

## SUNDAY SCHOOL LESSON

Lesson XI. Sept. 9, 1917.

The Benefits of Total Abstinence—Temperance Lesson.—Daniel 1: 1-21.

Commentary.—I. Hebrew captives under training (vs. 1-7). It is definitely stated that it was in the third year of the reign of Jehoiakim, king of Judah, that Nebuchadnezzar, king of Babylon, captured him and carried away many vessels from the temple to his own land and put them in the treasure house of his god. In this first captivity of the nation, which marks the beginning of the seventy years of Jewish captivity, many persons of noble families were taken. Among them were the Hebrew youths, Daniel, Hananiah, Mishael and Azariah. According to Oriental custom some of the captives were to be selected and trained for important service in the land of their captivity, and this selection was to be made on the basis of beauty and intelligence. Those chosen must give promise of ability to learn the Chaldean language. The king's plan was for the chosen youths to be kept under training for three years, being fed with food from his own table and being supplied with the same kind of wine which he himself drank, and then brought before him at the end of that time for his inspection. The four youths just mentioned, then, probably from twelve to sixteen years of age, were chosen for this training. For their Jewish names other names were substituted according to the Oriental custom. The Jewish names of these youths had some reference to God, and their new names had reference to heathen gods.

II. The Hebrews' purpose (v. 8-13). Daniel—It has been believed by some that Daniel was a relative of King Zedekiah, but the evidence is not positive. It is certain that he belonged to a noble family in Judah. He was in Babylon during the entire period of the seventy-years' captivity and lived some time after that. He died at the age of eighty-five years or more. Purposed in his heart—Literally, "Laid it on his heart." Underneath his purpose was a strong desire to keep a clear conscience in spite of the heathen surroundings. Would not defile himself with... wine—Daniel had been instructed in the law of God. The law of Moses forbade the eating of certain kinds of animals, and prescribed the manner of killing the animals which were to be eaten. The children of Israel were not to eat the blood. It was customary for heathen people to offer their food and drink to their idols by pouring out portions on the ground. They would not observe Jewish methods in slaughtering their animals, and the Hebrew youths would be conscious or ignorant of violating the principles that had been established in them by their early training. In order to escape the possibility of such violations, they resolved to take the kinds of food that would involve no sacrifice of principle. "The king's dainties" would not furnish them better nourishment than their chosen food, and they might be injurious to them; and as for the wine, they would abstain from it utterly, for their principles would not admit of their using it. The prince of the eunuchs—Ashpenaz (v. 3). Servants of this kind were employed in many Oriental courts and sometimes became very influential with the monarchs whom they served. 9. Into favor and tender love—The revised version, "To find kindness and compassion," is more exact. Ashpenaz became favorable to Daniel as soon as the latter made the request mentioned in the preceding verse. Besides this, the Lord was directing the course of Daniel and was moving upon the heart of the prince of the eunuchs to the end that the future prophet might have a standing at the court of Babylon. 10. I fear my lord the king—Ashpenaz had received his orders, and it would endanger his life to disobey them. Oriental monarchs were despots, and did not hesitate to exercise that power (Dan. 2: 5, 12) at the slightest provocation. This servant was responsible to the king for the physical condition and intellectual advancement of the Jewish youths. Worse—Worse looking.—R. V. In worse condition.

11. Melzar—"The steward."—R. V. Melzar is not a proper name, but this term denotes the rank of the official who had the particular oversight of Daniel and his companions. 12. Prove thy servants—Daniel and his companions had confidence in the course they desired to take. They believed that if they honored God in keeping his law he would honor them and give them prosperity. ten days—Farrar calls this "a sort of mystic Persian week." It was long enough to give an idea as to the effects of the diet. The word means leguminous food, such as beans and peas, but is used here in a wider sense to include vegetable foods in general, water to drink.—The wisdom, as well as the piety, of the Hebrew young men was shown in their purpose to abstain entirely from the use of strong drink. In no sphere of labor does alcoholic beverages help the worker. It does not enhance mentality, but rather dulls it; it does not increase physical endurance, but diminishes it; it does not add to the wealth of the individual or of the community, but reduces it. Water is the agent which God has provided to quench thirst. 13. Let our countenances be looked upon.—The countenance is an excellent indicator of the mental and physical condition. Temperance always stands the test.

14. The Hebrews' success (vs. 14-21). 14. He concerned.—He harkened.—R. V. The Hebrews were firm in their purpose, but they were courteous in the request which they made. The steward may have been the one ready to grant it since the test was for only ten days; and if the Hebrew youths did not thrive during that time, there remained nearly three years of training, during which any slight disadvantage could be overcome. 15. It appeared fairer, and they were

fatter in flesh (R. V.).—It is an evident fact that those who gave themselves over to the pleasures of the flesh bear the signs of dissipation upon their countenances. The Hebrew youths were obeying their consciences and had a firm trust in God, therefore they thrived upon the healthful diet which they chose. 16. Melzar took away the portion of their meat.—The steward took away their dainties.—R. V. The ten-days' test had been so satisfactory that the steward considered it safe to continue to give the Jewish youths the kind of food and drink which they desired. 17. God gave them knowledge, etc.—The record plainly declares that God was the source of their advancement. It was he that prospered them in their course of abstinence. 18. end of the days—At the end of three years (v. 5). brought them in—Not only Daniel, Hananiah, Mishael and Azariah, but all the youths mentioned in verses 3 and 4. 19. the king communed with them.—Nebuchadnezzar talked with the young men with a view to ascertaining the progress they had made during their positions in which he desired their service. He found the four total abstainers superior to the others at every point. before the king—As his personal attendants. 20. ten times better—The term "ten times better" means greatly superior.

Questions.—Who was Daniel and how came he to be in Babylon? Who were his three companions? What request did Daniel make and for what reason? In what respect was this a wise request? What was the result of the ten-days' test? How long was the course of training given to the young men? What was the object of the training? What was the result of the course which the youths took?

## PRACTICAL SURVEY.

Topic.—Freedom in captivity.

1. Gained by loyalty to God.

2. Won by temperate living.

3. Gained by loyalty to God.

I. Won by temperate living.

The first chapter of Daniel is introductory to the whole book, giving an account of the selection and education of Daniel and his three companions by direction of the King of Babylon. Daniel was a young man of intense religious convictions, a true patriot, possessed of a powerful mind, upon whom numerous and weighty influences were brought to bear. Nebuchadnezzar, proud conqueror of the nations, purposed to turn the superiority of the four young Hebrews to account in his own kingdom. He proceeded to subject them to the habits and discipline which should naturalize them to his own country. As he had poured the treasure taken from the temple of the God of Israel into the temple of the heathen god, so he hoped to adapt the human treasure he had conquered to the purpose of his religion and its institutions. Daniel and his friends were wholly at the mercy of the king and his servants. Only one possessing more than ordinary strength of character could have withstood the tendency of such an education and continued at that heathen court, Jewish in thought, sympathy and religion. It was the design of Nebuchadnezzar to make Daniel and his friends subversives of Israel's national faith. With the intention of deep conviction, coupled with his integrity, Daniel took his duty and did it. He stood practically alone in his conclusion that to partake of heathen food was a dishonor to God. Though a youth in a pagan court, he was not overcome by its influences. He gave himself to a certain definite purpose which he deliberately formed. From the beginning of his career Daniel was a true witness for the truth. The favor of God was more to him than life. Perhaps the low state of religion in his own land had served to increase in him the sense of responsibility for an absolutely true course in the matter which confronted him in the heathen court. In refusing the king's meat, Daniel proclaimed himself the follower of another religion, obedient to another God. His conduct was an indirect avowal of his Hebrew faith. He stood at all hazards to be true to his God vindicated his cause. Among all the Old Testament saints Daniel towers high as one of the superb specimens of manhood. His record is without parallel.

II. Won by temperate living.

Nebuchadnezzar was a tyrant and a despot, accustomed to having his own way, and his slightest order obeyed as law. The prince of the eunuchs, though high in favor and authority, knew what it was to tremble before the will of his monarch. He expected a just estimate of it when he answered Daniel. It was not a trifling matter for the four young Hebrews to free themselves from the order of a jealous king whose slaves they were, since by such a course they endangered their lives. Daniel's courage was victorious. His heart was fixed. His personal resolution became the resolution of his companions. From his example they gained the firmness of his companionship. At the outset they took their stand on the side of right to resist the appearance of evil, however plausible. God was preparing them to do service for his church when it was in danger of being trampled under foot in the highway of the nations. The four Hebrews modeled their conduct so that their public profession and public acts should incite in the hearts of their humble fellow men in captivity a spirit of patriotism and of reverence. They stood aloof from everything which was in opposition to God's law. They scrupulously maintained the moral and religious principles which had been implanted in their minds in their earlier education. Their consistent, godly, upright lives proved in heathendom the great benefit of temperance and true regard for the worship of God. Their tact, skill were commendable and necessary. God's added blessing insured success.

Autumn Symptoms.

Narrower skirts.

Fitted and dainty bodices.

Sober, dignified, simple lines generally.

Continuance of the straight-lined silhouettes.

Many a man thinks he has the best of friends because he doesn't know any better.

A man never speaks of himself without loss.—Montaigne.

## SHEEP PARASITES AND HOW TO CONTROL THEM

## Nodular Disease and Lung Worms Cause Death

There is another parasite causing serious disorders in sheep in many places. This is a round worm known as *Strongylus contortus*, and in some instances creates sad havoc in the animal it attacks. It appears to prefer the fourth stomach of the animal, as its habitat rather than any other part of the economy. The disorder produced by this worm is familiarly known in the more southern latitudes as "the nodular disease," meaning a worm. The parasite produces characteristic symptoms, which can be recognized with more or less certainty by those who are familiar with the disorder, although it is perhaps unfortunate that they closely resemble the symptoms produced by other worms in the intestines, and, indeed, are often accompanied by other worms, so that it becomes a matter of some difficulty for the veterinarian to decide which of the two is producing the greater disturbance.

## CONTRACTED BY EATING THE EGGS.

The sheep which is affected with the worm will be seen to hang behind the rest of the flock and have a marked expression of general languor. The head will hang and ears will droop; there will also be an expression of general debility. The bowels will frequently be constipated, but in many instances this gives way to diarrhoea; the appetite of the animal will be capricious. In some instances I have noticed extreme prostration, even to the extent that the animal lay upon its side, little more than a lifeless mass.

If there is a special desire to diagnose disease with more certainty, a careful examination of the faecal discharges of the animal, by the aid of an ordinary magnifying glass will sometimes reveal the presence of the worm. Should it not be found and the animal eventually die from an unknown complaint, a post mortem should be held and attention directed to the fourth stomach, where, if these worms are the cause, they will be found in vast numbers—their movements can be readily detected, as they wiggle about in the organ, appearing to some extent as if attached to the mucous membrane of it. Those that I have observed, present a somewhat chocolate hue and look like so many brown hairs about, say, an inch and a half long. They vary considerably, however, as far as their length is concerned.

It is believed that sheep contract this disorder by consuming the eggs, which fall to the ground along with the worms which infected other sheep and that when these eggs arrive at the fourth stomach of the sheep, finding a suitable habitat, they develop there.

I have found the spirits of turpentine and milk more effectual with this disease than any other agent which I have used. Add one part of spirits of turpentine to 16 parts of milk. The dose is from two to four ounces for each animal, according to the age of the patient, and again in two days if necessary, and again in two days if necessary. The disease may be prevented to a large extent by requiring sheep to eat out of mangers and drink from troughs which have not been contaminated by affected sheep. The

medicine should be administered in the same manner as was described in the last disease (see Countryman, page 924, issue of July 21st).

## APPLY REMEDIES IN EARLY STAGE.

On several occasions I have been consulted concerning an outbreak of disease in sheep, the owners stating that the animals seemed to sicken and die without any apparent cause. I have, in some instances, investigated these outbreaks and have found the walls of the bowels from beginning to end, affected with a peculiar bead-like appearance, which was most striking. I have noticed that by drawing a sensation would be produced upon them which would remind one of a string of beads where the beads were a few inches apart. In other instances the nodules will assume considerable dimensions, being as large as a bean. When cut into, the nodules will be noticed to contain a green, cheesy-like substance, which has reminded me in some instances of the meat of the green pea. This disease may invade the economy of an animal to a considerable extent without apparently doing much harm. But when the bowels are as badly affected as I have seen them it is pretty evident to me that they were the cause of the sickness and death of the animal.

It is quite unfortunate that we cannot diagnose this disease with anything like certainty during the life of the animal. Having found it in some dead creatures our suspicions must be aroused, knowing that the whole flock had been treated about alike as far as external surroundings were concerned, so the exposure would be practically the same in all individuals. The worm causing this disorder may be found in the nodules by means of an ordinary, low-power magnifying glass.

This disease has not been investigated from a curative standpoint sufficiently to enable the writer to speak with anything like encouragement so far as individual medicines are concerned in overcoming it, although experience with like disorders suggests that treatment may profitably be applied, once we discover a specific for these organisms. The remedy should, no doubt, be used in the early stage of the disorder before it has time to weaken the constitution of the animal to such an extent that it might be doubtful if it would regain its original vigor. In supposing the parasite was destroyed, it is probable, however, that some of the remedies used for intestinal parasites will answer very well for this if given in time.

As the disease is believed to be disseminated or spread from animal to animal by eggs dropping to the ground from affected sheep and taken from the pastures or drinking water by healthy animals, the cutting off of this means of circulation is a certain way of preventing this disorder, and sheep which are known to be healthy should be kept on new pastures by themselves and required to drink from troughs which have not been contaminated by diseased animals. If the sheep are fed from troughs instead of the ground, the chance of dissemination of the complaint are reduced to a minimum.

## COUGH VIOLENTLY, SKIN WHITE.

In one or two instances my attention has been called to flocks of sheep which exhibited certain peculiar symptoms, to wit: The animals would possibly be lying quietly on the ground without suffering any unusual inconvenience, but if required to rise somewhat suddenly a paroxysm of coughing would be brought on and the creature would, in some cases, suffer great inconvenience thereby, even to the extent that it would be threatened with suffocation. The animals would be debilitated more or less according to the severity of the attack. Young worms are usually found in young animals, and the disease is sometimes called verminous bronchitis, it being dependent upon worms in the bronchial tubes which irritate these tubes under certain conditions, to an extent that the cough previously alluded to, will be brought on. Not only this, but the animals are often poorly nourished, and may have a copious nasal discharge, in which fragments of the worms can occasionally be discovered. The wool is easily pulled off, exhibiting a white, bloodless skin underneath, which peculiar appearance has given rise to the name "paper skin disease." The parasite which causes this disorder is technically called the strongylus filaria.

Of all the remedies which have been used by the writer, preference is given to turpentine. It is known to those who study the actions of drugs that turpentine is eliminated from the system to some extent by the lungs. During its passage through these organs it has a very baneful effect upon the lower forms of animal life which may invade them, and no doubt causes their destruction. The medicine may be administered in the same doses and in the same manner as recommended in the foregoing for worms. I have on some occasions resorted to the fumigation of the bronchial tubes with fumes of sulphur, and while, if judiciously applied, it will have a good effect, care must be taken that this line of treatment is not overdone, as by so doing more harm than good is likely to result.

Another worm which invades the lungs of sheep is strongylus ovis-pulmonalis. It seems to invade the lung substance itself and gives rise to a disease which, to a casual observer, resembles tuberculosis very much. Indeed, there being nodules of variable size on the surface of the lung, which in some instances contain pus. The nodules resemble very much the milky appearance of tuberculosis. These two lung diseases often accompany one another and are overcome by the same kind of treatment, but it must be admitted that prevention is better than cure, and if the locality is free from the disorder the greatest care should be taken to keep the disease out, which can only be done by placing certain restrictions in the shape of quarantine upon new imports. Strange sheep, if permitted in the locality, should be kept by themselves for a month or two, and if found affected with any disease of the verminous or worm-like nature, the pasture upon which they have run during the quarantine season should not be used for healthy sheep for a season or so.

For mere accessories, belts and girdles are certainly receiving an amazing amount of attention just at the present time. Fashion is, as it were, making up for past neglect, and she certainly is doing it royally. Never were belts and girdles more gay, so unique, so altogether important. But a word to the well-dressed—they're not to be worn on frocks or coats that already have a sufficient amount of ornament. That's one of the mistakes that some women have been making lately. The new belts and girdles are for the frock or suit that isn't already gaily embroidered or trimmed with bright materials, or has too many broken lines. Just because the new belts and girdles are so striking they must be worn only with costumes that are more or less plain, even severe.

The new belt must not be drawn tight. It is merely meant to define the waistline in some of the loose-lined garments. To draw it tight would be to spoil dress and coat lines.

Beaded girdles are meeting with much success. They come in many widths and in variegated colors. The beads used are of the small size used in handbag making. A few odd girdles are composed of bright leathers or Venetian beads. Metal girdles are also approved and many of the latter show fascinating Egyptian designs. Prices range from low to high, but usually from \$1.50 to \$6.10 and a few at higher prices. One lovely girdle shows Egyptian motifs in the form of medallions having upon them Sphinx cameo heads upon a heavy chain of antique metal. A large pendant at the front giving a decidedly Oriental air to the pretty thing.

A cincture "throw" girdle is composed of bright large wooden beads, strung in single file, and ending with a silk tassel at each end. Another is a double chain of mottled green and blue metal, with green gold filigree ornaments. Mock jewels appear in a Persian design. Jet cincture throw girdles are smart. Chinese girdles are in evidence, and there are some lovely enameled metals. All girdles and belts are comparatively narrow.

In its cheezy, now practically unobtainable, Switzerland—has a first-class asset for bargaining.—Springfield Republican.

## MARKET REPORTS

## TORONTO MARKETS.

## FARMERS' MARKET.

Dairy Produce—		
Butter, choice dairy	..	\$9.40
Eggs, new-laid, doz.	..	0.45
Cheese, lb.	..	0.00
Do., fancy, lb.	..	0.00
Dressed Poultry—		
Turkeys, lb.	..	0.28
Fowl, lb.	..	0.28
Spring chickens	..	0.30
Ducks, Spring, lb.	..	0.00
Fruits—		
Blueberries, 11-qt. bkt.	..	1.50
Currents, black, 11-qt. bkt.	..	2.00
Rhubarb, doz.	..	0.00
Peaches, Can., 6-qt. bkt.	..	0.50
Raspberries, box	..	0.18
Plums, bkt., doz.	..	0.70
Cherries, bkt., 6-qt.	..	0.50
Do., 11-qt. bkt.	..	1.00
Vegetables—		
Beans, small measure	..	0.00
Beets, doz., bchs.	..	0.25
Cucumbers, doz.	..	0.00
Cauliflower, each	..	0.00
Corn, doz.	..	0.00
Carrots, doz. bunch	..	0.00
Celery, per head	..	0.00
Cabbages, each	..	0.05
Lettuces, doz. bchs.	..	0.20
Do., head, doz.	..	0.10
Vegetable marrow, each	..	0.00
Onions, bundle	..	0.00
Do., small, bkt.	..	0.00
Do., Bermuda, box	..	0.00
Potatoes, bag	..	2.00
Do., per cwt.	..	0.00
Do., small measure	..	0.00
Radishes, 2 bunches	..	0.00
Sage, bunch	..	0.05
Squash, each	..	0.10
Savory, bunch	..	0.10
Turnips, peck	..	0.00
Tomatoes, 11-qt. bkt.	..	0.50

## MEATS, WHOLESALE.

Beef, forequarters	..	\$11.00
Do., hindquarters	..	12.00
Carcases, choice	..	15.00
Do., common	..	12.00
Veal, choice	..	12.00
Do., medium	..	12.00
Heavy hogs	..	17.00
Shop hogs	..	17.00
Mutton, light	..	15.00
Do., heavy	..	12.00
Lamb, yearling	..	20.00
Spring lambs	..	25.00

## TORONTO CATTLE MARKET.

Cattle were steady; calves strong; sheep and lambs higher and hogs advanced 25 cents.

Cattle, choice	..	11.50
Butcher cattle, medium	..	9.50
Butcher cattle, common	..	7.50
Butcher cows, choice	..	8.00
Butcher cows, medium	..	8.25
Butcher cattle, canners	..	6.25
Butcher bulls	..	5.00
Feeding steers	..	5.00
Stockers, choice	..	1.25
Stockers, light	..	4.50
Milkers, choice	..	12.00
Springers, choice	..	40.00
Sheep, ewes	..	9.50
Fucks and culs	..	14.00
Lambs	..	14.00
Hogs fed and watered	..	17.25
Calves	..	7.00

## OTHER MARKETS.

## WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange yesterday were the following:

	Open.	High.	Low.	Close.
Wheat	2.18	2.19	2.14	2.11
Oats	..	..	..	..
Dec.	0.62 1/2	0.63 1/2	0.62 1/2	0.62 1/2
May	0.62 1/2	0.63 1/2	0.62 1/2	0.62 1/2
Flax	..	..	..	..
Oct.	3.55	3.55	3.44	3.44
Nov.	3.46	3.46	3.42	3.42
Dec.	3.36	3.36	3.23	3.23

## MINNEAPOLIS GRAIN MARKET.

Minneapolis.—Wheat—September, \$2.17; cash, No. 1 Northern, \$2.25; No. 3 Northern, \$2.15; No. 2 Northern, \$2.10; No. 4 Northern, \$2.05; No. 5 Northern, \$2.00; No. 6 Northern, \$1.95; No. 7 Northern, \$1.90; No. 8 Northern, \$1.85; No. 9 Northern, \$1.80; No. 10 Northern, \$1.75; No. 11 Northern, \$1.70; No. 12 Northern, \$1.65; No. 13 Northern, \$1.60; No. 14 Northern, \$1.55; No. 15 Northern, \$1.50; No. 16 Northern, \$1.45; No. 17 Northern, \$1.40; No. 18 Northern, \$1.35; No. 19 Northern, \$1.30; No. 20 Northern, \$1.25; No. 21 Northern, \$1.20; No. 22 Northern, \$1.15; No. 23 Northern, \$1.10; No. 24 Northern, \$1.05; No. 25 Northern, \$1.00; No. 26 Northern, \$0.95; No. 27 Northern, \$0.90; No. 28 Northern, \$0.85; No. 29 Northern, \$0.80; No. 30 Northern, \$0.75; No. 31 Northern, \$0.70; No. 32 Northern, \$0.65; No. 33 Northern, \$0.60; No. 34 Northern, \$0.55; No. 35 Northern, \$0.50; No. 36 Northern, \$0.45; No. 37 Northern, \$0.40; No. 38 Northern, \$0.35; No. 39 Northern, \$0.30; No. 40 Northern, \$0.25; No. 41 Northern, \$0.20; No. 42 Northern, \$0.15; No. 43 Northern, \$0.10; No. 44 Northern, \$0.05; No. 45 Northern, \$0.00.

## DULUTH GRAIN MARKET.

Duluth.—Lined, \$3.65; September, \$3.65; asked, October, \$3.65; asked, November, \$3.65; December, \$3.65. No closing cash wheat prices to-day.

## CHICAGO LIVE STOCK.

Cattle, receipts 22,500.

Market steady.

Beefers	..	8.20
Western	..	7.00
Stockers and feeders	..	7.00
Cows and heifers	..	6.00
Calves	..	12.00
Hogs, receipts 9,000.		
Market strong.		
Light	..	16.00
Mixed	..	16.10
Heavy	..	16.10
Rough	..	16.10
Pigs	..	11.75
Lamb, receipts 15,000.		
Market steady.		
Lambs, native	..	7.30
Western	..	11.70

## BUFFALO LIVE STOCK.

East Buffalo, Despatch—Cattle receipts 225; slow.

Veals, receipts 50, steady; \$7 to \$16. Hogs, receipts 500; strong; heavy and mixed \$14.80 to \$18.50; Yorkers \$18 to \$18.25; light Yorkers \$16.50 to \$17; pigs \$16.25 to \$16.75; roughs \$16.50 to \$16.75; stags \$13 to \$14.50. Sheep and lambs, receipts 400; steady and unchanged.

## WITH ELECTRICITY.

Extreme Caution Should be Used in Handling All Fixtures.

"Electricians think nothing of touching with their fingers a 110 volt or 220 volt A. C. or D. C. switch to ascertain whether it is alive or not," says the Electrical Experimenter. "On the other hand it is claimed in a number of authentic cases on record that 110 volts, such as is used for ordinary lighting circuits, has sufficed to produce fatal results to a human being. Therefore it behooves everyone to take the utmost care in handling electrical apparatus of any nature, no matter whether it is a small toaster, or an innocent looking electric light switch of the push button variety."

"A good point to keep in mind would be to exercise extreme caution in manipulating all lamp sockets or switches directly before or directly after a severe storm, which may have blown down high voltage wires so as to cause them to drop across low tension wires supplying house circuits."

"Those having electric lights in their homes should always exercise the greatest care in manipulating any of the devices connected to such service. In the bathroom especially they should never touch the socket or wall switch while standing in the bathtub or with wet feet on a floor where there is any water, as there accidents happen at the most unexpected moment. They are practically immune from danger if they would just take the trouble to see that they always stand on a dry floor."

Physician—You will have to change your occupation. You must get out in the open air more. By the way, what is your business? Patient—I'm an aviator.—Puck.

## SUNDAY AT HOME

## THE REFUGE.

My faith grew weak in sorrow's night,  
So long delayed the morning light!  
The bitterness, the mystery  
Of pain and loss that came to me,  
Against my soul had onslaught made,  
I trembled—I was sore afraid.

And then I saw a sweet, strange thing  
That filled my soul with wondering;  
The clouds hung black, the lightning flashed  
In deadly fire, the thunder crashed—  
And through it all a little child  
Lay in its mother's arms and smiled!

Ah, sweet for me the lesson learned,  
To God's strong refuge then I turned.  
Securely held from life's alarms,  
I rested in my Father's arms,  
And in that sure abiding place  
I smiled into His loving face.

Faith Wells.

## LET YOUR SPEECH BE ALWAYS WITH GRACE.

A word fitly spoken, is like apples of gold in pictures of silver. As an ear of gold, and an ornament of fine gold, so is a wise reproof upon an obedient ear.—Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.—A good man out of the good treasure of the heart bringeth forth good things;