side, the sun could be seen from a greater height, while hidden lower down.

Somewhat later, of course, the sun would have sunk so far as not to have been visible from the topmost peak of the mountain. For, as we all know, or ought to know, he has to journey the whole way round the world. After leaving England, he crosses the Atlantic to shine upon America; then he pours his beams on the Pacific, and travels over Asia; and so he gradually works his way round, till he once more rises in the English east and sets in the English west. Only, all this is, to some extent, a figure of speech, a mere popular phrase; because the sun does not really journey at all in the sense above mentioned. He does not travel round the world. So far as our Earth is concerned, he remains persistently in one place. It is we who move, not the sun, for that particular purpose-the making of Night and Day. The Earth whirls continually round and round, like a vast spinning-top; and, as she does so, each part of her surface in turn is presented to the sun, to be lighted and warmed by his rays.

Once in every twenty-four hours the earth revolves; and so, for most countries on earth, once in every twenty-four hours there is Day and there is Night. Far north and far south the days a 1 nights grow rapidly longer; till at the two Poles we find a day of six months, and a night of six months, alternating. But other causes operate here.

If you have a lamp on a table in a dark room, and a large ball in your hand, you may see for yourself how the spinning of our earth brings about Night and Day. Hold the ball a little way from the lamp, and notice that one half of it is in full brightness, while the other half is in shade. Then turn the ball gently round and round, and each part of its surface in succession passes from shadow into light, from light again into shadow. With a globe 'he size of our earth, and at so great a distance from its "lamp," the sladow becomes pitch darkness.

People sometimes ask, How can the world be always moving, and yet we do not feel The reason why we are not conscious it? of this motion is that it is perfectly even perfectly steady, perfectly noiseless. We are so accustomed to the rattle and shaking of vehicles made by man, that we can hardly understand any other kind of journeying. But in the swift calm whirl of Earth, no creak or rattle is ever heard, no jar is ever experienced. Moreover, things that are on the earth-people, houses, trees, hills, water, and air-all move steadily with the moving surface of our globe. We have, therefore, no outside objects by which to judge of our own motion, except the heavenly bodies. Naturally for a long while all motions were ascribed to them, instead of only some to them and some to our own earth. Notably it was so with this spinning motion.

Earth is not the only spinning body in space. The great Sun whirls upon his axis continually-as an orange might be made to whirl upon a slender knitting-needle stuck through its centre. The Sun's movements, like those of the earth, are entirely steadfast and uniform; and a single whirl occupies over twenty-six days. The little moon whirls likewise, but far more slowly; since, small as she is, she takes four weeks to accomplish a single complete "spin." All the planets revolve after the same fashion, each one upon its axis; some more fast and some more slowly. The huge body of Jupiter whirls round once in less than eleven hours; while Venus, which is about the same size as Earth, has also about the same length of day and night. Eleven hours divided in half give a very short day for work, and a very short night for rest. But if Jupiter has any inhabitants, which seems most unlikely in that planet's present heated and stormy condition, they are doubtless. adapted to their surroundings.

(To be continued.)

COTTAGE COOKERY.

BY M. RAE, Certificated Teacher of Cookery.

Split Peas Pudding.—1 pint split peas (average cost, $2\frac{1}{3}d$.), 1 oz. butter (1*d*.), $\frac{1}{2}$ teaspoonful salt, $\frac{1}{3}$ teaspoonful pepper ($\frac{1}{2}d$.). Total, 4d.

Soak the peas for twelve hours in cold water. Four hours and a half before the pudding is required tic the peas loosely in a cloth, put in a saucepan covered with cold water, and boil for three hours. Then pass through a coarse sieve or colander into a basin, stir in the butter, pepper and salt, flour the

cloth, tie the pulp firmly in it, and boil for an hour. This pudding is usually served with boiled pork. The peas are extremely nourishing, but are deficient in fat, and for that reason are generally eaten with fat meat, to form the proper proportion of force and heat-producing food. Instead of the butter, an egg well beaten is often used, and sometimes both, if economy is no object.

