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all nurses agree that the only BABY'S OWN, See that mitations extant which your ust as good.

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ASTTORONTO

Sunday Reading | Habits are to the soul what the vand arteries are to the blood—the count which it moves.—Horace Bushnell.

dwellings and temples, together with its basilica and forum having been destroyed. Sixteen years later, before the damage of the earthquake had been entirely repaired, there came the frightful eruption of Ves-uvius that buried the city beneath shower

ter and this was followed by others till the city lay twenty feet below the upper level.

The vapor from the volcano

Very many of the dwelling houses in the city had a second story reached by a stairway, sometimes within the house, but more often upon its outside. The weight of the

The temple of Venus, one of the finest in the city, was reached by sixteen steps.

IN RUINED POMPEIL.

How the Buried City Appears as it is at the Present Day.

Mac D. Frazar writes as follows in the Soston Sunday times:

Pompeii was built upon a small hill, the esult of a former outbreak of Vesuvius, ras only a short distance from the shore of the bay, a small river ran through it, it had bout thirty thousand inhabitants and was he place of residence of many noted persons.

In the year of 63 A. D. there was a further earthquake in this region and compeii suffered severely, very many of its wellings and temples, together with its assilice and forum having been destroyed, ixteen years later, before the damage of the set was an altar for three places for fire, and in each of these were shades of victims.

The baths in Pompeii were among the most important of the, institutions. Some of the obay reas a later was at the bath that the toilet was always made, the statement is not so difficult to believe.

The Stabian bath was one of the largest institutions, and the outer court was splendidly decorated. In this court were found two very heavy stone balls that were used for gymnastic exercises. On the left was the bath for swimming, opposite the door of entrance was the portion reserved for those who wished to be alone.

uvius that buried the city beneath shower upon shower of ashes and pumice stone.

While there there been about five hundred skeletons four off thus far, during the excavating, it is remarkable that so many people escaped. But the truth is, there was sufficient time for nearly all to leave the city, for in the first outbreak ashes to the tepth of three feet only, fell.

The people returned and secured their valuables, and shortly after came a second shower adding five feet to the depth of mat-

densed and fell in a fine rain upon the ashes have we at any time lost or shaken our and pumice stone, making a sort of liquid faith? Why have we found Christianity an impossibility? Why if I may use the expression, have we thrown up the sponge? My brothers, I submit, the error was not at least in nine cases out of ten, strictly

Vay many ot the dwelling houses in the city had a second story reached by a state way, some and the second control of the second con

Faith's meanest deed more favor bears Where hearts and wills are weighed, Than brightest transports choicest prayers Which bloom their hour and fade. John Henry Newman.

When Joseph Halery went among the black Jews of Abyssinia he spoke the word "Jerusalem" while in a group of them. The effect was magical. Their black faces shone with joy. "Oh! do you come from Jerusalem, from the holy city?" "Have you, with your eyes, beheld Mount Zion!" They never wearied of asking such questions.

She that hath a wise husband must entice him to an eternal dearness by the veil of modesty and the grave robes of chastity, the ornament of meekness, and the jewels of faith and charity. She must have no painting, but blushings; her brightness must be purity, and she must shine round about with sweetness and triendship; and she shall be pleasant while she lives and desired when she dies.—Jeremy Taylor.

other part of the world.

A singular custom is observed at Auxerre, on Easter Day, the canons, in the very centre of the great church, playing solemnly at ball. Vespers being sung, instead of conducting the bishop to his place, they proceed in order into the nave, the people standing in two long rows to watch. Girding up their skirts a little way, the the whole body of clerics await their turn in silence, while the captain of the singing boys casts a ball into the air, as high as he can, along the vaulted roof of the central aisle to be caught by any boy, and tossed again with hand or foot till it passes on to the portly chanters, the chaplains, the canons themselves, who finally play out the game with all the decorum of an ecclesias tical ceremony.

Sunday.—Psalm 84, 1, 2: "How amiable re the tabernacles, O Lord of hosts! My oul longeth, yea even fainteth for the court of the Lord."

Monday.-5th verse.

man whose strength is in thee.

Tuesday.—Job, 3, 9, 12: "Wilt thou believe him, that he will bring home thy seed.

hast believed, so be it."

Thursday.—Mark, 4, 29: "He putteth in the sickle, because harvest is come."
Friday.—Revelation, 14, 14 and 15: "And I looked and beheld a white cloud, and upon the cloud one sat like unto the son of man, having on his head a golden crown, and in his hand a sharp sickle. And another angel came out of the temple, crying with a loud voice to him that sat on the cloud. Thrust in thy sickle, and reap: for the time is come for thee to reap: for the time is come for thee to reap: for the harvest of the earth is ripe.

Saturday.—Hosea, 14, 9: "Who is wise, he shall understand these things." Read also Proverbs, 1 to 5.





Cold in the Bead.

MR. GEORGE EDOETT, writing from New York for half a dozen botties of Hawker's Nerve and Stomach Tonic, said he had tried one bottle and it was just what he wanted to tone up his nervons system and build him up. It had been recommended to him by a friend in New York. If you are run down, weak or nervous, iry this valuable restorative Tonic. It will build you up.



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The total number of applications considered by the Medical Board for the month of April, 1893, was 1600; May, 1800, and for the year ending Sist December, 1802, was 18,247, of whom 17,028 were passed, and 1,219 rejected.

18,000 rejected to the property of the I. O. F. is due to the fact that its foundations have been laid on a 804th Financial Hasis, and every department of the Order has been managed on business principles, thereby securing for all Foresters large and varied benefits at the lowest possible cost consistent with Safety and Permanence.

At date all Benefits have been paid within a few days of filing the claim papers, amounting in the aggregate to the principle way of the Millson Che Hundred and Flyps-four Thousand Etight Hundred and Etig

ORONHYATEKHA, M. D., S. C. R., Toronio, Can JOHN A. McGILLIVRAY, Q. C., S., Sec., Toronto, Canada.

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