A year ago!
A year ago!
A year ago! had my baby here,
With hair of gold, and eyes so blu

clear part heard his pattering feet, And listened to his childish babble sweet. Now he is gone—gone whither? Who can say? I only know he left me, that sad day, A year ago.

And is that all?

Is there no comfort for my aching heart?

No balm to ease, no hand to bind the

my hopes lost in a bleak Unknown, And is my baby wandering forth alone? My baby, whom I loved and tended so, And soothed to sleep, with mother-croonings low, A year ago!

Nay heart, not all, beyond, in cour

unknown,
My baby waits, well loved, and not alone;
A strong hand guides him, lest his feet
should fall;
And loving ears are quick to hear his call;
He waits full happy, safe from all alarms,
For Jesus took my baby in his arms,
A year ago.

Lucy White Palmer, in Congregationalist.

### Do We Eat Too Much?

THE HUME.

Do We Eat Too Much?

The Nile sallors, Miss Edwards tells us, in her Thousand Miles Up the Nile, use "bread as their staple food, and they make it themselves at certain places along the river, where there are large public ovens for the purpose. This bread, which is cut up in silees and dried in the sun, is as brown as gingerhead and as hard as biscuit. They eat it soaked in hot water flavored with oil, pepper, and salt, and attreed in with boiled lentils, till the whole becomes of the color, flavor, and consistence of thick pea-soup. Except on grand occasions, such as Christmas Day or the anniversary of the Flight of the Prophet, when the passengers treat them to a sheep, this mess of bread and lentils, with a little oeffect whose a day, and now and then a handful of dates, constitutes their only food throughout the journey," which lasts for months.

When the wind is unfavorable they are harnessed to a rope like barge hories and tow the boat against the current. When it is grounded on a sand-bank they put their shoulders under it and lift it off. They push the boat along with poles when "tracking" (pulling at with ropes) is out of the question, and all this hard work is done on the simple fare above described.

In Harper's for July we are told that The Carriers (Les Torieuses) of St. Pierre, on the island of Marthingue, travel from forty to fifty miles a day always under a weight (on their heads) of more than a hundred pounds, "and this is assumed to when the case of rains or than a hundred pounds," and this in summed or winter. It is essent of rains or the standard of Marthingue, travel from forty to fifty miles a day always under a weight (on their heads) of more than a hundred pounds, "and this in summed the standard of heat in the time of fevers or the standard of heat the time of fevers or the standard of heat the time of fevers or the standard of heat the time of fevers or the standard of heat the time of fevers or the standard of heat the time of fevers or the standard of heat the time of feve

y."

starts with her load early in the ming, halts after a time to buy one, or three biscuits at a sou apiece; r ahe may buy another biscuit or These biscuits she eats while eling at the rate of fire miles an r. At the end of her journey she has inner, coating perhaps ten sous, murrer with the miles and the miner, coating perhaps ten sous, with the miles and the miner, coating perhaps ten sous, and the miles are the miles are the miles and the miles are the miles are the miles are the miles and the miles are the mi

especially if there is meat in the agovet."

"And her economy will not seem so ronderful," says the writer, "when I saure you that thousands of men here huge men, muscled like bulls and lons—live upon an average expenditure of five sous a day. One sou of breat, we sous of unanioe flour, one sou of tried codishs, one sou of title; such is heir meal."

An Arab will travel all day for days in uccession on a loaf of bread and anadful of dates. The Italian and hinese laborers in our own country work. Lard on a diet quite as simple as any bove described. The digestive apparatus of these classes seems to be trade-eloped; their palates are uncultivated and so are their brains. They do not opntrol business houses, or write books, are delt journals, or paint pictures or compose operas. They do not figure as inventors or philosophers.

When we get glimpses into the diet of its most notable class of our fellow-

e operas. They do not figure as in-tions or philosophers.
When we get glimpaes into the diet of s most notable class of our fellow-isens, we find that it is in many cases severely simple as that of the Arab, ough it may have greater variety. One our ablest financiers is almost an ugh it may have greater variety. One our ablest financiers is almost an horite at the table. A prominent road man toys with the food on his te at the many dinners given him, eats of plain and wholesome food at no. Our greatest inventor seems to almost superior to food oraleep. We ow how meagre was the diet of Monart Bethoren. Froude, in his "Life of its Cesan," makes it plain that it was became of the food he atch that as was as great, for he was singularly temious. Perhaps the food he didn't made him great. Vilkinson (James John Garth) says: 'billy with good capon lined' is a ment difficult to ensoul. Over-eating tymal against motion. It impedes play, not only of the lungs, but of other members. How plainly d; see the small life in the scant breath the unwieldy bos viceat, whose lungs reporter's work to do in lifting his proportioned pannch."

porter's work to do in lifting his opportioned pannch." seminently fitting that we should pains to have our food of the best manner, ty, prepared in the best manner, uited to our various needs. Also it should be such in quantity that ill not tax the powers of the body

### THE FARM.

### Renewing old Strawberry Beds.

Renewing old Strawberry Beds.

Probably there may be some of our readers who neglected to plant a new bed of strawberries last spring, and would still be glad to have some good berries next year. It is a weedy and laborious job to clean up an old bed, and eyen then the crop is seldom as good as on a freshly planted one. We have sometimes, however, renewed an old bed in a way that has proved tolerably successful and not very laborious. It is not claimed that it is as good a way as to plant a new bed in a pring, but it is better than going without, or weeding a weedy bed, and is less expensive than to buy, or raise potted runners for planting in August.

We proceed as follows: As soon as

whole surface a good soaking with the hose.

The old plants wilksoon throw our runners which will strike on the newly ploughed land, and the following spring the old plants may be removed to make paths between the beds.—Mass. Plowman.

To make dairying a success, certain things and conditions are necessary, and the better these things and conditions are understood and carried out in practice, the more desirable and the more perfect will be the product. The following are some of the points necessary to be observed:

g are some of the points necessary to e observed:

1. The milk from healthy cows only bould be used.

2. Avoid excitement of the cows, pro-luced by chasing with dogs or in any ther manner. Harsh treatment lessens he quantity and injures the quality of

the quantity and injures the quancy or milk.

3. Cows should have an abundance of suitable food and pure water, and salt kept, where they can have ready access every day.

4. Cows should be kept from all foul odors, and not be allowed to est ordrink anything that will give taint to milk.

5. Milking should be done at regular hours, with clean hands, clean udders and clean stables, and the milk kept awar from any contaminating odors.

and clean stables, and the milk kept away from any contaminating odors.

6. Milk should be standed himselfately after being drawn, and not be distribed till creamed.

7. Milk pails and other vissels for keeping milk and cream, should be thoroughly cleansed—first well washed and scalded with boiling water, and then aired to keep them perfectly sweet.

Report of N. V. Dairyman's Association in Country Gentleman.

own home, tiny though thou be, to me, thou seemest an abbey."—Italian. The word itself is the medium of an idea which, when conceived of apoken, near the control of a poken, near the control of infancy it is lisped, and nerec does its influence cease to be felt till the near checking the theology of the control passes of life are made happy while without it life is indeed a destitution. The shoolboy looks to it as the ultimate haven of delight. Its enlightening and cheering rays warm the bosom of the prodigis, and remembrance of it prompts him to say, "I will return." The weary wanders dwells upon the thought of home as a recompense for all sorrows and trials. The brave voyager in a tord claim, or upon ice-bound seas is supported and revivified into energy by fond recollections of home.

It is a priceless treasure, the coveted soles of life, and man's never daying hope. The Master in words of tenderest paths uttered his plaintive lament because be had no place to lay his wearied head. The joys of heaven are depicted as an everlasting home. When the disciple were sad in view of the Saviour's departure, he endeavoured to encourage and gladen their hearts by declaring that he was going to prepare a home for them. The great need of the age is better home. We cannot overestimate the value of the remaining that he was going to prepare a home for them. The great need of the age is better home. We cannot overestimate the value of the corner of the sage is better home. We cannot overestimate the value of the cornel of the provided him to the cornel of the cornel Working Butter Lost Work.

A farmer's wife in the Western Fersay that she can make a hundred you of butter a week ensuier and better it she could make twenty pounds fifty years ago. She has not worked a poor of butter a week ensuier and better it she could make twenty pounds fifty years ago. She has not worked a poor of butter of the proof in and strained into cans as soon mile Submerge them in the cans as soon mile Submerge them to cans as soon mile submerge them to consider the reason was not not be the cream in a cool place until you he enough to churn. Then place where four hours, run off your milk and ke the cream in a cool place until you he enough to churn. Then place where will be at least sixty-four or sixty-five grees, to sour. Do not churn above six our degrees or the grains of butter be two large, causing white apots. Dr off what buttermilk you want to uthrow in a handful of salt and a paid water, turn a few times and draw of them wash again. We give two thorou washings that way with two pallfuls waters, and a little salt each time; it last time clean as dry as possible. A alt at the laste of one and one-quart ounce to a pound of butter, turning few times to be sure that it is thorough worked through the butter. Let it stain the churn one hour, draw off the extreme and turn the churn one fully unit it gathered into balls. Pack tightly jars or tube, filling a little more than 'u outting off with a string dipped in bring the highest market price, at a a pleasure to make. Thoroughly so both churn and packer, then soak cold water.

Banish Bairying.

Danish Bairying.

It is scarcely possible to realize the extent to which the Danish butter industry affects British dairy farming. Mr. Samuel Hoare, M.F., who has recently been through Denmark and has made ome inquiries upon the subject, says that there are about 600 co-operative dairies in the country. In a case to which he refers there are 146 partners in one of these factories, each of whom is responsible to the extent of 21s. 6d. per cow entered by him for the supply of milk. In this case the supply of 1,100 cows is sent to the factory daily, or rather the horses and carts belonging to some of the partners collect the milk from the whole of the contributors, at the same time delivering the skim milk, eighty per cent. of which they get in return, at a cost of fifteen cents per 100 lbs. In one instance the factory paid the farmer seventy-five cents per 100 pounds for his milk, but at the end of the season he participates in the profits, which are divided. In the case quoted the profit amounted to 3s. 2d. per 100 gallons, this sum largely augmenting the price, a very poor one certainly, which the farmers receive. The majority of these people are in a very small way of business, keeping from four to forty cows. Many own their land, others pay from four to six dollars per acre instances in which four-acre farmers manage to keep three cows, each cow getting half a ton of cake and bran per annum in addition to the produce of the plainest kind. I was once invited to dine at the farm cogupied by the husband of the famous Hannah Neilson, and the family sishes were principally rice and milk and potatoes. These pools know but themselves. Their factories are conducted at a very small expense. London Farmer.

### TEMPERANCE.

San Francisco, with its on

on the first well washed to have lost the next day's work."

It was a calcaled with boiling water, and then aired to keep them perfectly sweet.

It was a that gularly a country Gentleman.

Ingenuity on the Farms.

To be a skifful workman should be the ambition of the force as well as the meaning the same in every calling are always in the ascending hereat in the same in every calling are always in the ascending hereat in the same in every calling are always in the ascending hereat in the same in every calling are always in the ascending hereat in the same in every calling are always in the ascending hereat in the same in the same in every calling are always in the ascending hereat in the same in every calling are always in the sacending hereat in the same in every calling are always in the sacending hereat in the same in every calling are always in the sacending hereat in the same in every calling are always in the sacending hereat in the same in the s

## **Bronchitis Cured**

The Winter after the great fire in Chicago I contracted Bronchial affections and since then have been obliged to spond nearly every Winter south. Last November was advised to try Scoti's Emulsion of God Liver Gil with Hypophosphite and to my surprise was releaved at once, and by continuing its use three menths was entirely cured, gained flosh and strongth and was able to stand oven the Bilzzard and attend to business every day.

C. T. CHURCHILL.

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### IN DIPHTHERIA.

## BOVINE LIQUID FOOD

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# **NESTLE'S FOOD**



It requires no milk in preparation, and i

## CHOLERA INFANTUM.

Ziemmen's Cyrlopoudia of the Practice of Medicine, Vol. VII., says: "In Cases or CHORDER INFANTUM NETILE'S MILK FOOD IS ALONG TO HE RECOMMENDED. Because failed the Commentary of the Recommendation of the Commentary of the Commen

Willows To Locution and General Culture. Duffernation Functions of Contraction of Contraction Contraction From State of Contraction Contra

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D. POTTINGER,
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Railway Office, Moncton, N. B.,
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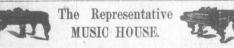
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