

## WHEN THE GROUND HOG WAKENS

"If the ground hog sees his shadow when he comes out of his winter quarters on February second, he goes to sleep again for six weeks longer."—Folklore.

It is just as if you were to wake up at four or five o'clock some morning and would turn over for another snooze. But think of taking another snooze of six weeks! Some lazybones is sure to say that he wishes he were a ground hog.

The ground hog (which is another name for woodchuck) sleeps all winter long. How does he manage without anything to eat? Well, it isn't the same kind of sleep that we take when we go to bed. We can be awakened by being shaken, but a woodchuck in his long sleep, which people call hibernation, cannot be aroused except by being placed in a warm room for a long time. When he is in a sleep he seems to be dead. If the hibernation were an ordinary sleep like ours, the woodchuck would starve before spring time. His sleep is what is sometimes called suspended animation. You know what animation means, and suspend means to stop or stand still for a while. Now, when the woodchuck's animation or life stands still for a while, he does not need much food. What little he does need is supplied in a queer way. In the fall he eats until he is, as we say, as fat as a woodchuck. All over his body beneath the skin there is a thick layer of fat, and in the winter his body feeds on this store of fat. In the spring he comes out from his hole as thin as a crow.—Children's Magazine.

## HOW TO CURE GOSSIP.

Adopt this rule: Let all who come to you with stories about mutual acquaintances know that you intend, as soon as your duties allow, to wait upon the parties spoken of disparagingly and repeat just what was said, and who said it. Still better, take out your memorandum-book, and ask the party to allow you to copy the words, so that you can make no mistake.

You will have to do this probably not more than three times. It will fly among your acquaintances on the wings of the gossips, and persons who come to talk against other persons in your presence will begin to feel as if they were testifying under oath.

But you ask, "will it not be mean to go off and detail conversation?" Not at all when your interlocutor understands that he must not talk against an absent person in your presence without expecting you to convey the words to the absent person and the name of the speaker. Moreover, what right has any man or woman to approach you and bid you to secrecy and then poison your mind against another? If there be any difference in your obligations, are you not bound more to the man who is absent than to the one who is present? If you can thus help to kill gossip it will not matter if you lose a friend or two; such friends as these, who talk against others to you, are the very persons to talk against you to them.

Try our rule. We know it to be good. We use it. It is known in the church of which we are pastor that if any one speak to us disparagingly of an absent member, we hold it our duty to go to that absent member immediately and report the conversation and the names; or, still better, to make the party disparaging face the party disparaged. We have almost none of this to do. Amid the many annoyances which necessarily come to the pastor of a large church, and still larger congregation, we think that we are as free from the annoyance of gossips as it is possible for a man to be who lives amongst his fellowmen.

Try our rule, try it faithfully with meekness and charity, and if it does not work well, let us know.—Rev. Dr. Deema.

It ought to be the great care of every one of us to follow the Lord fully. We must follow Him universally, without dividing, up and down, without disputing, without disputing; constantly, without declining, and this is following Him fully.—M. Henry.

## LOOKING HAPPY.

"Don't worry about your clothes," wrote an older sister to a younger who was planning for a visit home after some years' interval; "you're sure to look happy, and that's the main thing." The reunion of old school and college friends which the summer months bring, emphasize the fact, if the woman of slender purse has ever been tempted to doubt it, that looking happy is the main thing. Watch the expressions and gestures in any such group centres in a bright-faced woman whose gown may be more than one season out of date, see how little attention is attracted by the most correct costume worn with an air of indifference or discontent, and you will be reinforced in your belief that it is the real things—not easy light-heartedness merely, but steadfast courage and cheer and serene self-count. Women sometimes speak of dressing to do their husbands credit, and no doubt sensitive souls do suffer from a misgiving that thoughtless acquaintances may infer niggardliness or incompetency from shabby clothes. But the surest witness to the devotion of husband and children is the happy face. The woman who wears that need not fear that those she loves will be greatly misunderstood.—Selected.

## THE MAGIC TRIANGLE.

A very interesting experiment is described in St. Nicholas. It may be performed as follows:

"With a wet lead pencil point draw on thick paper a triangle—whether the sides are equal or not makes no difference. Lay it on the surface of a basin of water with the drawing up, and very carefully fill the space inside the dampened lines with water, so that there will be a triangular basin of water on that swimming sheet of paper. (The water will not extend beyond the wet lines of the drawing.)

Now take a pin or needle or any thin, smooth, sharp-pointed instrument; dip its point into this triangular basin anywhere but at its centre of area—say very nearly at one of the angles. Be careful not to touch the paper and so prevent its free motion in any direction, and you will find that, no matter where the point is placed, the paper will move on the water until the centre of area comes under the point. This centre of area may be indicated before placing the paper on the water by drawing lines from any two angles to the centres of the opposite sides; where the two lines cross will be the desired place.

If a square be drawn instead of a triangle and similarly treated, it will move until the intersection of its diagonals comes under the pin point; and no matter what figure be drawn, it will move along the water so as to bring its center directly under the point.

An Irishman and an Italian were riding on a trolley car and each gave the conductor a dime for his fare, but the man passed on and did not give his passengers the change that was due them. Pretty soon the Italian went up to him and said, "I wanta my nick." "Go on," said the conductor, "You'll get no nickel. Ye've had all that's coming to ye." The poor fellow sat down and in a minute the Irishman called the conductor and said "Gim'me change." "Ye'll get no change," said the conductor, "Ye've had all that's coming to ye." "Arrah now," said the Irishman, "Look here, me boy, come off o' that. Ye can play that chune on an hand organ, but ye cannot play it on a harp. Gim'me that nickel and be quick about it." And he got it.

A new Irish temperance movement is called "The Catch-My-Pal Union." The name is descriptive of the method and spirit of the undertaking. In one of the places where the union has gathered headway, a man looked through four bar rooms for some of his friends, and found no one but the barkeepers. His "pals" had been caught by the union, to which he immediately joined himself.

HEALTH FOR BABY  
COMFORT FOR MOTHER.

The mother who has once used Baby's Own Tablets for her children will always use them for the minor ailments that come to all little ones. The Tablets give a guarantee of health to the child and ease and comfort to the mother. They cure all stomach and bowel troubles, and make teething easy. Mrs. H. Avole, St. Felicité, Que., says:—"I have used Baby's Own Tablets for indigestion, constipation and other troubles with perfect results. I think so much of the Tablets that I use no other medicine for my children." Sold by medicine dealers or by mail, at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## SEA BIRDS.

There are a host of sea birds, with which we are not familiar, which are fully as interesting as the land birds. They are a contributor to Boys and Girls. Their habits are quite different, as a matter of course. Many sea birds pass their lives on the ocean, sleeping at night with their heads tucked in their wings, and floating peacefully on the water. They feed on fishes and small animals that they snatch on the surface of the water. They go on shore to raise their young, choosing the most desolate places—lonely islands and steep cliffs. Thousands of families are raised on the bare rocks, and mingle their shrill screams with the roar of the ocean.

The gulls are abundant the world over. With their strong wings they fly gracefully over the sea. Often on seeing a tempting morsel under the water they suddenly dive for it. They meet to raise their young on the rocks or sand at the mouths of rivers or bays. These beautiful, graceful birds do not venture far out from shore.

Another bird is the stormy petrel, which lives far out on the ocean. A very small bird it is, the smallest of all web-footed birds. It is no larger than a swallow, but quite brave, flying with ease over the rough waters, rising and sinking with the waves, as if in sympathy with them. They are sometimes called "Mother Carey's chickens," and are one of the pleasures of a sea voyage, as they hover over the vessel from day to day.

The largest bird that swims is the powerful albatross. It has a snowy-white body and black wings. It seems to delight in fierce gales, and has been known to follow a ship in mid-ocean for many weeks. It flits over the sea, free as the air, once in a while swimming on the water.

There is elder duck which is a real sea bird, living in winter in large flocks on the Arctic seas. In spring these birds mate and swim off the shore. The female builds a nest of dry grass and straw, and lines it with the soft down from her breast. Her eggs are pale green, and are usually from six to ten in number. When she leaves her nest in search of food, she carefully covers her eggs with down.

Every one has heard of elder-down and knows of its soft, light qualities. It is a distressing manner in which our elder-down is obtained. The natives rob the nests and take the elder-down. The eggs are valuable, as well as the down. The mother bird, in great distress, builds another nest, the male stripping the down from his breast. This second nest is not taken, as the natives fear the birds would leave the shore entirely.

Little Jamie, aged three, was playing with his little friend, Jack. At the time Jamie chanced to have a rather heavy cold and was sneezing quite often. Jack's mother heard him several times and sympathetically asked: "Why, Jamie, what a cold you have! Doesn't your mother give you anything for it?" "Yes ma'am," Jamie very respectfully answered, "she gives me a clean handkerchief," whereupon he produced the prescribed "remedy."

"Can you keep anything on your stomach?" asked the ship's doctor. "No, sir," he returned feebly, "nothing but my hand."