

began his new life. He has not broken down in it.

It was in the spring, too that Uncle Ben began to fail. The old man was so fond of Polly that she gave up most of her time to him; so much of it, indeed, that Joe complained.

"Don't say a word, dear," she said; he has such a little while to stay. Let me do what I can."

"Isay, Polly, was that the Bible you were reading to him to-day?"

"Yes; he asks for it often."

Joe began to whistle, and choked it down with a sigh. Uncle Ben had been such a godless reprobate in his youth that it had never occurred to any of the Demmings that there was any way to reach his soul. He lived until late in the summer. The Sunday before his death he sent for Mr. Floyd and talked to him for a long time.

When the young minister came out of the dying man's room he was pale. He had been much moved.

"If sincere repentance can make any of us worthy of heaven, he is worthy," he said. "It is Mary's work under God's blessing," he added.

The girls overheard the conversation. They sat gravely silent after the minister was gone.

"I do not understand Polly," said Grace at last. "She never seemed to me to be a religious person."

"Perhaps," said the squire, "we have not clearly understood what religion is."—Selected.

THE SIN OF FRETTING.

There is one sin which seems to me is everywhere and by everybody underestimated; and is quite too much overlooked in valuations of character. It is the sin of fretting. It is as common as air, as speech; so common that unless it rises above its usual monotone we do not even observe it. Watch any ordinary coming together of people, and see how many minutes it will be before somebody frets—that is, makes more or less complaining statement of something or other, which most probably nobody can help. Why say anything about it? It is cold, it is hot, it is wet, it is dry; somebody has broken an appointment, ill-cooked a meal; stupidity or bad faith somewhere has resulted in discomfort. There are plenty of things to fret about. It is simply astonishing how much annoyance and discomfort may be found in the course of every day's living, even at the simplest, if one only keeps a sharp eye out on that side of things. Even Holy Writ says we are born to trouble as sparks flying upward. But even to the sparks flying upward, in the blackest of smoke, there is a blue sky above, and the less time they waste on the road the sooner they will reach it. Fretting is all time wasted on the road.—Helen Hunt.

In another column shall be found an open letter from a prominent physician relating the facts of a cure of consumption after the patient had

reached the last stages of this hitherto unconquered disease. The statements made are really remarkable, and mark another advance in the progress of medical science. Our readers will find the article well worth a careful perusal.

A NOBLE GIRL.

It happened in the island of Anglesey many years ago, but it is none the less remembered by those who heard of it at the time. A young nurse, with a baby in her arms, was taking it for an airing along a narrow lane walled in on either side. Nothing was farther from her mind than any fear of danger in so quiet a part of the country, when all at once a sound of noisy wheels approached, and, to her alarm, she saw a heavy cart, drawn by a pair of frightened horses, come tearing down the lane. There was no driver; he might have been thrown off, or he might have been left behind; the story does not say. The cart almost filled the lane, and, stand back against the wall how she would, it seemed certain she and the baby must be knocked down and killed. All this flashed through the girl's mind in that one frantic look for succor, before, behind, around; then, without another second's pause, she lifted her arm and flung the baby over the high wall into the grassy field beyond. The cart dashed by, leaving behind it a poor senseless heap, the dead nurse, while, on the other side of the wall, the baby was picked up alive and scarcely bruised. At any rate, the faithful servant had saved the life of her charge. No soldier on the battle-field died more bravely in the discharge of his duty than did this poor girl.—Selected.

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