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His life was thus passing without special incident. At the age of seventeen he began to construct working models of steam engines and other apparatus required for the illustration of mechanical subjects. "The price charged for my models was £10; and with the pecuniary results I made His life was thus passing without special incident. At the age of severate he began to construct working models of steam engines and other apparatus reguired for the illustration of mechanical subjects. "The price darged for my models was 210; and with the pecuniary results I made with the pecuniary results I m

THE INVENTOR OF THE STEAM

HAMMER.

When a man has invented a hammer moved by steam, so completely under control that it will crack an egg-shell in a wine-glass with. And the good fortune to list models, he did his own cooking in an ently linked with that invention.

James Nasmyth had the good fortune to be born in a family in confortable though moderate circumstances, and to bave advantages of education both in schools and at home. And though he began his own active career at the bottom of the ladder, he was spared the struggle with poverty which, however much some have conquered in it, can scarcely be looked upon as a blessing.

Scotchman, not yet of age, became intimately spirit of z-al in those in his employ; and how he married happily and settled down have home of his own. We turn to the invaled to see the piston, thus adding to the steam hammer. The in-went into the steam hammer. The insure was also devised, and is sometimes used. The steam hammer, "asys its inventor, that also device was the call that the device was the call that the capital he had gathered by the sale of his septimental work. Nasmyth shad be device was the call that the steamer "Great Britain." There was no shoo in the country that could under the country that the

class, to an extent that is of incalculable importance."
In 1856 Mr. Nasmyth, having acquired a fortune ample for all his requirements, retried from business. But he has not yet retired from active pursuits. Even while engaged in the pressing cares of his large foundry, he had been interested in astronomical studies, and had constructed a number of reflecting telescopes in order to prosecute his investigations. The further study of astronomy has been a source of pleasure to him in the years that have intervened, and in a book on the moon he has added to astronomical science.

The steam hammer was not Mr. Nasmyth's only invention. We have not space he to to give even a list of his many contrivance. They are all remarkable for the simplicity that characterizes them, and are illustrations of his definition of engineering.—"the application of common sense to the use of materials."

The reader of the volume cannot fail to be charmed with the simplicity of the narrative, a reflex of the simple character of the man himself. There will be many to wish for the great mechanician a long continuance of his serene old age.—Illustrated Christian Weekly.

REST IN ACTION.

REST IN ACTION.

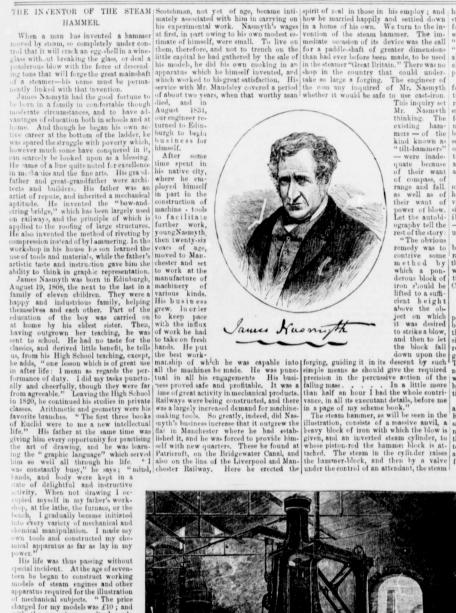
Absolute perpetual rest and absolute perpetual activity are equally incompatible with life. Each, duly balanced, is the complement of the other. Sleep is simply rest in its completest formerest of brain, and rest of all the organs, save those necessary to existence. The tough heart rests between the beats, nor can it be much accelerated by stimulants without immediate or remote injury. The harder-working lungs rest between inspiration and expiration.

without immediate or remote injury. The
harder-working lungs rest between inspiration and expiration.

The brain must have rest, or fail. Such
a case of unresting activity as that of Henry
Kirke White—and there have been thousands like it—should show scholars that
nature holds it an unpardonable sin to rob
the brain of its rightful rest. Others, who
toiled like White, instead of paying the penalty in early death, have exchanged genius
for madness or imbedlity.

But a large part of our needed rest may
be secured in connection with a high
degree of activity. The clerk threatened with "writer's cramp" may
escape, not so well by lying for a
month in a reclining-chair as by
engaging in athletic games, chopping
wood, or rambling in the forests.

Generally only a small part of the
brain is unduly used, and that may be
recuperated by calling into action
some other part; that is, by change of
mental application. Glastone doubtless rests his brain from the cares of
State as much by such studies as
Homer as by the sturdy blows of his



pint of boiling minutes, then vo tablespoon-lespoonfuls of vo tablespoon-lespoonfuls of ether and boil d (and, by the , by setting the s for lemon pie, oked chocolate. o eggs to a stiff
aful of pulvertop of the pie
n. Serve cold.
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