

it through and turning to Mr. Robinson and taking him by the hand, shook it most warmly and said: "Mr. Robinson, this is remarkable. When the deputation was at the door, Mrs. Gladstone and I were reading the Bible, and she said to me, 'Is it not strange that with all the tracts that are written, there is not one to tell us in short compass what the Bible is about?' and here you come and put a tract on this very subject into my hands. It is most remarkable. I thank you most gratefully for this tract, and may I ask you for a copy for Mrs. Gladstone?" It is needless to say that Mr. Robinson was as delighted to give Mr. Gladstone another copy as Mr. Gladstone was to receive it.

Health Alphabet.

The Ladies' Sanitary Association, of London, gives the following simple rules for keeping health, which we find copied in the *Sanitarian*.

- A—s soon as you are up shake blanket and sheet;
- B—etter be without shoes than sit with wet feet;
- C—hildren, if healthy, are active, not still;
- D—amp beds and damp clothes will both make you ill;
- E—at slowly and always chew your food well;
- F—reshen the air in the house where you dwell;
- G—arments must never be made too tight;
- H—omes should be healthy, airy and light;
- I—f you wish to be well, as you do, I've no doubt,
- J—ust raise up the windows before you go out;
- K—eep the room always tidy and clean;
- L—et dust on the furniture never be seen;
- M—uch illness is caused by the want of pure air;
- N—ever to open your windows but with your care.

- O—ld people should be kept as healthy as possible;
- P—eople should see that the floors are all swept;
- Q—uick movements in children are healthy and right;
- R—emember the young cannot thrive without light;
- S—ee that the cistern is clean to the brim;
- T—ake care that your dress is all tidy and trim;
- U—se your nose to find if there be a bad drain;
- V—ery sad are the fevers that come in its train;
- W—alk as much as you can without feeling fatigue;
- X—erxes could walk full many a league;
- Y—our health is your wealth, which your wisdom must keep;
- Z—eal will help a good cause, and the good you will reap.

Sibilant Silliness.

Sweet Sarah Sawyer's sickly sister Susan sat singing swiftly. Squire Samson Seward's son Sam strolled, smoking, sorrowfully seeking sweet Susan. Suddenly spying sad Susan sitting singing, Sam slouched slowly, stealing sunflowers, scaring sweet Sarah. Susan, starting, screeched, "Sam, stop stealing sunflowers; seek some stale sandwiches!"

Sam seized several, swallowed seven, sank slowly sighing, "So seasick."

Sweet Sarah sauntered slowly. Seeing Sam so seasick she said, "Sister Susan, sprinkle some smelling-salts."

She sprinkled some salts, singing sweet songs. "Sam survives," spake Susan. She sobbed silently. Sam said, "Susan, stop sobbing."

She stopped, shivered, sneezed suddenly,—so suddenly Sam shuddered. Somewhat startled, Susan said, "Sweet Sam, sing some sad Sunday school songs."

Sam sung successfully.