

washing. Same thing done at the same hour year in and year out. She hadn't complained of sickness for forty years. Then, all at once she began talking of an iron band around her jaws and queer pains in her head.

'She seldom went into town, did she?' asked Perry.

'Never, hardly. I'm not much of a hand for gadding about to no purpose. She used to want to go in to church Sundays, but I didn't just like to hitch up when there was no work to do. But I wish now I'd done that for Mary.'

'She didn't visit much with the neighbors, either, did she?' asked Perry.

'No. That was my doing, too. When the day's work is done, I want to put on my slippers and rest, and then to bed, and not go skirmishing about or having a lot of company in.'

He was silent a while. 'I don't know what ailed Mary,' he said again. 'She would sit looking at nothing, straight ahead of her, by the hour, and then cry and cry, yet always saying she had no trouble. And she got weaker every day, and then her mind went altogether. She didn't know me, not even her own name.'

'She will be cured in that sanitarium,' said Perry, cheerfully, 'and come home well in the spring.' He watched his old neighbor furtively a while, and then said:

'Do you know, Dalton, some years ago my wife and daughter got peevish and irritable. I thought the steady work and loneliness were telling on them. So I got that parlor organ and paid for a year's lessons for Susy. We had music and singing every evening, and the young folks would gather in with their reading clubs. Then I took two or three papers; my wife is a main hand for guessing the riddles. And once a year I took her an' Susy up to town for a week.'

'Yes,' said Dalton, dryly. 'You spent a lot of money, I've heard.'

'It's bringing me in good interest.'

They sat in silence a while. Then Perry put his hand on the old man's knee. 'When she comes back, if she ever does come, I'd open up life for her a bit, Dalton. You know how it is with potatoes. You plant the best kind in good ground, and they yield splendid crops for a year or two. Then they begin to dwindle and rot.'

'Of course the ground runs out. They need new soil.'

'Yes. You plant them in a different lot, and they yield big, healthy crops. Human beings are like them, Dalton. You've got to renew the soil, give them fresh food, for their minds, or they'll dwindle and rot.'

Dalton did not speak for a long time. 'There's something in it,' he said, finally. 'I'll do different—if I ever have the chance.'

**Rest Yonder.**

This is not my place of resting,  
Mine's a city yet to come;  
Onward to it I am hastening—  
On to my eternal home.

In it all is light and glory,  
O'er it shines a nightless day;  
Every trace of sin's sad story,  
All the curse has passed away.

There the Lamb, our Shepherd, leads us  
By the streams of life along;  
On the freshest pastures feeds us,  
Turns our sighing into song.

Soon we pass this desert dreary,  
Soon we bid farewell to pain;  
Never more be sad or weary,  
Never, never sin again.

**Insomnia.**

The distress of sleeplessness assails us when we are overtired, when we have indigestion, and when our conscience is not at peace. Sometimes people do not sleep well as they grow old. Age needs less sleep than childhood, which is the period of building the physical edifice. If you cannot sleep, try closing the eyes and lying perfectly still. Sometimes a little food, a cup of hot milk or cocoa, or a bis-

cuit, will divert the blood from the brain at night and bring repose. If you cannot sleep, do not fret. Fretting never helps the least bit.—'Christian Herald.'

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