

been fitted for transformation and departure to the realm of Budha in the West, and fearing that his fleshy body may become corrupt, has selected an auspicious day to commit it to the flames. All ye believers and believers-esses are invited to come seven or three days before the burning to assist him in his prayers, by reciting the ritual, by which your own merit will be enhanced beyond limit, and at last you, too, will reach the kingdom of Budha."

TESTIMONY OF LORD NORTHBROOK, (LATE VICEROY OF INDIA), TO MISSIONS.

"It may surprise some who have not had an opportunity of looking into the matter, to learn that Christianity is spreading four or five times as fast as the ordinary population, and that the native Christians now number nearly a million souls. One of the most hopeful results of mission work, is the lesson which it is silently infusing through native society and vernacular literature, ideas of integrity, honor, philanthropy, truth, purity and holiness, that are distinctively Christian. In every movement for the welfare of the people too, Christian missionaries have led the van. Their services to education are recognized even by her enemies. The advanced schools of modern religious thought in India, are the outcome of Christian teaching. The missionaries were the first to awaken an interest in the welfare of women in India, and even in the magnificent work of philanthropy with which the name of Her Excellency the Countess of Dufferin is imperishably associated, missionaries were the pioneers. In a thousand ways preparation is being made for the coming of the kingdom, and the blessed influences of Gospel teaching and preaching are manifest to all who have eyes to see."

Out of 1,500,000,000 who crowd the earth to-day 1,000,000,000 have not heard the good news. Generations are sinking into an abyss of hopeless ruin, one after another. Yet forevermore ring in our ears those words of responsibility and indirect rebuke: "Go ye," etc. You and I are charged with this duty, only more imperative because neglected. We are to help tell the good news to every creature under heaven: if we can go in person, here is the call of God, and the condition of a lost world calls, if possible, more loudly. He who cannot go the heathen in person must go by proxy.—Dr. A. T. PIERSON.

THE FAMILY ALTAR.

An observant traveller remarked recently in our hearing, "I consider that one of the greatest perils which threatens our nation is the rapid increase of *irreligious* homes." There is no lack in these abodes of domestic affection, of refinement, of social enjoyment, of literary culture; but they are almost pagan in respect to any recognition of the Divine Being.

One can be a guest beneath such a roof for weeks in succession and never see a Bible opened, or hear a prayer offered. The host shows unbounded hospitality in providing an abundant table, plenty of books, means of recreation and opportunities for meeting delightful people. But can these satisfy all the desires of the human heart? Who would choose to bring up a family in a town whose inhabitants were all of this character?

The head of a Christian household who was in the habit of praying at family worship for the community in which he lived, called forth this tribute from an irreligious neighbour: "I don't believe in religion myself, but I should hate to have that man leave off praying for this neighborhood, and I know his example is worth more to my children than my own." Again we urge, as we have so many times before, don't neglect the family altar.—*Selected.*

SLEEP AS A MEDICINE.

A physician says that the cry for rest has always been louder than the cry for food. Not that it is more important, but it is often harder to obtain. The best rest comes from sound sleep. Of two men or women, otherwise equal, the one who sleeps the best will be the most healthy and efficient. Sleep will do much to cure irritability of temper, peevishness and uneasiness. It will restore vigor to an overworked brain. It will build up and make strong a weak body. It will cure a headache. It will cure a broken spirit. It will cure a sorrow. Indeed, we may make a long list of nervous and other maladies that sleep will cure. The cure of sleeplessness requires a clean, good bed, sufficient exercise to promote weariness, pleasant occupation, good air, and not too warm a room; a clear conscience, and avoidance of stimulants and narcotics. For those who are overworked, haggard, nervous, who pass sleepless nights, we commend the adoption of such habits as will secure sleep, otherwise life will be short, and what there is of it sadly imperfect.—*Selected.*