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I concede all t you disposed t think at all e this, that it is total abstaine quite safe to r Nazarites, beca lers for a limi tectotallers by have the exami a life-long tee tion. He was all times, but he was a very the interior phants, lions, and they are al cating drink. is a great diff and men. Ve we are talking a strength; and; without alcohol cessary for hum also the example of whom the them that are hath not arise; Perhaps some of the greatest have you to say Was He a teet. question to ask, ly. I don't bel my teetotal fries with me for say conviction, and ! believe to be a ge argument. (He nse may be made said, "If I am in that respect, I argument had to years. Now, if rybody to be like spects, nothing co have thi conviction and in who ha like the Master come total absta Twenty-five years a, sweet innocent I never heard a vesterday, when with his father. his boy was getting "You see me prei of the trouble tha upon me. More ly drunk himself have watched hi him brought back go again to his ev ago, by a miracle verted -saved, an salvation of othe But a short time the drink again, a him that means o son there is no mi tal abstinence and will not be surpris that that father is he never allows wit his house. The us must be: Does If those of you wh

can satisfy your Master approves y sent position rath right. But if I

Master approves take in this case b option. Am I sur the value of every the Master is ju that prompts it. be approved, not e but by all sound-th not total abstainer trated this by a refg stance under which became a teetotalle ny which that great to the effects of to

an experience of n am clearer in my h my heels; and I am et." Some might. to follow Dr. Guth I were to become a injure my health." tinued the speaker say extravagant thi lieve that in ninety hundred even a moo be no worse in heal better, if he gave up (Hear, hear.) The spirits or wine or health is in many less superstition. a glass of brandy an the cold out. But a that the effect of ta

tually to lower the

WESLEYAN' ALMANAC | any ticket, I must ask for the engineer, and tell him that I am James Kendrick's little girl, and that he used to

run on the M. and S. Road." The pleading blue eyes were now suffused with tears, but she did not cry after the manner of childhood in general.

Engineer Frank stooped down and kissed her very tenderly; and then as he brushed the tears from his own eyes,

"Well, my dear, so you are little Bessie Kendrick. I rather think a merciful

Providence guided you aboard this train.' Then turning round round to the passengers, he went on: "I knew Jim Kendrick well. He was a man out of ten thousand. When I first came to Indianna, before I got acclimated. I was sick a great part of the time, so that I could not work, and I got homesick and discouraged-could not keep my board bill paid up, and I did'nt much care whether I lived or died. One day the payear came along and the men were getting their monthly pay, and there was n't a cent coming to me, for I had n't worked an hour for the last month. I felt so blue' that I sat down on a pile of railroad ties, and leaned my elbows on my knees, with my head on my hands, and cried like a boy, out of sheer home-sickness and discouragement. Pretty soon some one came along and said, in a voice that seemed like sweet music in my ears -for I had n't found much real sympathy, although the boys were all good to me in their way-' You've been having a rough time of it, and you must let me help you out.' I looked up, and there stood Jim Kendrick, with his month's pay in his hand. He took from the roll of bills a twenty dollar note, and held it out to me. I knew he had a sickly wife and two or three children, and that he had a hard time of it himself to pull through from month to month, so I said half ashamed of my tears that were streaming down my face, 'Indeed I cannot take the money, you must need it yourself.' 'Indeed you will take it, man,' said Jim. You will be alright in a few days, and then you can pay it back again Now, come home with me to supper, and see the pabies. It will do you good.' I took the note and accepted the invitation

and after that went to his house frequently, until he moved away, and I gradually lost sight of him. I had returned the loan, but it was impossible to renay the good that little act of kindness did me: whose bright eyes were wide open now, the engineer said to her: "I'll take you home with me when we get to Wayne. My wife will fix you up, and we'll write and find out whether those Vermont folks want you or not. If they do, Mary or I shall go on with you. But if they do 'nt care much about having you, you shall

stay with us, and be our little girl, for we have none of our own. You look very much like your father. God bless him! Just then the eastern train whistled Engineer Fank vanished out of the car. wiping the tears from his coat-sleeve while the conductor and passengers could not suppress the tears this little episode evoked during the twenty minutes' stop

# EATING BY RULE.

at Allen's Junction .- American Rural

## BY HENRY WARD BEECHER.

Eating is a thing of prime importance

in this world. Looked at in merely a philosophical way, it is the fuel that generates steam for the engine. The body

unfed would in a day or two, be like a steamer without coal unable to turn the wheel, and drifting helpless. Yet no one eats with this thought in his mind, but simply because he is hungry. For thousands of years men have eaten without a scientific motive, without rational appreciation of the relations of food to bone. nerve, muscle and so on. The whole motive lay in the mouth. Men ate because it tasted good! But by and by, when science shall have opened up the matter properly, when we know just the ingredients which the various parts of the body need, we shall have scientific bills of fare, in which dishes will not be obscured in absurd foreign names, but will be named from their true uses. Then we shall have bone-building, fat-producing, nerve replenishing, muscle-forming dishes. The host will scorn the days of ignorance when men asked their guests to take beef or pudding. To a lean and cadaverous guest he will say: "Let me fill up your tissues," "My dear sir, your bones are brittle allow me to pass this compound. Better bones were never made than this produces." To some exiguous scholar. thin and nervous, the jolly host will say: my dear sir allow me to help you to brains to take care of me, then I must get on What do you affect? This dish runs

lized. To such a nicety have we reduced the science of cooking, that I can send a bill to my cook any day: " Send up four philosophy, two musicians, and one poet, and he will at once set things a stew, and in his skillet or pan the hidden elements will begin to hiss and sputter, and in a day or two will come forth from some brain as a sonnet or madrigal, or a grave

chapter of philosophy. What an age that will be! Now a man eats promiscuously. Often when the preacher would be tender, he in his ignorance has been feeding combativeness! He fain would appeal to men's consciences, but has been eating food that breeds abstract thought. In the culinary millennium, a man and his cook, will be like twin brothers. The lawyer will say: "Give me a jury breadfast, Tom-an average jury;' and looking into his new philosophical receipt book, his dear Tom will find just the articles required. The man will gain his case unless the opponent has a better cook and was fed up to a higher pleading power. In that day intuitions will be sub

ject to order. The right being fed, it will be automatically active. We shall no more hear about 'ragout" and "chops." and "steak a la' this that or the other thing. The comfits and custards and bon-bons will give way to higher names indicative of mental powers. We shall hear men say, "Do let me give you another spoonful of conscientia. Those speculations are very trying, and you need strength in the right spot

"Lost the game? Why, you neglected vourself. Chess is a sure thing on this diet. Let me help you to a little more. "Dont my dear madam, don't touch that not but that I am willing that you should have anything that the house affords. But it is provoking to the temper. It is wonderful what spirit it breeds. It is for timid persons entirely.'

Ab, me! what a world of teaching and trouble, and mistake, and blaming, will be over with, when we can extract morals from a stew pan and turn out problems from the kitchen like omelets. Mcanwhile we shall have to eat one in the old way, only looking over into this promised land

### THE SECRET PLACE.

"The secret place of the Most High" -where is it? Place! The number of places is infinite—some bad.some indiffferent, some good, some better, some best one the best possible. Where is that ? It is somewhere; but most people fail tofind it. It may be in the palace, and amid the splendour of wealth and prosperity; but it is not certainly there. Or itmay be in some lonesome cottage where povery bears sway; but neither is it certainly there. It may be in the house, the crowded street, or away in the broad fields or solitary woods; it may be there, or but I guess Kendrick's little girl here it may not. It may be more plainly won't want for any thing, if I can prevent | told where it is not, than where it is. It it." Then turning again to the child, is certainly not anywhere amid the circles of revelry and sin, though multitudes esay to find it there. It is not amid any of those circumstances where most people think to find it. Thousands upon thousands are looking for it, striving for it, but never discover it, never attain it.

It is a secret place. No mortal eve has seen it, and yet it is on this earth. You need not ascend to heaven, nor descend into the depths to find it. It is nigh to thee, and the place is wonderously luminous and beautiful; and not only so, but when one has reached it and looks out thence upon heaven and earth, an exceeding glory enwreathes itself with all the world of nature. For there the eye of faith opens and looks upon things unseen, and sees Him who is invisible, and love is there full and perfect, pervading and sanctifying all the atmosphere. And safety is also there; for the dweller in that secret place abides under the shadow of the Almighty, under his wings, covered with his feathers, within the divine refuge, the impregnable fortress, secure from the snare of the fowler, and from the noisome pestilence of sin. Of course fear comes not there-perfect love excludes it; no terror is there by night, no fear of the arrow that flieth by day, for excellent trust is there—trust in the perfect and eternal refuge, in the absolute promise that no harm shall befall the humble dweller, nor any plague come nigh his habitation; for that

habitation is God himself, in whom is everlasting strength. Angels, too, are encamped around. having a charge to keep the dweller of this secret place, and in their blessed hands to bear him through every diffi. culty. And so peace is there—a peace wonderful and strange exceedinglythe "peace of God that passeth all understanding." It follows that all there is holy, excellent and pure. The silence there is sacred and heavenly; the voices are unearthly and enchanting; the conversations are in heaven; the songs are the charming echoings of paradise; the walks are with God; the fellowship is with the Father and the Son; the communings are with the good of all ages. Something like this is "the secret place;" and he who comes there has it as his place of dwelling, his abode, his home, to "move no more." He is no sojourner, as when a stranger comes today and departs to-morrow. Through all his days and nights he clings to that divine abode, singing, "Here be my rest forever!" And here at last, he breathes out his dying breath, and passes from heaven below to the heaven beyond .-

PULPIT PREPARATION.

The editor of the Preacher and Homiletic Monthly propounded four queries to J. P. Newman, D.D., in reference (a) to his habits of physical exercise, (b) study hours (c) writing and delivery, and (d) ato the best commentary for the average preacher who could buy but for little children, and this is one of

He answered as follows: "I am an earl, riserand plantwo hours work b fore breakfast An hour's walk after the morning meal is my out-door exercise. After the walk I work until 4 p.m., ache is; but I do. I had one once, and when I dine. I devote my evenings to I didn't want to hear any one speak a meetings, to pastoral calls and letter word. writing. I make my pastoral calls in the evening because I find the men at home. Sometimes when I am pressed I work until midnight, but never later. I average eight bours of hard work per day. In addition to my walks I exercise on the Parlor Gymnasium and Lozier's Health Lift. I take two meals a day: eat regularly; eat plain and substantial food; drink the best, but not strong tea; always go to bed hun- I was saying: Be kind to little Mingry on Sunday night, and my last conscious wish is, "Oh that breakfast were ready." I turn Sunday afternoon into night and sleep, to restore the wasted energies incident to the morning service. When I attempt to speak three times on Sunday I am insufficient twice out of three times. I never write the comb." out a sermon except for the press. My sermons are prepared with method and care. The introduction is always written in full and the body of the discourse is embraced in copious notes containing propositions, arguments, illustrations, etc. I give special attento the peroration. I learn my notes in the study, and having read my text, I close the Bible and speak as the Lord gives me liberty. Lange and Whedon are my favorite commentators, the former for careful research and the latter for incisive thought. Hard study and much drayer are my means for pulpit preparation.

### THE YOUNG FOLKS.

#### THE WANDERER'S PRAYER.

On a cold, dreary evening in Autumn, a small boy, poorly clad, yet clean and tidy, with a sack on his back, knocked at the door of an old Quaker in the town of 8- "Was Mr. Lauman at home?" The boy wished to see bim, and he was speedily ushered into the host's presence.

Friend Lanman was one of the wealthiest men in the county, and President sition. But Bristol business men are of L-Valley Railroad.-The taking a new departure in commercial boy had come to see if he could obtain pursuits, they have been lately improving a situation on the road. He said he was an orphan-his mother had been dead only two months, and he was now a homeless wanderer. But the lad was too small for the filling of any place within the Quaker's gift, and he was forced to deny him. Still he liked the looks of the boy, and said to him:

'Thee stop in my house to-night, and on the morrow I will give thee the names of two or three good men in Philadelphia, to whom thee may apply, with assurance of a kind reception at least. I am sorry I have no employment for thee."

Later in the evening the old Quaker went the rounds of his spacious mansion, lantern in hand, as was his wont. to see that all was safe, before retiring for the night. As he passed the door of the little chamber where the poor wandering orphan had been placed to sleep, he heard a voice. He stopped and distinguished the tones of an earnest, simple prayer. He bent his ear nearer, and heard these words from the lips of the boy:

"O Good Father in Heaven! help me to help myself. Watch over me as I watch over my own conduct! Bless the good man in whose house I am sheltered, and spare him long that he may continue his bounty to other suffer. ing and needy ones, Amen."

And the Quaker responded another amen as he moved on; and as he went his way he meditated. The boy had a true idea of the duties of life, and possessed a warm, grateful heart. "I verily think the lad will be a treasure to ted by any one, and advise the afflicted to his employer!" was his concluding re- try it.—Editor "Colonial Farmer." flection.

When the morning came the Quaker had changed his mind concerning his answer to the boy's application.

"Who taught thee to pray?" asked

Friend L. "My mother, sir," was the soft reply, and the rich brown eyes grew moist.

"And thee will not forget thy mother's counsels?"

"I cannot; for I know that my success in life is dependent upon them."

"My boy, thou mayst stay here in my house; and very soon I will take

he had adopted rise, step by step, until which the failing guardian could hold dealers in medicines at the lew price of 25 no longer.—Selected.

A LITTLE BOY'S SERMON. "Eddie," said Harry, "I'll be a min-

ister, and preach you a sermon." "Well," said Eddie, "and I'll be the

Harry began: "My text is a short and easy one—'Be kind.' There are some little texts in the Bible on purpose them. These are the heads of my ser-

" First .- Be kind to papa, and don't make a noise when he has a headache. I don't believe you know what a head-

"Second. Be kind to mamma, and don't make her tell you to do a thing more than once. It is very tiresome to say, 'It is time for you to go to bed." half a dozed times over.

"Third.—Be kind to baby— "You have left out, Be kind to Harrv." interrupted Eddie.

'Yes," said Harry, "I didn't mean to mention my own name in the sermon. nie, and let her have your 'red soldier to play with when she wants it.'

"Fourth.-Be kind to Jane, and don't scream and kick when she washes and dresses you."

Here Eddie looked a little ashamed and said, "But she pulled my hair with

"People mustn't talk in meeting. said Harry.

"Fifth .- Be kind to Kitty. Do what will make her purr, and don't do what will make her cry.'

"Isn't the sermon'most done!" asked Eddie; "I want to sing." And without waiting for Harry to finish his discourse or to give out a hymn, he began to sing, and so Harry had to stop .-Children's Record.

AN INCIDENT .- A little girl was on the train, recently, when a fearful collision took place, demolishing both engines and ruining several cars. Wonderful to relate no lives were lost, and no person seriously injured. People were expressing their wonder that not even this child said. Mamma, you prayed this morning, before we started, that God would take care of us, and I knew He would. He has, hasn't He, mamma?" Tears came to the eyes of several who listened, and one said, Give me the faith of a child, ' for of such is the kingdom of heaven.'

A new line of steamers is to be employ. ed this season in running between Montreal and Bristol, carrying cattle and agricultural produce. Bristol was once second only to London as a shipping port It can never regain its former relative po their shipping facilities and hope to witness a rapid enlargement of the trade of that port.

THE LAST RESORT .- " We borrow an illustration from ex-Governor Vance. His mother was a Methodist, and desired to see her son a preacher of the Methodist doctrine. He was importuned to turn his thoughts in that direction, 'I am not good enough, mother.' 'Can't von be an exhorter then my son?' 'Not good enough even for that, mother.' She was puzzled and distressed. A new idea came to her: with beseeching look, she said: Can't you preach awhile in the Episcopal Church?' The Lord might convert you there, and then you could begin in the Methodist Church."—Richmond Christian Advocate.

MOTHERS will find the Pain Killer invaluable in the nursery, and it should be always kept near at hand in case of accikent. For pain in the breasts take a little Pain Killer in sweetened milk and water, bathing the breasts in it clear at the same time. If the milk passages are clogged, from cold or other causes, bathing in the Pain Killer will give immediate

In the cure of Consumption, there is probably no known medicine equal to the Syrup of Hypophosphites prepared by Mr. James I. Fellows, chemist, St. John, N. B. A number of cases have come under our notice the past year, when the results which have followed its use have been astonishing. We write this unsolici-

DIPHTHERIA has for a long time been very prevalent, and very fatal. Its fatality seems to be greatly owing to neglecting what is supposed to be an ordinary cold or sore throat until it has progressed to its stages, and then when medical aid is procured it has too often been found to be too late. From the fatality attending this disease every family should keep a remedy on hand and use it on first appear ance of sore throat, A preparation called DIPTHERINE has been placed before the public. It is the discovery of an English thee to my office. Go now, and get thy physician, and has been regarded where it has been used, to be an infallible reme-Friend L. lived to see the poor boy dy for that disease. It is placed within the reach of all, put up in bottles with he finally assumed the responsible office full directions, and sold by Druggists and

cents a bottle.

New Moon, 21 day, 1h, 36m, Morning First Quarter 28 day, 7h, 23m, Afternoon Rises Sets Rises Souths Sets 1 | 3 | 8 | 8 | 58 | 7 | 2 | 4 | 27 | 9 | 50 | 7 | 3 | 5 | 50 | 10 | 46 | 7 | 4 | 7 | 10 | 11 | 44 | 5 | 8 | 33 | m're Friday Saturday SUNDAY Monday Tuesday

MAY, 1879.

Last Quarter, 12 day, 10h, 22m, Afternoon.

Full Moon, 6day, 1h, 51m, Morning.

Thursday Friday Saturday SUNDAY 5 Thursday

gives the time of high water at Parrsboro, Corn-wallis, Horton, Hantsport, Windsor, Newport and

Wallis, Horton, Hanspoor,
Truro.

High water at Pictou and Jape Tormentine, z ars
and 11 minutes LATER than at Halifax. At Annapolis, St. John, N.B., and Portland, Maine, 3 hours
and 25 minutes LATER, and at St. John's, Newfoundland 20 minutes EARLIER than at Halifax. At Chartottetown, 2 hours 54 minutes LATER. At Westport,
hours 54 minutes LATER. At Yarmouth, 2 hours
25 minutes LATER.

FOR THE LENGTH OF THE DAY.—Add 12 hours to he time of the sun's setting, and from the sum substract the time of rising,

FOR THE LENGTH OF THE NIGHT.—Substract the me of the sun's setting from 12 h ers, and t te emainder add the time of rising next morning.

OBITUARY-

GEORGE BARRETT LEARD. Often, in the midst of joy and happi ness, a family circle has cause to mourn.

God has been pleased to permit a sad affliction to visit the family of Capt Lewis Leard. About ten days ago, the family, consisting of eight children, were all stricken down with measles about the same time. In spite of all that medical aid could do to arrest his progress, on the 13th inst. "the angel of death" laid his icy hand upon George Barrett, the eldest of the family, a promising young man in his twentieth year. George was highly esteemed by all who knew him, for his kind and inoffensive manner, his willingness to assist the needy, and his untarnished reputation. His friends sorrow, but not as those having no hope. During the hours of his sickness, he desired to speak of nothing but Jesus, asking the Christians who visited him to bear him up be-

fore the Throne of God in earnest prayer. Yesterday, a large number of relatives and friends gathered at the house to show the last token of respect to the departed. The service was conducted by the Revd. A. C. B. Mr. Percival.

Bedeque, P. E. Island, April 16. 1879.

A NOBLE ENGINEER. "Cars stop twenty minutes!" called

out Conductor Richardson at Allen's Junction. Then, as the train came to a dead halt, he jumped down upon the depot-platform, ran slong to the front of the long line of passenger- cars, where the engine was standing, and swinging himself up into the cab, said to the engineer:

"Frank, I want you to come back to the first passenger-coach and see a little girl that I don't hardly know what to make of."

Frank nodded without speaking, deliberately wiped his oily smutched hands in a bunch of waste, took a look at his dusty face in a narrow little mirror that hung beside the steam gauge, pulling off his short frock, put on a coat, changed his little, black, greasy cap for a soft felt hat, taking these "dress up" articles from the tender box, where an engineer has some things stowed for an emergency and went back to the cars, as requested.

He entered the car and made his way to the seat where the conductor sat, talking to a bright looking little girl, about nine years old, oddly dressed in a woman's shawl and bonnet.

Several of the passengers were grouped around the seat, evidently much interested in the child, who wore a sad, prema turely old countenance, but appeared to be neither timid nor confused.

"Here is the engineer," said the conductor, kindly, as Frank approached. She held up her hand to him, with a winsome smile breaking over her pinched

little face, and said: "My papa was engineer before he became sick and went to live on a farm in Montana. He is dead, and my mamma is dead. She died first, before Willie and Susie. My papa used to tell me that after he should be dead there would be no one the cars and go to his old home in Ver- strongly to poetry-or philosophy is it? mont. And he said, if the conductor This has been found to be admirable. would n't let me ride because I had n't Why, sir, philosophy is only food etheria Zion's Herald,