

Freedom.

Some one gave a gentleman in Scotland an eagle, but he confined it, and it skinned, and one day he went out and looked at it. There it was with drooping wings and film-covered eyes. It seemed sick unto death.

He said to himself, "It is a pity this free bird should die here, I will give it its freedom."

He took it out on the heights and put it upon a rock, and lay down in the heather to watch what would happen. Presently he saw it lift its head and open its eyes and look. That eagle's eyes saw something in the upper air which the man could not see, and that eagle's ear heard something which the man could not hear, but he watched until he saw a speck in the sky, and that speck grew larger, and presently he became aware that an eagle was coming down. Down it swopt with a scream of exultation, and passed over the sick eagle, and fanned it with its mighty wings, and lifted it up upon its own broad pinions until the sick eagle, gathering strength from contact with the messenger from the sky, spread its wings and soared away into the fathomless blue.

That eagle could bring life and invigoration down here because it came from the upper air.—C. I. Scofield, D.D.

Three Lessons.

There are three lessons I would write,
Three words with a golden pen—
Upon the hearts of men.

Have hope! though clouds environ round
And gladness hide her face in scorn,
Put thou the shadow from thy brow,
No night but has its morn.

Have faith! where'er thy bark is driven—
The calm's disport, the tempest's mirth—
Know thou, God rules the hosts of heaven,
The inhabitants of earth.

Have love! not love alone for one,
But man as man thy brother call,
And scatter like the circling sun
Thy charities on all.

Thus grave these words upon thy soul:
Hope, faith and love—and thou shalt find
Strength when life's surges maddest roll,
Light when thou else wert blind.
—Schiller.

Heels of Boots.—Keep spring heels upon the girls' shoes as long as possible; they assist in correct walking, where high heels are really injurious; if taught to stand and walk properly, there will be no trouble with "heels running over." Easy, strong boots should be chosen for the girls, not the paper-soled variety, so thin that one feels the chill of the ground as soon as she steps upon it.

The Proper Diet for School Children.—A school girl of ten years should have good, easily-digested, nutritious food. Well-cooked, steel-cut oats for breakfast; sub-acid fruits and soft-boiled eggs. If she carries her lunch a cup custard, fruit and chopped meat sandwiches, made from either beef, mutton or chicken, will answer. No pork nor yeast, no sweets nor fried foods should be given children. Apples, either baked or raw, between meals are good. For the evening meal give a nutritious cream soup, then a red meat, either beef or mutton, roasted, boiled or broiled; a lettuce salad, containing a light French dressing, made with oil and a few drops of lemon juice; some simple dessert, such as rice pudding, cup custard, tapioca or baked apples.

Character is the seal of a noble mind, the ornament of man, the sweetest charm of woman, the scorn of rascals, and the rarest virtue of sociability.—Bentel Sternau.

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