

FRET NOT THYSELF.

The little sharp vexations,
And the briars that catch and fret—
Why not take all to the Helper
Who has never failed us yet?

Tell him about the heartache,
And tell him the longings, too;
Tell him the baffled purpose
When we scarce know what to do.

Then, leaving all our weakness
With the One divinely strong,
Forget that we bore the burden,
And carry away the song.

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Happy Days.

TORONTO, OCTOBER 7, 1905.

PERSIAN GIRLS.

A Persian girl does not begin to wear the chuddar, or veil, until she is nine years old. After that she must cover her face in the presence of any man, excepting the members of her own family. She is obliged to fast and pray, while her brother need not begin until he is sixteen. She helps her mother in the housework, brings the daily supply of water on her back in large earthen jars, and arranges in order the shoes which callers shuffle off at the door. She waits on her father and brothers, and when they have company, serves, but cannot eat nor sit down in their presence.

When she goes out to play she must take the baby, if there is one in the family. The baby is tied firmly on her back. Then she runs, plays jackstones or bounds ball, not minding the weight on her back any more than the baby minds the shaking up. Girls make their own dolls of sticks

padding at one end, for which they delight to make clothes.

After a girl is nine, however, she must leave her dolls and begin to sew on her wedding outfit. Besides making her own wardrobe and household furnishings, she must, at her marriage, give a sample of her needlework to every member of her husband's family, as well as to other friends. As a girl may be married at twelve, nine is none too soon to begin the wedding preparations.

Girls never go to school. Occasionally a tutor is employed to teach a favorite daughter to read, but it is against the law that a woman should learn to write. Among the rich the girls are not obliged to do housework, but are kept more strictly than their poorer sisters. They never leave the harem except when, closely veiled and attended by an escort, they visit the public bath or pay a call, or occasionally go for tea drinking to some secluded garden. Those of the upper classes are often very fair and beautiful.

THE FRONT AND SIDE DOORS.

BY OLIVER WENDELL HOLMES.

Every person's feelings have a front door and a side door by which they may be entered. The front door is on the street. Some keep it always open; some keep it latched; some locked; some, bolted with a chain that will let you peep in, but not get in; and some nail it up, so that nothing can pass its threshold. This front door leads into a passage which opens into an ante-room, and this into the interior apartments. The side door opens at once into the sacred chambers.

There is almost always at least one key to this side door. This is carried for years hidden in a mother's bosom. Fathers, brothers, sisters, and friends often, but by no means so universally, have duplicates of it.

ALLOWED TO ESCAPE.

BY EMMA CHURCHMAN HEWITT.

One of the funniest stories ever told of dogs is one told of a foxhound. It was in the days when fox hunting was a recognized sport in the State of Delaware. In one family there lived a foxhound that was a great pet with the children. So gentle was he that he would let them dress him up in their own clothes, as they delighted to do.

One day, when he was obediently lying on the grass, dressed in a sun-bonnet and waterproof cape, waiting patiently for his next orders, a sweet familiar sound broke upon his ears. It was the baying of the hounds. He at once grew intent and excited. The children were dismayed and strove to keep him quiet by holding him forcibly by tail and ears. But as the baying again broke upon his ear, it was like

martial music to an old war-horse, and breaking bounds, away he sped joyfully to the meet, waterproof, sun-bonnet and all. Up hill, down dale, tongue hanging, sun-bonnet bobbing up and down, waterpr of cape flying in the wind—away he sped.

At last he reached the baying pack and joyfully jumped in among them to participate in the sport. But they were all so startled at the appearance of this truly remarkable creature that they stopped stock-still to stare at him. Meanwhile the fox took his way gaily to cover unmolested.

The huntsmen, overcome with the ludicrous appearance of the visitor, burst into shouts of laughter, and poor doggie returned to his home, shamefaced and crestfallen, to think that, after all, the fox had been allowed to escape, little knowing that he himself had been the principal actor in the denouement. But clinging to his shoulders were still the sun-bonnet and cape with which he had so eagerly started out to the meet.

NIGHT AND MORNING.

NIGHT.

In their warm nests all the birdies are sleeping.

Each little head 'neath a soft, downy wing;

Stars up above faithful watches are keeping,

Softly the night winds their slumber song sing.

Out in the meadows, where daisies are hiding,

Gently the long grasses wave to and fro;

Violets, with blue eyes, so sweet and confiding,

Nod all night long to the brook's drowsy flow.

Up the long stairway dear mother comes slowly,

To take a last peep at her darlings in bed;

Takes on her lips the great name that is holy,

Asking a blessing on each sleeping head.

MORNING.

Over the hills comes the rosy light streaming,

And wakes up the birdies to sing in the sun.

Come, flowers! come, pets! put an end to your dreaming,

For sleeping time's over—the day has begun.

Kindness to dumb animals is a creditable expression in any boy. He who is kind to a brute may be relied on, as a rule, for kindness toward his boy or girl companions.

STUDIES

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It wa had been zar. Al Babylon them, th they sho had com lem. If and lonel read Psa of Persia heathen captives, them fre worship sent word all who