

more worthy of Him and of you. In a Christian parent, it is fidelity to the children of the covenant whom you have promised to pray for and pray with, living the christian life before them as diligently as you talk about these things (the hardest task of all). In the eldership, a devoted shepherding of the sheep as an under-shepherd, in such a spirit that "When the Chief Shepherd shall appear, they shall receive a crown of glory that fadeth not away." In the minister, a tender and faithful and searching presentation of the whole counsel of God. In the church-members, the bringing of a blessing to the social meetings of the church, and a doing well of the common duties of life, till the common levels of life are high-land levels. In other words, the kind of a "revival" John preached was simply a doing the duties and living the life of a Christian. Is that a very simple thing? It would be to work miracles. If we all did these things, some would exclaim, "the day of miracles has returned." And such doing and living would not result in a revival: it would be one.

SLEEPLESSNESS AND "MY ALPHABET."

OF the many remedies for sleeplessness which come to us from time to time in various papers, nothing is more available to every one, and possibly none more sure to bring the desired result, than one given by "Lillian Payson" some years since, in *The American Messenger*. During a call upon a lady of more than ninety years, she repeated the text "I remember Thee upon my bed, and meditate on Thee in the night watches." "Yes," was the quick response; "perhaps you would like to hear my alphabet." Beginning with Job xxii. 21, "Acquaint now thyself with Him and be at peace," she followed the order of the letters through, hesitating sometimes in regard to the letter, but when told, recalled herself at once, as at M. for instance. When the letter was given, she instantly quoted "My grace is sufficient for thee, for my strength is made perfect in weakness."

Many times, when wakeful, I have been soothed to sleep by the Scripture alphabet suggested by the dear aged saint, and kindly sent out to the world by "Lillian Payson." Sometimes I have gone through the alphabet two or three times, with a different text for each letter (save X) each time. More often I would

be in the land of forgetfulness before reaching the letter X.

One can also use the first line of hymns in this way, beginning with "All hail the power of Jesus' name," for instance, closing with "Zion stands with hills surrounded."

This is also a delightfully profitable entertainment for social gatherings. All can think for themselves in how many ways profitable and enduring enjoyment may come from a half hour thus spent. Try it your next wakeful night, and at your next social entertainment, albeit every text you ever did know will seem to fly away from you for the moment. S.

THE FISHERIES QUESTION AND REPUBLICAN DEMAGOGUES.

OUR intelligent readers will readily perceive that the following judicious lines from "*The Week*" give at once the secret of the fiery oratory of American Politicians like Messrs. Eyre and Ingalls, and the dangerous infirmity of Republican Governments:—

"The Presidential election is still two years off, yet the thoughts of the nation are already absorbed by it; speculation about it is the one universal topic; the actions of all prominent public men are evidently warped by it; legislation in Congress is little more than a series of manœuvres by which each of the two parties are trying to get the weather-gage of the other for the battle of two years hence. It is manifest what an effect this must have in narrowing the political vision and degrading the political character of the nation. In fact, it is hardly possible to get American statesmen or the American people to look outside the arena in which this all-absorbing prize-fight is to come off. External relations receive no attention except when some politician thinks that by villifying and bullying England he can gain some Irish votes. The Americans have a great advantage over the English and the French in possessing a real Executive, vested with authority of its own, and comparatively stable, inasmuch as its existence is not dependent from hour to hour on the fluctuating moods or the shifting combinations and cabals of the Legislative Assembly. This feature of their constitution England and other countries will have to borrow, if they mean to have stable government at all. But the mode of electing the American Executive is as far from being worthy of general adoption as it is from answering to the intention of the