

terrestrial objects; plants close up their leaves as on the approach of night; the fowls betake themselves to their resting places; the warbling of the grove is hushed in profound silence; in other words, universal nature seems to relax her energies, as if the pulse, which stimulated her mighty movements had all at once stood still." Sir Norman Lockyer, after an experience of seven eclipses of the sun, says that no better description of the phenomenon has ever been written.

—"ART is man's conception of nature."

—"GREAT minds rest themselves on small ones."

—WHILE YOU ARE YET GROWING.—Growing girls and boys do not always appreciate that it is while they are growing that they are forming their figures for after life. Drooping the shoulders a little more every day, drooping the head as one walks, standing unevenly, so that one hip sinks more than the other—all these defects, easily corrected now, will be five times as hard in five years, and twenty-five times as hard in ten years. A graceful, easy carriage, and an erect, straight figure, are a pleasure to beholder and possessor, and are worth striving for.

An easy way to practise walking well is to start out right. Just before you leave the house, walk up to the wall and see that your toes, chest, and nose touch it at once; then, in that attitude, walk away. Keep your head up and your chest out, and your shoulders and back will take care of themselves.

A southern school teacher used to instruct her pupils to walk always as if trying to look over the top of an imaginary carriage just in front of them. It was good advice, for it kept the head raised. Do not think these things are of no value. They add to your health and your attractiveness, two things to which everybody should pay heed.—*N. Y. Times.*

### PRIZES AWARDED FOR MAP EXERCISES.

It has been decided to award two prizes for answers to the Map Exercises on the Equator, the Tropic of Cancer and the Tropic of Capricorn. The prizes have been won by the 4th Grade pupils of the Papineau Village School No. 7, who sent a composite answer, and by J. C. Morrill, of the Way's Mills School.