

Vaticinor tibi, quod navalis laurea cinget
 Tempora, nec magnas spes mare destituet.
 Dejiciet tua gens cunctos, nec Gallia victrix
 Denique frangetur littus ad Albionem.
 Sors bona, non mala sors concludet proelia quare
 Tempora te dicent : ' pars bona, non mala pars.'

Now read it backward :

' Pars mala, non bona pars,' dicent te tempora, quare
 Proelia concludet sors mala, non bona sors
 Albionem ad littus frangetur denique victrix
 Gallia, nec cunctos gens tua dejiciet.
 Destituet mare spes magnas, nec tempora cinget
 Laurea navalis, quod tibi vaticinor.

The use of milk.—Dr. Crosby, of the Bellevue Hospital pronounces milk an article of diet which all persons may use, under nearly under all conditions. There are those who say they cannot take milk, that it makes them bilious, etc, but he declares that this is not true. A person who is sick may take milk with the greatest possible advantage, because it contains, in a form easy of assimilation, all the elements essential for maintaining nutrition. It is the natural aliment of the young animal, and certainly answers a good purpose for the old animal, provided it is used properly, and not poured into a stomach already over filled, as though it had in itself no substance or richness. New milk, he does not hesitate to say, may be taken, as far as disease is concerned, in nearly every condition.

Perhaps it will require the addition of a spoonful or two of lime water. The addition of little salt will often prevent the after feeling of fullness and "wind on the stomach," which some complain of. If marked acidity of the stomach is present, then perhaps a little gentian may be requisite to stimulate the stomach somewhat, and it may be necessary to give it in small quantities and repeat it often; but ice cold milk can be put into a very irritable stomach, if given in small quantities and at short intervals, with the happiest effect. It is used in case of fever, when formerly it was thought to "feed," and when scaled it has a desirable effect in summer complaints.

But as an article of diet for people in health, and who wish to remain in that happy condition, that milk should be most appreciated. For the mid day luncheon of those whose hearty meal comes at night, or the supper of those who dine at noon, nothing is so good. The great variety and excellent quality of prepared cereals give a wide choice of food to use with milk. Bread with berries in their season, or baked sweet apples, boiled rice, cracked wheat, oatmeal, hulled corn or hominy, taken with a generous bowl of pure, cold milk, makes the best possible light meal in warm weather for children, and for all adults who have not some positive physical idiosyncrasy that prevent them from digesting it. The men of the firmest health and longest life are the men of regular and simple habits, and milk is a standard article in such a diet.

Written examinations.—The following excellent advice to those undergoing examination is taken from the *Canada School Journal*. All persons preparing for examination would do well to study it carefully.

1. *In preparing for an examination, write out as much as possible of the work.*—Writing is a much more effectual mode of study than reading. Let a student write out from a book several times any difficult proposition, and he will find that he has gained more knowledge of the proposition than he could have gained in a much longer time spent in merely reading it. The method of writing, which appears slow and laborious, is in reality an important economy of time and labor.

2. *Write about the question before you, and not about something else.*—No knowledge, however correct, if it does not bear directly on the question, can be taken into account. When the candidate writes very little about the question, and very much that is foreign to it, the examiner will conclude that he knows but little about it, and that he is simply trying to hide his ignorance by a show of knowledge.

3. *Let your answers be short and to the point.*—Of course your answer must be sufficiently long to express what the question requires, but the fewer words beyond that the better. Reading examination papers is not amusing work, and no examiner wishes to read more about a question than is just sufficient to answer it. Clearness of statement is of the utmost importance. Many an answer that has contained much correct matter, far more indeed than enough to have answered the question

correctly, has been marked low, or perhaps received no marks at all, simply because the examiner could not unravel the mystery in which the candidate had involved his answer.

4. *On receiving the examination paper, read it all over carefully once or twice before you begin to write.*—On first reading the paper you may, perhaps, think that there is not a question on it that you can answer. This is the result of mere nervousness. On considering it for a short time, you will find that light will begin to dawn upon you. Take the easiest question you can find on the paper, and write the answer to it as carefully and as quickly as you can; then the next easiest; and so on till you have done them all, or until you can do no more. You will find that toward the end you will be able to understand and explain what at first appeared altogether incomprehensible to you.

There is no more constant source of failure at examinations than the attempt often made by candidates to answer in order the questions on an examination paper. In this way he is frequently brought in contact with the most difficult question first, puzzles over it till his mind gets into the state of that of young Dombey, who was not certain whether it was twenty penny weights made one ounce, or twenty Romulus made one Remus.

5. *Give the full work of each question, and do the work on the paper you are going to hand to the examiner.*—The examiner wants to see the method by which you obtained the result much more than the result itself. Even if your final result is wrong, but the method of obtaining it be correct, he will give you credit for what you have done, which he could not do unless he had the whole work before him. Never work on a slate or a slip of paper, and then copy. By this method you lose more than half your time, and you are far more liable to make mistakes in copying the work than in doing it.

6. *Generally speaking, write the answer to each question on a separate page.*—By doing this you will be able to arrange the questions in order when you have finished.—Fasten the sheets together at the left hand corner. Do not leave the examination room until the time is up. If you cannot do any more questions, read over what you have done. You may detect and correct mistakes. Do not sit up late the night before examination to cram. Study but little during examination week. All that you may learn in this way will do you more harm than good. You will be tempted to write too fully on what you have so recently learned, and your mental vigor will be seriously diminished.

7. *Attend carefully to the style of your answers.*—"Dress does not make the man," says the old proverb, to which some person adds, "Of course not, but when he is made he looks much better by being dressed up." Style does not make the answer, but when it is made it certainly "looks much better by being dressed up." When you find a complicated mathematical question on an examination paper, you may be sure there is some easy method of solution. If you cannot find such solution, leave the question to the last. Examiners set questions to test your knowledge of principles, not your ability to do mere mechanical work.

Christmas.—Christmas time! That man must be a misanthrope indeed in whose breast something like a jovial feeling is not roused—in whose mind some pleasant associations are not awakened—by the recurrence of Christmas. There are people who will tell you that Christmas is not to them what it used to be; that each succeeding Christmas has found some cherished hope, or happy prospect of the year before, dimmed or passed away; that the present only serves to remind them of reduced circumstances and straitened incomes—of feasts they once bestowed on hollow friends, and of the cold looks that meet them now in adversity and misfortune. Never heed such dismal reminiscences. There are few who cannot call up such thoughts any day in the year. Then do not select the merriest of the three hundred and sixty-five for your doleful recollections, but draw your chair nearer the blazing fire. One little seat may be empty; one slight form that gladdened the father's heart and roused the mother's pride to look upon, may not be there. Dwell not upon the past; thing not that one short year ago the fair child, now resolving into dust, sat before you with the bloom of health upon its cheek, and the gayety of infancy in its joyous eye. Reflect upon your present blessings—of which every man has many—not on your own past misfortunes, of which all men have some, our life on it, and your Christmas shall be merry, and your new year a happy one.—*Chas. Dickens.*