

Scientific and Useful.

An experienced physician says that somebody who continually uses chloral as a sleeping draught is sure to be killed by it in the long run, certain conditions of the physical nature making it a deadly poison.

It is ascertained by an eminent English physician that, by the timely administration of the hyperphosphates of lime or soda, consumption can be stamped out as thoroughly as small pox by vaccination.

The medical examiner of a prominent English life insurance company says he has to turn away three-fourths of his applicants who excel in athletic exercises because they have dangerously strained the organs of the heart.

CHARCOAL has been discovered to be a sure cure for burns. By laying a small piece of cold charcoal upon the burn the pain subsides immediately. By leaving the charcoal on one hour, the wound is healed, as has been demonstrated on several occasions.

BAKED APPLE PUDDING.

Chop up a few good baking apples, peeled and cored, of course. Butter a pudding dish, and cover the bottom and sides well with grated bread, the bottom at least to the depth of half an inch; put in a few pieces of butter, a squeeze of lemon juice, and a piece of lemon rind chopped; then a layer of apples, sweetened, and so on bread and apples till the dish is full. See that the top layer is bread. Pour on a cupful of water. Bake in a brick oven for about half an hour or so. Eat while hot.

PHYSIOLOGY AND THE SABBATH.

J. R. Farre, M. D., says:—"As a day of rest, I view it as a day of compensation for the inadequate restorative powers of the body under continued labor and excitement. A physician always has respect to the restorative power, because if once this is lost, his healing office is at an end. A physician is anxious to preserve the balance of circulation as necessary to the restorative power of the body. The ordinary exertions of a man run down the circulation every day of his life; and the first general law of nature, by which God prevents a man from destroying himself, is the alternating of day and night, that repose may succeed action. But although the night apparently equalizes the circulation, yet it does not sufficiently restore its balance for the attainment of a long life. Hence, one day in seven by the bounty of providence is thrown in as a day of compensation, to perfect by repose the animal system."

MIND AND HEALTH.

The mental condition has far more influence over the bodily health than is generally supposed. It is no doubt true that ailments of the body cause depressing and morbid conditions of the mind; but it is no less true that sorrowful and disagreeable emotions produce disease in persons who, uninfluenced by them, would be in sound health; or if disease is not produced, the functions are disordered. Not even physicians always consider the importance of this fact. Agreeable emotions set in motion nervous currents, which stimulate the blood, brain, and every part of the system into healthy activity; while grief, disappointment of feeling, and brooding over present sorrows and mistakes, depress all the vital forces. To be physically well one must, in general, be happy. The reverse is not always true; one may be cheerful and happy, and yet be a constant sufferer in body.

HEAVEN IN HORSES.

In heaven's great point is to correct any faults in feeding, watering and working. Keep the patient in a cool, clean, well-aired stable; feed sound oats or ground feed morning and noon, without any hay or straw, but at night a few pounds of well-cured timothy, or, better, straw may be given after the grain; do not put to work for at least an hour after any meal, and let exercise be gentle for the first half hour; never overdrive; if there be any tendency to costiveness give daily two or three ounces of Glauber salts, more or less, as may be necessary to keep them easy. Without such careful management all other measures will prove unavailing, and this care alone may be sufficient to check the disease in its first stages. A run at grass on natural pasture, destitute of clover, will often have a similar effect. Finally, the following powder may be given daily for a month or even more:—Powdered digitalis, three drachms; powdered gentian, four ounces; arseniate of soda, two drachms. Mix, divide into thirty powders, and give one daily in the food.—N. Y. Tribune.

HOW "HARD" WATER MAY BE MADE "SOFT."

A late number of the Popular Science Monthly contains an interesting article under the caption of "A Piece of Lime-stone," from which the following paragraph is taken, which contains a hint that may be useful to engineers, as well as to others who may desire to learn a simple process of rendering "hard" water "soft." But, though insoluble in pure water, carbonate of lime is slightly soluble in water which is already charged with carbonate acid; and as all rain water brings down carbonate acid from the air, it is capable of taking up carbonate of lime from the soils and rocks through which it filters; and it thus happens that all springs and rivers that rise in localities where there are any kind of calcareous rock become more or less charged with carbonate of lime kept in solution by an excess of carbonic acid. This is what gives the peculiar character to water which is known as "hardness;" and a water hard enough to curdle soap may be converted into a very "soft" water (as the late Prof. Clark, of Aberdeen, showed) by the simple addition of lime water, which, by combining with the excess of carbonic acid, causes the precipitation of all the lime in solution in the form of insoluble carbonate, which gradually settles to the bottom, leaving the water clear.

True greatness consists in doing what deserves to be written, in writing what deserves to be read, and in making mankind happier and better for your life.

Unnoticed Acts of Love.

When we read the daily papers, with their long records of crimes, and when we hear of this or that act of depravity or unkindness, which has cast its shadow over a neighborhood or a home, we grow sorrowful. We lament the wickedness of the period, and sigh for the purity of former days, forgetful of the fact that the best things often go unchronicled. The thousand little deeds of Christian love, which are being wrought every day, are not told in the "Tribune" or the "Times," though they go down in the recording angel's book, in the column which is headed, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

A young girl arrives at home after a fatiguing journey. She steps from the cars into the waiting-room at the depot. There are but a few moments between herself and dear ones whom she longs to see, mother, sisters, and little brother. The first person she encounters is a forlorn and troubled stranger, an elderly lady, quite unused to travelling, and as helpless and confused as a child. The timid, flustered, appealing look of the woman, who has been shaken rudely out of all the ordinary experiences and surroundings of her life, and who has missed the train which she ought to have taken, awakens an instant sympathy in the girl. She is not confused, or helpless, or timid, though her years have not gone far into the twenties. She knows what to do, and how to do it, and no hurry or bustle of entering or departing trains disturbs her tranquil self-poise. Now, what has she to do with the stranger, in the quaint dress, with the half dozen bags and bundles. It is clearly somebody's else aunt or grandmother, and not hers. Nevertheless, she has learned the sweet lesson, that on life's path, the Christians are they who follow Christ, and extend the helping hand. So she puts by for a little longer, the anticipated pleasure of the meeting with her own loved ones, and carefully guides this unknown friend to a safe place, to another railway station, or wherever she wants to go, and sends her on her way rejoicing. Two hearts are happier for this meeting, the one that gave and the one that received. A chance meeting as we call it, and yet the woman who found the help she needed, might well take up the words of David to Abigail, "Blessed be the Lord God of Israel, who sent thee to meet me, this day."

A little child has lost her way. The weary feet wander aimlessly up and down unfamiliar streets. Tears dim the bright eyes. She cannot find the house she left awhile ago, as fearless and as happy as a bird. Between her sobs she sees a kind-looking lady, with a mother-like air, face, approaching, and she goes up to her with the piteous question, "Wont you tell me where I live." The lady, who is not herself over-strong, spends time and pains to find the small wanderer's home, and at last reluctantly gives her into the care of a friendly policeman. That is a deed of love, not large enough to be told by the types, yet its like is done every day.

A man returning at night from his business, anxious to be under the shelter of his roof, and at his own table, finds in a street-car a sick woman, with a crippled child. Both have journeyed many miles, and at dusk are uncertain how to reach the brother's house, which is their objective point. They have no slightest claim on the man of whom they ask a question, as to the route, yet he goes far out of his way, and spends two hours to see them safely at their destination.

These three instances belong to a list, which we might easily multiply by scores. The world is after all a bright and lovely place, for Christ's love has made it joyous and charming. Wherever his name has been spoken, there constantly are delicate courtesies and tender ministries performed for his sake.—Margaret E. Sangster.

The Value of Small Accomplishments.

Everything you know how to do, that is done at home, is something spun and woven and laid up in store, something acquired for a life-time, that will last as those beautiful old linens used to last; something that you will never have to spin and weave again. I do not mean something that you have done once, or once in a while, or that you think you know how ought to be done. I mean something that you have got at your fingers' ends, till it does not seem hard to you, or cost you the least toil of thought and anxiety. Something that you can handle as you handle your crochet needle, or run your fingers up and down the piano keys, playing your scales. Something that you can do as you "do your hair," or tie a bow-knot in your cravat; with turns and touches that you do not measure or think about, but have got so used to that the right thing comes of it,—the result that is nice and becoming, and full of skillful grace that cannot be analyzed or got at by method or recipe, but that you have just grown into, forgetting how.

Every bit of woman's work in a home, when she takes it up as a strange thing, is like tying a bow-knot for the first time, or like sewing or knitting or crocheting to one who has never touched the implements before. When you think of trying one such task after another, day after day, in the complex doing that "housekeeping" implies, with your very living depending on it all the while, you may well fancy how it is that American girls break down under the physical and mental strain that comes upon so many of them with that fulfillment of their happy hopes—and having and ordering a "house of their own." There is no help for it, but just the making all these things in their knowledge, such parts of yourselves as the alphabet and the multiplication table, and the consciousness of the parts of the day and week and year, are; things that have been used till they are like limbs and senses—natural furnishings, that you feel as if you were born with. Then you can take hold of life and live. You have not got the whole way and method to invent for yourself.

KO-THA RU was an early convert among the Karens, a mountain tribe of Burmah. So successfully did he labor among his countrymen that he was finally known as the Karen apostle. He was not a man of learning, or of what the world calls genius. He did not preach or teach as preachers and teachers usually do. He simply went among his countrymen, and sitting in their humble huts, he would tell them about Jesus. As he dwelt upon his own former life of sin, and upon his full redemption by the grace of Christ, he would weep tears of gratitude. Thus he preached Jesus and won many converts.

Special Notices.

Consumption Cured.

An old Physician, retired from active practice, having placed in his hands by an East India Missionary the formula of a simple Vegetable Remedy, for the speedy and permanent Cure of Consumption, Bronchitis, Catarrh, Asthma, and all Throat and Lung Affections, also a Positive and Radical Cure for Nervous Debility and all Nervous Complaints, after having thoroughly tested its wonderful curative powers in thousands of cases, feels it his duty to make it known to his suffering fellows. Actuated by this motive, and a conscientious desire to relieve human suffering, he will send (free of charge) to all who desire it, this recipe, with full directions for preparing and successfully using. Sent by return mail by addressing with stamp, naming this paper, Dr. W. C. Stevens, 126 Powers' Block, Rochester, N. Y.

A Very Sick Woman.

While calling at the office of a friend the other day, we were handed a letter from which we read the following:—Friend Craddock—My best friend, for thus I must address you, as you have done me more good than any one on earth under God, and I believe I owe my life to you, and thank you from the bottom of my heart for all that you have done. It would take several sheets of paper to enumerate all my sufferings, so I will only speak of the most important. For four years I had hemorrhages, beginning in February, and lasting until fall; palpitation of the heart; soreness of the breast-bone and short ribs; pain in the back of the lower part of the abdomen; cold hands and feet, even in August; constipation and headache. I had tried doctors, far and near, but all in vain. Some said I had consumption; others liver disease. I quit all doctors, and wrote to you for help, and obtained it from your great "East India Remedy." I depend upon you alone for a perfect restoration to health, and feel that I shall not be disappointed. Please send two more bottles, with Pills and Ointment, which I think will do the work. Yours truly, A. E. RICHARD

CHEWALLA, McNairy Co., Tenn., November 28, 1875. N.B.—This remedy speaks for itself. One bottle will satisfy the most sceptical. Ask your druggist to get it. Have also cures night sweats, nausea at the stomach, and feel that I shall not be disappointed. Please send two more bottles, with Pills and Ointment, which I think will do the work. Address, CRADDOCK & Co., 1022 Race St., Philadelphia.

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Efforts will be made during the coming year to make the PRESBYTERIAN increasingly attractive and useful to the large constituency it aims to represent. To this end the Editorial staff will be strengthened; a larger variety of Missionary intelligence will be furnished by Dr. Fraser, Formosa; Rev. J. Fraser Campbell, and Rev. James Douglas, India; and special papers are expected from the following gentlemen:—Rev. Dr. Waters, St. John, N.B.; Rev. Prof. Bryce, M.A., Winnipeg, Ma.; Rev. Principal McVicar, L.L.D., Montreal; Rev. John Cook, D.D., Quebec; Rev. Prof. Greig, M.A., Toronto; Rev. John Laing, M.A., Dundas; Rev. Prof. McKerras, M.A., Kingston; Rev. W. D. Ballantyne, B.A., Pembroke; Rev. G. M. Grant, M.A., Halifax, N.S.; Rev. W. Houston, M.A., Bathurst, N.B.; Rev. Geo. Bruce, M.A., St. Catharines; Rev. John Gallaher, Pittsburg, O.; etc., etc. Rev. Alexander McKay, D.D.

The Sabbath School Lessons will be continued; and increased attention will be paid to the question of Prohibition now happily growing on the public mind. All matters affecting the interests of our Church shall have prompt and careful attention; and the legislation likely to come before next General Assembly will be fairly discussed, and its bearing on the future of Presbyterianism in the Dominion duly examined.

We invite the cordial co-operation of ministers, elders, and people generally to aid in extending the circulation of the PRESBYTERIAN. Much has been done in this way already; but much still remains undone. Our circulation is now 6,000, there is no good reason why it should not be 10,000. If each of our present subscribers will only send us ANOTHER NAME we shall at once reach 12,000; and then to get the remainder will be a comparatively easy matter. Friends, help us in this particular. Remittances and Correspondence should be addressed to C. BLACKETT ROBINSON, Publisher and Proprietor. P.O. Drawer 2484, Toronto, Ont.

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Notwithstanding the almost insuperable difficulties in the way of getting our Sabbath School year introduced, the S. S. PRESBYTERIAN, we have resolved to continue the publication for another year, believing that the interest and usefulness of the work will be long seen in the justice and propriety of making room among the numerous papers usually published for a few copies of a monthly got up specially for our own school.

It is true that we have not any more reached our ideal of what such a paper should be, but marked improvements will be made in the next volume.

In order to insure an interesting quantity of reading matter the paper will be placed in charge of a gentleman in every convenient town to conduct such a publication; the illustrations will be numerous; and the issue of the periodical earlier and more regular than in the past. Last year we provided 10,000 copies of the paper, and we will not only do it, but we will also do it better than we have ever done before. We are already so well and favorably known to our young readers, will continue his valuable contributions.

Subscribers and superintendents are earnestly invited to forward their orders without delay, so that we may know in good time the number to be printed for January.

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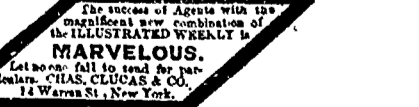
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