ers. One of them r lumbermen and ean, well-kept estab-orted to be. state of things, Chief a well-built, white-hich, in winter at all st improvement on ny misgivings, and eakness in so doing. n; and I saw the old patch one morning

e picture of contenta building so clean at it seemed wonderen., and he was only mise, as did others te man in the winter,

f excellent potatoes,

daughters, and he

eps up that fashion in his tepee this fall. no visited the reserve e advance made at w the Indians living ildings, with very ce, indoors and out, ndustrious, careful, He saw a moral. ng people, who at-ularly—not wrapped similar toggery, but men, women and

of all models and of the vanity that unmarried, a good her hats before she

e settlers.

which have passed th many changes. ed elsewhere. Not worship here rest be graveyard on the was at Okanase last arch was well filled. - white-haired and s first in the build on arrived, some of -four or five of them well clad in homend, as they arrived, among them, had a for each. The last congregation was a ren fresh from Sunday ed by their teacher.

They filled three it, and were a happy-aved group. One eved group. One tot had her Indiaarms, but dolly did in Cree, except por-re in English for the y pale-faces present. ere sung in English ed by one of themto the clear, sweet me kept by the little of the music seemed ost inspiring of any, ging generally was ully joined in.

near a whimper from during the service, doubt that on one baby was unusually this injunction to the n the pulpit in Cree: by. Do not go far.
where you can hear."
outing accordingly.—

ad clouds and storms thy way; e, so shall this night

tarrh and Rheumatism. Smith's Three Keys. Price 25 cents. Sold



E IN THE WORLD use it is N THE WORLD

o because Find it will do what no other Soap can do. d Household, it is a

TY YEARS! INSLOW'S NG SYRUP Millions of Mothers while Teething for over

PTURE

MOTHERS! Read this

Wives * and * Daughters

received a diploma from the Moscow University at the age of 17, and was married when she was 18, her husband being twenty years older, and she is now, after 31 years of married life. the mother of nine living children, and her husband's potent aid in his literary labors. Harper's Bazar says she copies and recopies her husband's manuscript, a task of which the difficulty is increased by the self-invented shorthand in which Count Tolstoi sets down his compositions.

The Brighton (England) town The Brighton (England) town council have taken a new departure in their sanitary work by appointing a woman as an inspector of nuisances attention to his fears, but concentrated for the borough. For the present the appointment is for three months at $\pounds_{\mathbf{I}}$ when I went to see him he extended of the Frankein Johanna in marriage. The paternal Putkammer when I went to see him he extended of the Frankein Johanna in marriage. The paternal Putkammer specific the borough. per week. Her duties will be to visit the houses of the poor in which cases of children's ailments occur. The candidate appointed has been a district in Brighton, and has also been at St. Bartholomew's Hospital as a nurse for two years, in addition to having been a nurse at the county hospital and the Brighton workhouse.

At the recent Health Congress at Chicago, Dr. Sarah Hackett Stevenson said that individual filthiness is the chief difficulty in the way of public health to day, and that to remedy this condition it would be necessary to place a sanitary officer over each indi-vidual. She claimed that when persons standard of public health would be infinitely raised. It is greatly to be regretted that what Dr. Stevenson said high character, but a most fortunate should be true of so many whose edu- manner were the essentials of his succation and environment ought to make them shining examples of the most whatever, saying that he thought very advanced sanitary and hygienic con-We are fortunately beginning to take an interest in sanitary subjects, and the next World's Health Congress will find us better informed and further advanced in matters of health.

With the passing away of Lucy Stone ended one of the most earnest lives of the century. Mrs. Stone was often fancied her of the ratner masses line and aggressive type, because of her life-long advocacy of the suffrage for Nothing could be further suffrage for "On first waking in the morning sip "On first waking women. Nothing could be further from the facts. This ardent advocate of progress was the very picture of the motherly, sympathetic, lovable woman. Her face was not only refined, it was of the sweet, rosy, altogether feminine type. Mrs. Stone belowed by the sample nourishing lowed by the l had no personal ambitions, no wish to tongue, fresh, not preserved, and pose as a great political figure herself; towards the close of meal about half a what she worked for earnestly and unselfishly was simple human justice.

Every one must be gratified at the successful efforts of the World's Women's Christian Temperance Union, of which Miss Frances E. Willard and Lady Henry Somerset are president and vice-president. Among the most interesting exhibits at the World's Fair was that of the W. C. T. U. Under was the immense petition to all the governments of the world pleading for people, circulated eight years in more than 50 countries and estimated to be fifteen miles long. Miss Willard and Lady Henry Somerset will, it is stated lead a large delegation of W. C. T. U. women and present it to every ruler in the world, when it will take its place in the British Museum as the largest petition known ln all history. Among the many enterprises none has given the W. C. T. U. such a commercial standing as the magnificent temple in Chicago. The building cost \$1,250,-Chicago. The building cost 4.5,-000. The rent-roll, when all offices are occupied, will amount to \$220,000 daily. The rentals are now \$170,ooo, which gives a large surplus above expenses. When the building is filled the rentals alone will pay for it in a few years, and then the society will have years, and then the society will have the splendid income to be used in pushing the work against the liquor night be sure to lie down for an hour right."

and an occupied life.

"Whenever you have to speak at night be sure to lie down for an hour right."

* Sir Andrew Clark's Advice to Miss Willard.

The late Sir Andrew Clark was one of The break-down of Miss Frances E. rescue, so that Miss Willard had a phosphites."

pure air, cheerful companions, simple diet and no end of out-doors."

His manner was most reassuring, and had in it a tender considerateness marriage."

little of it, and that old Mother Nature was the only true physician, and gave me some simple rules which seem to me so good that I have had them copied for the benefit of any who may care to profit by the wisdom of a man both great and good, and a physician of unrivaled fame.

At my request he wrote down three aphorisms that he had used during our interview: "Labor is the life of life"; an inspiration and an example to "Ease is the way to disease"; "The women. Those who did not know her highest life of an organ lies in the fulloften fancied her of the rather mascu-line and aggressive type, because of her follow what he called his "temporary

longed to the earnest thinkers of the meals daily and nothing between them. See saw injustice under the Breakfast at 8 to 9, plain or whole-meal law as a crying evil, and spent her bread, or toast and butter with eggs, or years in trying to correct the law. She fresh fish or cold chicken or game or pint of tea not infused over five minutes, or of cocoatina, or of coffee

"Dinner from 1 to 2 o'clock-fresh, well-dressed meat, bread, potato, some well-boiled green vegetable, if it agrees, and either some simple farinaceous pudding or some simply cooked fruit. Towards the close of the meal drink

was that of the W. C. T. U. Under the charge of Miss Alice Briggs there the charge of Miss Alice Briggs there butter, with broiled fish or cutlets, of Att. dinner, whole-meal bread or toast and butter, with broiled fish or cutlets, of a chop, or cold meat, or cold chicken, and towards the close of meal about half a pint of black China tea not infused over five minutes, cocoatina or life to the water off. Oh, it had risen most than I could have believed. It must have been snow-water from the fused over five minutes, cocoatina or life to the water off. Oh, it had risen must be drowned," said John "Serve him right; and a good thing the butter of the flow of the following water, for the flow of th the prohibition of the traffic in liquor half a pint of black China tea not incocoanibs may be substituted for tea if it is preferred and if it agrees.

"Retire as soon as possible after 10. See that your room is airy. Avoid self-notice and self-distrust. Shun ease self-notice and self-distrust. Shun ease and they're for my own work;" and they're for my own work;" and tright-ned me. Then cry before, and it irightened me. Then

before tea.
"Take nothing between meals "Never take a sleeping draught.

"Take as little medicine as possible; accept your sufferings; strength is per-England's most illustrious physicians. fected in weakness; in labor you will The break-down of Miss Frances E. Sometime go away for a fortnight' willard's health while in England rest, and with each meal take a tea brought Sir Andrew Clark to the spoonful of Fellow's Syrup of the Hypo-

Mme. Tolstoi, wife of Count Tolstoi, when, two weeks ago, he was stricken (-von Puttkammer. The Fraulein with paralysis, 700 messages of inquiry and balance to his family in a few hours. He and modest country maiden—in spite was a small, slight man, of what we call the wiry type, and a remarkable illustration of what "mind cure" can do for a person who is determined to live on Bismarck, a strapping, dissipated, whether or no. It is said that 40 years high-handed young dandy of 31, with a ago, when he sought admission as a reputation for fire-eating and fluctions physician in one of the London hos-pitals the choice fell upon him in pref-Kentucky colonel of twice his years. erence to a number of equally eager aspirants, on the basis that he was "a delicate little fellow and would not live long anyway." He was condemned to death in his youth by the verdict of return from the wedding young Otto

> a hand white as a lady's and soft as diplomatist, for without committing velvet, and in a voice that matched the himself to either a consent or refusal, hand, went into a most careful diagnosis after learning from his daughter that of my case; beginning with heredity she cared for young Otto, he wrote inand ending with the last morsel I had viting that estimable young gentleman tasted that morning, he followed me to visit him. Preparations were made through every lane of life, ancestral and to have his reception one of becoming through every iane of life, ancestral and individual; carefully examined my lungs and heart, saying (I think this was part of his mind cure process), "Beautiful lungs, beautiful heart, no "Beautiful lungs, beautiful heart, no have me sreception one of becoming individual; carefully and dignity; but the effect was rather spoiled by young lismarck the moment healighted going up to his sweetheart and kissing her soundly in the beautiful lungs, beautiful heart, no organic difficulty, over-work, nervous the presence of a number of guests. exhaustion. What you need is rest, The immediate effect of this embarrassing and shocking behavior was the prompt announcement of the betrothal. which was followed a year later by the

[From Chambers' Journal.]
We were just four at the Ridge House: Richard Hardy (that is my father); John Warne, my husband; the 2-year-old babe called Little Dick; and myself. The Ridge is a desolate place; it is just a bank of sand and shingle, It was daylight. John and father were some eight or nine miles long; in front, talking. Father said he had heard the there is the sea; and behind the house, water against the house in the night. the river and the marshes. In winter has been tideman many a long year. Is lying in bed to be drowned, if it came Just by our house are the flood-gates; to that. I kissed Dick quite gently; and when the water in the marsh dikes but I felt mad at heart; and when is above a certain height, we have to father tried to teach him the Christmas open the gates at the ebb-tide and let words, I went out to John, for I the water down through a great iron couldn't bear it. What peace was pipe into the sea. But the gates must there for me, and my child going to be e shut ere the flood-tide runs back, drowned? for that is higher than the marshes; and if once the salt water ran through, all the good grass would be rotted; not to

the marshes. It comes a deal quicker, down in the fields.

the wind had risen ere he came back; and we were he might, for it was the wind had risen ere he came back; and weary work it was for him to carry built on a bit of bank between the the heavy basket along the five miles of Ridge, and the great dike. Nothing of Ridge, and the great dike. Nothing was there now but foaming water, for

sed over five minutes, cocoatina or cocoatibs may be substituted for tea if is preferred and if it agrees.

"Nothing after this meal except that a going to bed you may sip a turn going to bed you may sip a turn."

"In a saw it so before or since. We opened the big gate; but when the water began to go through, all the ice came up in great blocks and to the door.

It is the full the mad. Is go neither that have gone long, and with that he went to the door. hills. I never saw it so before or "Nothing after this meal except that on going to bed you may sip a tumblerful of water, hot or cold.

"Avoid soups, sauces, pickles, spices, curries; salted, smoked, tinned or otherwise prepared foods; pies, pastry, cheese, creams, ices, jams, dried fruits, nuts, raw vegetables, compotes, ginger beer, much liquid of any sort, and all sour, sweet and effervescent drinks.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily.

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at the least half an hour twice daily."

"Walk at was and pole to keep it clear.

"When we were hard at work, who said, hard and co "Retire as soon as possible after 10. to lend father a helping hand while I

and lead a full and regular, an active with that he passed on.

"Never mind, Mary," said father.

I suppose I was right; but in I went

have stopped and saved the old man tling Wilkins, the boat had drifted on; from doing more than his strength and when I turned her head round, I could bear?

I said, "Father's asleep." There never caught sight of was so good a babe! By and by he in the distance. fell asleep; and when we had to go out, I just laid him on his grandfather's Father looked a little better, and I gave him a hot drink before I took the lantern to start. It was a job to

for to-morrow's the spring tide, and where will it be then?"

I tied up the lantern against the gate. The flood had risen higher than ever. It was terrible work keeping the ice back; but we felt as if we were working for our lives; for if the flood rose much higher it would be almost over the bank; and with another high tide the waters would meet, and where would Ridge House be then?

The water ran through better now,

and John said directly the gates were shut he would go round to the village for help again the next tide. But holds was gone—cracked through by the frost and knocked off by the ice, I suppose. John held the shutter while I went back for bolts and screws. No one can know what it was like doing up that gate! We were both obliged to the dreadful, howling darkness. When the house; we were all drenched, and almost frozen. John made me change my clothes, and then I threw myself when I awoke at the sound of voices. John went down to open the gate and time the marshes are often flooded, and look for the tide-marks, while I got the then there seems to be naught but breakfast and dressed the child. Father water all round one. I have lived managed to get up, and I didn't stop there nearly all my life, for my father him, for I couldn't bear to think of his

speak of what might happen in rough ever. When I had gone a few hundred reather if once the strong waves began | yards, I got on to the loose sand, and to run through to the land-side of the Ridge.

having no foothold, I was blown down over and over again, and could only It was two days before Christmas; we had had a frost; but the ice was melting now, and we knew well the water would soon run down from inland over the gate, I tried to do it, while John is stayed to stop the ice; but I couldn't stir it as we had done it up, so John had to do it for me it moved so stiffly. since all the drain-pipes have been laid down in the fields.

Then we went in. The sea kept rising. Father prayed. I sat by the fire, and "John," said my father that Monday John walked about the room. There norning, "if ye want aught from the was no good of his going for help now, village, get it to-day against Christmas. for this was the time of need. All at There is a storm coming."

So John went in with the great basket; and well it was he went then, for said he; and well he might, for it was once he stopped in front of the

Father looked at us both and said

I spoke. "John," I said, quite gently, "you can't go, for the sake of the lives

from the house.

Just after John went out I heard him call. Father, poor dear, had got tired, and had sat down all hot as he was; and now he was set hard and stiff the boat from the ice. I had the wind the transfer of the boat from the ice. I had the wind the boat from the ice.

found it was a very much harder thing John went to bed for a bit, for we ad a long night's work before us at was to come with it. I was tired out, had a long night's work before us at the ebb tide; and I lay down; but I too, you see: and I began to wonder couldn't sleep, the wind howled so. Little Dick was frightened too, but was flying in great sheets over the only held my hand, and didn't cry, for I said, "Father's asleep." There never caught sight of our house, a black speck

I pulled; but I didn't seem to make way; the ice kept coming up against us. At last the boat got stuck fast in a great ice-sheet, and I couldn't move her any way. I drew the oars in, for what made John stumble; it was a great log that used to lie down by the gether, round the bend of the Ridge. was too thick to break round the boat. gether, round the bend of the Ridge.

"Mary," said he—and his voice shook—"the sea's never been up here."

"Heaven help us!" said I, "if it has, "Heaven help us!" said I, "if it has, "he was dead, and I had done no

haps he was dead, and I had done no good after all. And then John and Dick and father, they'd never been in trouble before without me with them; but what could I do now? Then I thought of father praying, and I prayed. I don't know

what I said, and I don't think I said much. The cold seemed getting much. The cold seemed getting greater, but I seemed fading away from he cold and trouble. I fancied, some how, through it all I was going into "Christmas peace."

I must have slept a long time; when I woke, John was standing over me people were rubbing my hands; some when we came to slide the gate it people were rubbing my hands; some-wouldn't stay. One of the great iron one poured brandy down my throat. I

had been all but frozen to death! When I opened my eyes John cried again; he was weak with the toil and trouble; but now we could rest, for the men had come from the village—six of them. John had walked across that be half in the icy water; and the sea came rearing up the great iron tunnel, and we had only the latern for light in than I was, though not dead; and now it was done at last, we crawled back to the wind had dropped, for the ice had the house; we were all drenched, and come back; and as we went along the Ridge I heard the bells ringing inland "Joy-bells" for Christmas! They were down on the bed and slept. I seemed joy-bells for me, for those at home to have only been asleep a moment, were safe. Nigh washed away they had been; but the wind fell just in time to save them.

"Thank God!" said father, and so said we all.

The great folks since then, they have made a deal of my going to Wilkins, but I said to John: "You were the bravest, for you wanted to go when I didn't; and then you let me go, which was harder than going yourself."

And he said: "I don't know, lass,

that I should have let you go if I had been quick enough to stop you."

About Women.

Lady Henry Somerset considers it a compliment to be called a faddist, because it ploves that such person sees a question. When more begin to see it he is called an enthusiast; but when everybody sees it he is called a hero. "A little while ago," she says, "the temperance cause was looked upon as beneath the notice of the intellectual, the cultivated and the refined. But now that wonderful talisman, public opinion, is transforming the question before the eyes of the people every moment of the day, and that which once was not considered worthy of the notice of the intellectual and culti vated is now understood to be a vital question. . . God grant that we may so live, you and I, that we shall e worthy to be reckoned among those who-pioneers in this world for the good of humanity—can be said to have toiled, dared and suffered in the

Mr. George Meredith's idea of woman is that she should be placed on an equality with man. Her mind and muscles should be as highly trained and developed, and if the after-dinner is good for the wife. If not-for neither. Thus spake Dr. Conan in Glasgow on Thursday evening of last

A. had again, at the Banff (north of Scotland) half-yearly feeing market, a tent, from which they sold to the farm servants hot soup and meat, together with various kinds of temperance The tent was well patronized, and is intended as a counter-attraction to the public house.

The Gambling Curse.

Lady Somerset's Woman's Journal has this item: "According to Mr. J. Page Hopps, there are few towns in England where the curse of gambling "you can't go, for the sake of the nives here, and maybe those up country in the 'lookers' cottages. But though I said 'Serve him right,' I'll go, not for Wilkins' sake, but for yours, John."

Tohn got up; but father Leicester, where some very violence meetings of the "unemployed" have recently been held, the speakers demanding, under threats of violence, that the "authorities" should at once their industrial position by I suppose I was right; but in I went right or wrong, and gave the boy his dinner and put the fire to rights; then John came in, and I sent him round to father, for the ice frightened me; I could hear it crashing and groaning from the house.

Then John got up; but father stopped him; and I just kissed them all, and ran out, and pushed the boat into the waver all in a minute, for I feared John would go after all. And wages for doing the work so invented. could say had the smallest effect.

With the Poets.

The Night is Still. The time draws near the birth of Christ:

The moon is hid, the night is still; A single church behind the hill s pealing, folded in the mist. -[Tennyson (In Memoriam).

Wide the Joy-Bells Fling.

Over hills and over plains Clash a thousand bells; Each the same great truth proclaims-Each the story tells. Old, old story, ever new, Wondrous story, ever true.

ound the truth o'er all the nations, Wide the joy-bells fling; Christ has lived—our bright Exemplar, Brother, Lord, and King. ound, Christmas bells—ye seem to

say, 'God's peace be unto all this day!'

Christmas Morning.

Come, all you weary wanderers Beneath the wintry sky,
This day forget your worldly cares,
And lay your sorrows by; Awake and sing, The church bells ring,

For this is Christmas morning ! With grateful hearts salute the morn, And swell the streams of song, hat laden with great joy are borne The willing air along: The tidings thrill

With right goodwill, For this is Christmas morning!

We'll twine the fresh green holly wreath,
And make the yule-log glow; And gather gaily underneath The glistening mistletoe; All blithe and bright By the glad fire-light,

For this is Christmas morning ! To all poor souls we'll strew the feast With kindly heart and free: One Father owns us, and, at least, To-day we'll brothers be. Away with pride This holy tide;

For it is Christmas morning ! So now, God bless us one and all, With hearts and hearthstones warm; And may he prosper great and small, And keep us out of harm; And teach us still,

His sweet good will, This merry Christmas morning ! -Edwin Waugh.

Old Christmas.

It's a long way round the year, my A long way round the year!

I found the frost and the flame, my

dears. I found the smile and tear !

The wind blew high on the pine-topped And cut me keen on the moor;

The heart of the stream was frozen As I tapped at the miller's door.

III. I tossed them holly in hall and cot, And bade them right good cheer, But stayed me not in any spot, For I'd traveled around the year.

To bring the Christmas joy, my dears, To your eyes so bonnie and true; And a mistletoe bough for you, my

dears, A mistletoe bough for you! -[A song in December St. Nicholas.

"Under the Holly Bough." Ye who have scorned each other, Or injured friend or brother, In this fast-fading year; Ye who, by word or deed, Have made a kind heart bleed, Come, gather here! Let sinned against, and sinning, Forget their strife's beginning, And join in friendship now; Be links no longer broken, Be sweet forgiveness spoken Under the Holly Bough.

Ye who have loved each other, ister, and Friend, and Brother, In this fast-fading year; Mother, and sire, and child, Young man and maiden mild, Come, gather here: As memory shall ponder Old loves and younger wooing Are sweet in the renewing Under the Holly Bough. -[Charles Mackay.

Eggs as a Medicine.

The egg is considered one of the best remedies for dysentery. Beater And nothing that the general secretary of the local branch of the National up slightly, with or without sugar, and Union of Boot and Shoe Operatives swallot d at a gulp, it tends, by its rescue, so that Miss Willard had a special opportunity of seeing the great-hearted physician at close quarters. Her impressions and his advice are interestingly told in the Union Signal. Says Miss Willard:

Says Miss Willard:

This chief among the great physicians of London has just passed away in the 67th year of his age. He was Tennyson's physician and Gladstone's; Tennyson's physician and Gladstone's; in the 67th year of his age. He was Tennyson's physician and Gladstone's; indeed, so great was his fame, that the time of a Bab Ballad

was; and now he was set hard and stiff with the job we was; on how he was set hard and stiff with the job we what to gleave had to get him home and to bed; and there we had to leave him, for the tide to the spar. I thought of his words about his two hands being for his own was running in, and John could not shut the gates without me to keep the ice back. I thought it a dreadful time, not knowing that worse was corning.

When the gates without me to keep the inflammation of the stomach and in about a half an hour I got to the spar. I thought of his words about his two hands being for his own work, and I felt quite savage again. But when I got up to him, I helped that is no exaggeration to say that the money fooled away on betting during the note of a Bab Ballad in my heart came hard in about a half an hour I with the rest with the mander of the stomach and in about a half an hour I with the ination of the stomach and there we had to get him home and to bed; and there we had to get him home and to bed; and the wind with me, and in about a half an hour I got to the spar. I thought of his words about his two hands being for his own work, and I felt quite savage again. But when I got up to him, I helped have been over. Then I wrapped him up in a long piece of the spar. I thought it a dreadful time, would at least keep bad, and in my heart came hard thoughts of Wilkins. Why couldn't he turned to go home. While I was set thard and stiff with me, and in about a half an hour I to the sp ay had the smallest effect emollent qualities, to lessen the inflammation of the stomach and intestines,