

are swollen till... It is by patient... to such wrecks... that the Moravian... in numbers, has... red name.

A GOOD STORY.

that at the late... Carolina Confer... introduced his old... and invited him to... Among other... and Presbyterians... the perseverance... whatever difference... subject, I think we...

well to persevere... hold on in the... a bad thing to... don't persevere... He that en... will be saved; 'Be... death, and I will... of life; 'If any... soul shall have no...

not persevere, it... of blessed and... plenty of them... thy strength be;... for thee.'

not persevere, it... a precious, faith... lives to make in... and who has said... thee, nor forsake... eed of their fall...

all his mercies!... brethren!... Doggett and... were in tears, ... onse.

FLEET.

AND CHANNEL... which is now... consists of the follow... Hornby, on the... of command:—

Table with columns: Guns, Tonnage, Horse Power. Lists various ship specifications.

ate 23 iron-clad... calibre, 179,261... power—by far the... the world has yet... npanied by a num... of great speed, and...

the war efforts... to effect a union... Methodist Churches... The Churches... resumed frater... Northern has a... on unity with... rches. A propos... to create a legisla... tive body, to be... ediction of certain... interest to all Epis... ch as foreign mis... , etc. The plan... but the Central... says of it: 'It is... something may be... te to the end for... cal Conference is... powers should be... ly in a narrow... just the relations... sions, sanction a... al for common use... on Sunday School... be no question... the same families... very and the war... draw more close... a co-operative if...

THE TWO NOBLEMEN.

"Mamma, I don't want to forgive Jim Beese," said little Louis Nevin, earnestly. "Not a bit of wonder, mamma," said Jim, "for Jim called him 'an ugly little cripple.' Wasn't it cruel?" "Very cruel, darling," said mamma. "I can't help being a cripple," sobbed Louis, hiding his head in his mother's arms; "don't you think such a speech is a little too much to forgive?" "It is a great deal, but not so much as some one else forgave over and over again."

"Oh! you mean Jesus Christ. But you don't expect me to be like Him?" "Let me tell you a story. Long ago in the middle ages lived a nobleman who had a strong castle and many servants, and all the power that he needed to fight against his enemies. A certain great baron had done something to offend him. 'I will have my revenge,' cried the man; so he waited and watched, but did nothing in a hurry, lest the baron should hear and be ready to defend himself. One day the nobleman heard that the baron was to pass by his house, attended by only a small party of servants. 'Then will be my time to fall upon him and slay him,' he thought. So he called his men together and gave them arms, and got ready to march out of his castle. Now, the nobleman had a good man in his house called his chaplain. This chaplain pleaded with him to forgive the baron. 'I will not,' said the nobleman. 'At least come into the chapel with me, and say the Lord's Prayer, before you go out to attack him.' 'That I will do willingly.'

"So they knelt together, and the nobleman said the prayer until they came to the words, 'Forgive us our trespasses, as we forgive those that trespass against us.' The chaplain repeated it a second and a third time, still no response from the nobleman. At last he burst into tears and cried, 'I can not say that.'

"But you must," said the chaplain. "How can you expect forgiveness, if you do not ask for it?" "I do not want God to treat me as I am going to treat those that trespass against me," groaned the nobleman. "You are indeed in a sad case," said the chaplain. "They knelt in silence a moment longer, when the nobleman said: 'I will say it now.' He rose from his knees with his heart full of forgiveness toward his enemy. You see, darling, he would not dare to have said the Lord's Prayer with that angry purpose in his heart."

"Then, mamma, I cannot say it either, unless I make up my mind to forgive Jim."

"How will you do about it," my son?" "Forgive him this very moment. Then I can ask my Heavenly Father to forgive all my sins, for Jesus Christ's sake.—Child's World.

The discussion of the doctrine of future punishment still goes on actively. All ministerial meetings representing the orthodox Churches have re-affirmed, as far as they have spoken, the doctrinal statements of their standards. On January 21 the Methodist ministers of Chicago said, "We take this occasion to re-affirm our belief in the future endless punishment of the wicked, as distinguished from the theory of restorationists on the one hand, and that of annihilation on the other."

BABY IS KING.—I read, once, a little fable, that was on this wise:—The birds all came together to elect a king. A venerable old owl was the chairman. There was a great rustling of wings, and much chattering among the birds. At last a long-legged crane got up and offered this resolution: Resolved, "That the bird which can fly the highest shall be our king." That was unanimously carried. Then all the birds—the eagles, and buzzards, and hawks, and humming-birds, and red-finches, and black-birds, and the rest—flashed up into the sky one by one they became tired, and dropped down again; but there was one that was not tired. That was the eagle. He flew higher than all the others. Then he looked down and said, "Ladies and Gentlemen, I am your king." Just then a little wren who had nestled on the back of the eagle, in his feathers, and had had a free passage up there—a regular little dead-head—sprang up and looked down at the eagle, and laughed at him, and said, "Not a bit of it, sir; I am above you, and I am your king." I have thought that, no matter how high we big birds fly, our children, the little birds, are always above us, and the baby is king.—Dr. Scudder.

HEALTH AND DISEASE.

WHEN AND HOW MUCH TO EAT.—The following remarks on "Regularity of Meals" occur in a paper by Dr. Wilson, read at the recent Domestic Economy Congress at Birmingham. For the active out-door laborer and artisan, an early breakfast before work, a mid-day dinner, with an interval of rest, and supper after the day's work is over, have long been proved by experience to be the most conducive to health.

For the business man, a later breakfast, a midday luncheon, and a late dinner after the day's work is over, is the best arrangement.

For literary men, who write more in the evening than during the day, an early dinner and a light supper will be found to be the most advantageous for steady work.

Idlers to enjoy life, if they possibly can, should dine early if they intend to spend the evening at theatres and the like; but if they accept dinner invitations freely, they should be very careful not to eat too much at the midday meal.

The breakfast hour should be determined, in great measure, by the hour of rising, but in any case food should be partaken of before the material business of the day is commenced.

Those who like to take a "constitutional" before breakfast would find their appetite whetted, and their walk made all the more enjoyable, if they took a little milk, or cafe au lait, with bread or biscuit, before starting. Work done before breakfast is always irksome and fatiguing, and on that account is likely to be badly done. The last meal should be sufficiently late for the whole not to be absorbed before retiring to rest.

To a person in health three meals a day ought to be quite sufficient; and the practice of continually "taking something" is sure to bring on indigestion.

A CENTENARIAN'S LONGEVITY.—Queen Victoria has recently presented her congratulations to Rev. Canon Beadon, of Southampton, on his attaining his 100th year. The following particulars concerning the reverend centenarian we gather from the Times: "He is the last surviving 'freeman' of Hampshire, and for more than sixty-two years has been the manager of a bank, the original committee of which included, among others, Lord Palmerston and the Earl of Malmesbury. To a friend who once asked him the secret of his longevity, he replied thus: 'Never be out of bed after ten o'clock at night, nor be in bed after seven in the morning; never do any brain work after dinner; and never wear a great coat.'" There are very few people we think, who ever keep one of these instructions.

TO CURE HOARSENESS.—When the voice is lost, as is sometimes the case from the effects of a cold, a simple, pleasant remedy is furnished by beating up the white of an egg, adding the juice of one lemon and sweetening with white sugar to the taste. Take a tea-spoonful from time to time. It has been known to effectually cure the ailment.

SPRAINS.—Between the bones of the ankle and the wrist there are muscles. When by accident these are drawn out of their places, what we call a sprain is produced. When one is aware that he has suffered this species of derangement, the first thing to be done is to keep the part perfectly still, and by no means to use it in the least. The muscles left to themselves will return to their places gradually. Hops steeped in vinegar and applied hot to the injured part will quiet the anguish and restore wholeness. But more important than any application is perfect quiet

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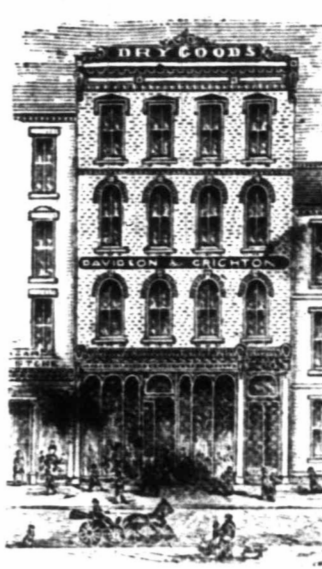
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