abstinence. As to the precise locality of this meeting, our readers are at liberty to exercise their guessing faculties. After some hesitation he arose and said:

"I shall tell you how it was, I put my hand on mine head, and there was von pig pain. Then I put mine hand on my body and there was anoder. There was very much pains in my body. Then I put mine hand in my pocket, and there was nothing. So I jined mit the temperance. Now there was no more pain in my head. The pains in mine body was gone away. I put mine hand in my pocket and there was twenty dollars. So I shall shtay mit the temperance." Aside from the moral aspects of the question, the Dutchman's experience tells the whole story.

LITTLE AND BIG SERMONS.

A lay brother made the following remark of his minister, whose *pulpit* talents were quite ordinary: "Our pastor comes to the pulpit Sunday morning and preaches a little sermon; and in the afternoon he comes again and preaches another little sermon. In the evening he comes into the prayer-meeting full of love, and we all have a good time praying, singing, and exhorting. Then on Monday, after spending the forenoon in his study, he goes out and sees a family of his congregation, and talks to them about Jesus; he does the same on Tuesday and each day of the week, and by Saturday night the little sermons on Sunday have grown into big ones." One can easily conceive how a people would be satisfied with such preaching. Reverse the matter. If *great* sermons on the Sabbath become *little* ones during the week by manifest inconsistencies, would it not destroy all pulpit efficiency?

MENTAL AND MANUAL LABOUR.

Professor Houghton of Trinity College, Dublin, has published some curious chemical computations respecting the relative amounts of physical exhaustion produced by mental and manual labor. According to these chemical estimates, two hours of severe mental study abstract as much vital strength as is taken from it by an entire day of mere handwork. This fact, which seems to rest upon strictly scientific laws, shows that the men who do brainwork should be careful, first, not to overtask themselves by too continuous exertion: secondly, that they should not omit to take physical exercise on a portion of each day, sufficient to restore the equilibrium between the nervous and muscular systems.