

thin and sharp and pale?" "Mrs. Arnot," says I, moppin' my eyes agin, "if you say another word about the little chap I shall be struck all of a heap, for my heart jist kinder—kinder pains like a tooth-ache to do somethin' for him." Then all of a sudden she turns sharp on me agin, and says she, "I think you are a very inconsistent man, Mr. Growther. You have been runnin' yourself down, and yet you claim to be better than your Maker. He calls himself our Heavenly Father, and yet you are sure that you have a kinder and more fatherly heart than He. You are one of His little, weak, deformed children, twisted all out of shape, as you have described, by His enemy and yours; and yet you the same as say that you would act a great deal more like a true father toward your child than He will toward His. You virtually say that you would rescue your child and be pitiful and tender toward him, but that your Heavenly Father will leave you in the clutches of the cruel enemy, or exact conditions that you cannot comply with before doing anything for you. Haven't you read in the Bible that "like as a father pitieth his children, so the Lord pitieth them that fear Him?" You think very meanly of yourself, but you appear to think more meanly of God. Where is your warrant for doing so?"

"The truth bust in on me like the sunlight into this old kitchen when we open the shutters of a summer mornin'. I saw that I was so completely floored in the argement, and had made such a blasted old fool of myself all these years, that I jist looked around for a knot-hole to crawl into. I didn't know which way to look, but at last I looked at her, and my withered old heart gave a great thump when I saw two tears a-standin' in her eyes. Then she jumps up, and gives me that warm hand o' her'n, and says, 'Mr. Growther, whenever you wish to know how God feels toward you, think how you felt toward that little chap that was abused and beaten all out o' shape,' and she was gone. Well, the upshot of it all is that I don't think a bit better of myself—not one bit—but that weakly little chap with a peaked face, and a hump on his back, that Mrs. Arnot made so real like that I see him a-lookin' at me out of the cheer there half the time—he's makin' me better acquainted with the Lord, for the Lord knows I've got a hump on my back and humps all over; but I keep a-saying to myself, 'like as a father pitieth his children,' and I don't feel near as much like cussin' as I used to. That little chap that Mrs. Arnot described is doin' me a sight o' good, and if I could find some poor little critter jist like him, with no one to look after him, I'd take him in and do for him in a minit."

"Mr. Growther," said Haldane, huskily, "you have found that poor, misshapen, dwarfed creature, that I fear will never attain the proportions of a true man. Of course you see through Mrs. Arnot's imagery. In befriending me you are caring for one who is weak and puny indeed."

"Oh, you won't answer," said Mr. Growther, with a laugh. "I can see that your hump is growin' wisely less every day, and you're too big and broad-shouldered for me to be a-pettin' and a-yeamin' over. I want jist such a peaked little chap as Mrs. Arnot pictured out, and that's doin' me such a sight o' good."

Again the two occupants of the old kitchen gazed at the fire for a long time in silence, and again there came from the young man the same long-drawn sigh that had attracted Mr. Growther's attention before.

"That's the second time," he remarked.

"I was thinking," said Haldane rising to retire, "whether I shall ever have better work than this odious routine at the mill."

Mr. Growther pondered over the question a few minutes, and then said sententiously: "I'm inclined to think the Lord gives us as good work as we're capable of doin'. He'll promote you when you've growed a little more."

(To be continued.)

REST.

The origin of much of the nervousness and impaired health of individuals, who are not decidedly sick, is owing to a want of sufficient and quiet rest. To procure this should be the study of everyone. Labouring people should retire as early as nine in the evening, and all others by ten or eleven. Those who are liable to have disturbed sleep should take especial care that their evenings pass tranquilly.

Many are injured by attending theatres, parties, balls, or other meetings in the evening, by which they are so much agitated that their sleep is broken and unquiet. In our opinion, the most frequent and immediate cause of insanity, and one of the most important to guard against, is want of sleep. So rarely do we see a recent case of insanity that is not preceded by the want of sleep, that we regard it as almost the sure precursor of mental derangement.

Notwithstanding strong hereditary predisposition, ill-health, loss of kindred or property, insanity rarely results unless the exciting causes are such as to occasion loss of sleep.

A mother loses her only child, the merchant his fortune; the politician, the scholar, the enthusiast, may have their minds powerfully excited and disturbed; yet, if they sleep well, they will not become insane.

There is no advice so useful to those who are predisposed to insanity, or to those who have recovered from an attack, as to carefully avoid everything likely to cause loss of sleep, to pass their evenings tranquilly at home, and to retire early to rest. Long continued wakefulness disorders the whole system. The appetite becomes impaired, the secretions diminished or changed, the mind dejected, and soon waking dreams occur, and strange phantoms appear, which at first may be transient, but ultimately take possession of the mind, and madness or death ensues.

We wish we could impress upon all the vast importance of securing sound and abundant sleep. If so, we should feel that we had done an immense good to our fellow-beings, not merely in preventing insanity, but other diseases also.

To procure sleep it is important that the mind should not be disturbed for several hours before retiring to rest. Retire early, and when neither very warm nor cold; sleep on a hair mattress, or on a bed not very soft. The bed-room

should be large and well ventilated, and the bed should not be placed near the wall, or near the window, as such an arrangement often exposes the person to currents of cold air. There should be nothing tight about the neck, and the rule of cleaning the teeth before retiring is a good one. Tea or coffee taken late at night is apt to disturb sleep. Strive to banish thought as much as possible, or take up the most dull subject. Study during the evening is improper.

Nervous persons who are troubled with wakefulness and excitability usually have a strong tendency of blood to the brain with cold extremities. The pressure of the blood on the brain keeps it in a stimulated or wakeful state, and the pulsations of the head are often painful. Let such rise and chase the body and extremities with a brush or towel, or rub smartly with the hands to promote circulation and withdraw the excessive amount of blood from the brain, and they will fall asleep in a few moments.

A sponge bath and rubbing, or a good run, or a rapid walk in the open air, just before retiring, will aid in equalizing circulation and promoting sleep. Some people are able to perform much mental labour, and to study late at night and yet sleep well. Some require but little sleep. But such individuals are very rare.

Sleep seemed to be at the command of Napoleon, as he could sleep and wake apparently at his will.

A writer observes of M. Guizot, former minister of France: "His faculty for going to sleep after extreme excitement and mental exertion is prodigious; after the most boisterous and tumultuous sittings at the Chamber, after being baited by the Opposition in the most savage manner—there is no milder expression for their excessive violence—he arrives at home, throws himself upon a couch and sinks immediately into a profound sleep, from which he is undisturbed till midnight, when proofs of the 'Moniteur' are brought to him for inspection."

"It is an interesting fact," says another writer, "that for many of the latter years of his life Sir Robert Peel was in the invariable habit, at whatever hour he returned from his Cabinet or the House of Commons, of reading for half an hour in some religious book before retiring to rest. It was by this habit he said that he could keep his mind calm and clear after the distractions and irritations of the day."—*The Grand Secret of Success.*

NO TIME LIKE THE PRESENT.

If you're told to do a thing
And mean to do it really,
Never let it be by halves;
Do it fully, freely.

Do not make a poor excuse,
Waiting, weak, unsteady;
All obedience worth the name
Must be prompt and ready.

If you're told to learn a task,
And you should begin it,
Do not tell your teacher: "Yes,
I'm coming in a minute."

Waste not moments nor your words
In telling what you could do
Some other time; The present is
For doing what you should do.

Don't do right unwillingly
And stop to plan and measure;
'Tis working with the heart and soul
That makes our duty pleasure.

—Phoebe Cary in *Young England*.

GIVE THEM A LITTLE HELP.

In all our congregations there are constantly many persons with whom God's spirit is striving,—who are thoughtful and tender at heart, and who are waiting for Christians to speak a word to them. They only need a friendly word or a stretched out hand. They have not the courage to start alone, and they are waiting for the favourable opportunity. Now, the secret of soul-winning is not to be constantly exhorting and lecturing people, but to be constantly giving them a chance to manifest the higher desires of their souls. We fear it too frequently happens that the unconvinced seek God's people, rather than the contrary. There are times when every man's nature cries out for the Gospel, and at such a time all he needs is a touch of the hand, or a look of the eye, or but the opportunity to refuse, in order to come. Have more faith—not only in God, but in the truth and in humanity. Do not shut the gates, but open them and keep them open, that whosoever will may come in.—*Golden Rule.*

THE private voluntary donations for schools and colleges in Japan during the past five years reach nearly \$9,000,000. Upward of 700,000 acres of land have also been given for educational purposes.

COLERIDGE finely said, "The Bible without the Spirit is a sun-dial by moonlight." The saying is just as true of preachers whose sermons are only moral essays. They may cast faint shadows on the dial-plate, but they cannot tell the time of day. They do not meet the deepest wants of souls.

"CLINICAL lectures" are esteemed of special value in the training of young physicians. They are the application of the science in the presence of the student to suffering patients. Theological training cannot be conducted precisely in this way, but the United Presbyterian Church in Scotland has made an effort to approximate it. The Professor of Practical Training superintends the students while engaged in mission work, both during the term and in the summer. In this she is in advance of all the Churches.

BRITISH AND FOREIGN ITEMS.

THE question of the federation of the Australian Presbyterian Churches is being actively discussed.

A CONSIDERABLE religious interest exists among the students at Princeton, and an invitation has been sent to Dr. Cuyler to address them.

MR. GLADSTONE has undertaken to write an article for one of the quarterlies on Dr. Chalmers and his influence on religious life and theology in Scotland.

TWELVE French Catholics, heads of families, have joined the Congregational church at Centre Falls, R.I., having been brought into the light by reading the Bible.

A GENTLEMAN in England, interested in the Bible work of the world, recently gave £1,000 to the British and Foreign Bible Society, for the extension of its colportage in China.

PRINCIPAL CAIRD's long promised work, "An Introduction to the Philosophy of Religion," is now so far advanced that Mr. Maclehoze, the publisher to the University of Glasgow, expects to have it ready before the end of this month.

A NEW impulse has been given in Edinburgh to the building of church edifices. The United Presbyterian Church is most active in this work, having no fewer than six churches in course of erection in the city and neighbourhood, all of an ornate kind.

A YOKOHAMA telegram, dated March 10th, says the severest earthquake since the opening of the ports was felt on February 22nd. Many houses in Tokio and Yokohama were badly injured. Much property was destroyed. No lives were lost, but much terror was occasioned.

THE scheme for uniting by a canal the German Ocean and the Baltic has now so far matured that Herr Dahlstrom, a Hamburg engineer, has been furnished with a concession to commence the preparatory operations in accordance with the plan submitted by him to the German Government.

MR. ROBERT ARTHINGTON, of Leeds, the founder of the Tanganyika Mission, has offered the London Missionary Society the sum of \$3,000 for the purpose of completing his scheme by placing on the lake a suitable steamer. With the help of a steamer it is hoped that the best route may be found from the lake to the Nile, and that the population of the region may be brought more directly under Christian influence.

THE world does move, even in Spain. A little child was to be buried in the cemetery at Mallona, near Bilbao. Its father had become a Protestant and was determined that his child, though baptized by the priest, should be buried in the Protestant part of the cemetery. The priest objected on the ground that the child belonged by baptism to the Roman Church. When the coffin reached the cemetery it was seized and placed in the receiving vault. Priest and Protestant then appealed to the Governor, and he to the Minister at Madrid. The latter telegraphed: "Parents have the right to decide for themselves in what cemeteries the bodies of their children shall be buried."

DR. SCHMIDT, having been appointed British Vice-Consul of the district of Acre, Syria, has sent to the Foreign Office a report on the German colony of Haifa, which was founded about ten years ago, and occupies a strip of land between Mount Carmel and the Mediterranean Sea, about a mile from the town of Caiffa. The houses are substantially built of lime-stone, and the streets are regularly laid out, adorned with a double row of shade trees. The motive for founding this colony, as well as its three sister colonies at Jaffa, Sharon, and Jerusalem, rests upon faith in the words of prophecy. The society which undertook the work is denominated the "Temple," and the centre of the organization is in Wurtemberg. It has branches in the United States, in Russia, and in Switzerland. The immediate aim is to give a good example to the natives by founding Christian communities, working for the elevation of the people and country. This colony of Haifa numbers about 330 inhabitants, mostly Germans, with some German-Americans, and Russians, and a few Swiss. It is provided with good schools. The colonists carry on various trades and industries, but the greater part of the people occupy themselves with agriculture and vintage, having about 650 acres of land. The Vice-Consul states that the ten years of labour since the founding of the colony have had some good results, which are seen in the improvement of the whole surroundings of the colony and the diligence and perseverance of the colonists in battling against difficulties. The natives have seen what can be attained, and are now following them in many things, by cultivating land which lay barren and planting vineyards, as they observe that it pays in the end. The town of Caiffa is increasing every year, and its commerce is improving. Real estate has risen to three times the value it had formerly. Roads are being built. The colonists constructed a temporary road to Nazareth, but without receiving the least encouragement or aid from the Turkish Government. On the contrary, they were obliged to pay for every foot, even of the most wild and barren land, and to pay their taxes through the medium of Arabs, and to accept and pay all that these say. The Vice-Consul thinks that this useful undertaking should find more support. One of the first things should be, he says, that the beautiful Mount Carmel should be again well wooded, for the trees are being fast used up for fuel. The bay between Acca and Caiffa forms a splendid natural harbour, and could be made very valuable by building a pier for loading cargoes. The commerce is not inconsiderable. A good road to the Hauran district, which is the granary of Palestine, would be of great advantage to the country. Cattle-breeding is carried on very largely, and thousands of sheep and camels are exported to Egypt annually. The colonization work keeps all this in view as being both remunerative and offering a way of improving the country; but the means of the Colonists are too small, and only such things can be done as lie within their reach.