lie down and float with perfect ease. It is exceedingly bitter and salt to the taste, but the bathing is very pleasant, though the excessive amount of salt rather irritates the skin afterwards, especially if there be any abrasion of the surface. I confess that I was agreeably disappointed in the appearance of the sea. I had pictured it as a gloomy region, brooded over as by the very shadow of death; I found it that morning glittering in the sunlight, while above it hung a sky of clearest blue. But it is 1,300 feet below the level of the Mediterranean, and the pouring sun, later on in the season, must, no doubt, render its shores a dry desert of salt-coated sand.

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TORONTO, MAY, 1891.

Sunday-School Teachers' Course of Study and Examinations.

The obligation of the Christian Church to the 2,000,000 Sunday-school teachers throughout the world, who devote their gratuitous services to the instruction of the young, can never be estimated. Year after year, these teachers give time and thought and study to the exposition of the Word of God, and to the bringing it to bear on the hearts and consciences of the rising generation. Yet influential and far-reaching as those efforts are, none are more conscious than the best Sunday-school teachers, of the importance of still further improving the quality of the teaching. Secular teachers, who have twenty or thirty hours a week to impress

themselves upon the minds of their scholars, have a long course of normal training in the art of teaching. Sunday school teachers who have only an hour or two a week for still more important work have almost no systematic training.

It has been proposed to try and me't this want by having short courses of study and examinations in Bible topics and modes of teaching. One of the best and most comprehensive of these, is that proposed by an International Board, which will prepare examination papers on the Old and New Testaments, and on methods of Sunday-school work, and award certificates to those who successfully pass them. The Baptist, Congregational, Methodist and Presbyterieu Churches unite in this work. The Secretary of the Methodist section is the Rev. Dr. Hurlburt, 150 5th Avenue, New York. For a fee of \$1 these examination papers will be forwarded and awards given.

The American Institute of Sacred Literature, under the direction of Professor Harper, late of Yale College, prepares similar examinations, on the subject of the lessons of the year. The fee for this examination is 50 cents each. On remitting this amount to the Rev. A. M. Phillips, 11 Avenue Place, Toronto, General Secretary for the Methodist Church of the Dominion, names of teachers will be enrolled and papers

forwarded.

It was felt, however, that neither of these met the wants of the great bulk of Canadian teachers, and a meeting was recently held in the office of the editor of the Banner, in Toronto, for preparing a short, inexpensive course of study and arranging for examinations. A committee has been appointed to carry out this scheme. It is expected that the books and pamphlets will not cost more than 50 cents, and the examination will be similarly inexpensive.

In the meantime, the course of study for the Epworth League will be found exceedingly helpful. It comprehends for 1891, "The Chau-tauqua Life of Christ," "Palestine Class; A Study of the Holy Land," Bishop Vincent's "Evidences of Christianity," "The World of Missions," "Sunday-school Studies in John," a number of tracts on practical religion, and other little books, twenty-two in all, which will be sold for \$1.02, by post \$1.10. Examination papers in these subjects have been prepared, and will be forwarded to any address at 10 cents for one, or 50 cents for ten to one address. The answers will be carefully examined, and all who answer correctly 70 per cent. of the questions will receive a certificate. The small fee is asked to pay cost of postage and printing only, the examination of the papers is assumed as a labor of love, for the benefit of Epworth Leagues and Sunday-school interests. Already considerable inquiry has been made concerning these papers. For any information on this subject, or on any other in connection with the Leagues, address Rev. Dr. Withrow, General Secretary of the League, Toronto.