THE SUNDAY SCHOOL.

APRIL 23.

CHRIST WALKING ON THE SEA.—Mark vi. 45–56.

1—He *constrained* them to go into the boat and cross to the other side before Him, while He sent away the people. They were evidently reluctant to go, and the Master's reason was perhaps not very obvious to them at the time. But there were important reasons. St. John tells us (chap vi. 15) that Jesus perceived a movement in the multitude to take Him by force and make Him a king. This popular demonstration could not be permitted. One such only was to be allowed in the course of His life on earth, and that in the fulfilment of prophecy (Zech. ix 9) but the time had not yet come, nor was this the right place. Jesus knew that the disciples were still sufficiently under the influence of temporal notions of His kingdom to encourage this enthusiasm, and so they were sent away. Then another reason is indicated: "He sought a retirement which even His disciples might not share with Him. The need of physical rest gave place to a higher need. His spirit had evidently been deeply stirred by the death of John the Baptist—it was the foreshadowing of His own. And thus He needed and sought communion with His Father."

But these were not the only reasons. Jesus knew that the night would be a stormy one, and that He was sending them out into the darkness and the storm without His presence. But He knew also that this was a discipline they needed. It must have been a very trying one to them at the time. They had said "Send the multitude away," but now *they* were sent away. They were to learn what it was to be in trouble and peril without the presence of Jesus, and how soon the faith that is produced by excitement and enthusiasm breaks down. Jesus wished them to learn how absolutely dependent they were on Him; He wished also to show them that His guardianship was not confined to His visible presence. The time was coming when He would be taken from them, and He wished to prepare them for the darkness which would encompass them, and the storm which would beat down upon them in that night of the future.

2—He had been absent only in body. From the lonely spot on the mountain side where He had been praying, He had kept His eye on that tempest tossed boat, and had not for a moment forgotten them, or relaxed His interest in their welfare. He did not however see fit to go to their relief until the fourth watch of the night—three o'clock in the morning. When He did come it was with a glorious manifestation of His Divine power, for He walked on the yielding water as though it had been a pavement of adamant, the wind and waves seeming to do Him homage. Note the result. 1. His appearance excited alarm. 2. His voice restored confidence. 3. His presence gave security—that is, the *sense* of security. It is important to observe that they were really as secure before if they could only have believed it, for they were where the Master had sent them. "The path of duty may not always be the path of safety in appearance, but it is so in reality. They were safer on the bosom of that stormy lake in *obedience to Christ*, than they would have been on shore if they had disobediently returned. Let us learn that the place of *seeming peril* is the one of *real safety* if the Master puts us there. Let us learn also to *obey*, though we may not be able to understand the command, and to look expectantly for the Deliverer in every time of trouble.

3—As soon as Jesus entered the boat the storm ceased. The effect on the minds of the disciples is described in somewhat remarkable terms (verses 51, 52). It seems from the statement of the Evangelists that the two-fold miracle of Christ walking upon the water and calming the storm, produced a greater effect on their minds than the miracle of feeding the multitude, and the reason given is that *there heart was hardened*. This confirms what we have said about their resentment and jealousy at the intrusion of the multitude into their retirement with their Master. They were in such a state of mind as to make them "dull of apprehension, inapt to learn, and slow to receive conviction."—*Abridged from Sunday-school Magazine.*

THE PULSE.

Every one may not know what a "normal" pulse is. To such the following table may be interesting:

Pulse in the newly-born infant	130 to 140
Pulse during 1st year	115 to 130
Pulse during 2nd year	100 to 115
Pulse during 3rd year	95 to 105
Pulse during 7th to 14th year	80 to 90
Pulse during 14th to 21st year	75 to 85
Pulse during 21st to 60th year	70 to 75
In old age	75 to 80

In inflammatory or acute diseases the pulse may rise to 120 or even 150 in the adult, and become so frequent in the child that it cannot be counted. Irregular action, mental excitement, digestion, alcoholic drink, and elevation above the sea level accelerate the pulse, and, as a general rule, it is more frequent in the morning than in the evening. It is slower in sleep, and for a time after meals. The pulse of a person of sedentary habits and of a woman exceeds that of a man of the same age as much as 10 to 14 beats a minute, and, according to some authorities, is less frequent in the tall than in the short person, the variation being about 4 beats for each six inches of height.

USEFUL HINTS.

In baking fish, brush them over with an egg. It forms a nice coating and prevents the juice from exuding while baking.

Paper can be made transparent by spreading over it, with a feather, a very thin layer of resin dissolved in alcohol, applied to both sides

To cure neuralgia take a good handful of the common field or Canada thistle, pour two quarts of boiling water on, and boil down to three pints; take a wineglassful three times a day before meals.

Never bang the door of an oven, as it will run what is in it. I remember, said Miss Munro, a visit I paid to a graveyard in the South of England, and I was much struck with an epitaph on a tomb-stone: "She never banged the door."

The ox-eye daisy is a very fashionable flower in the city, but a vile pest to the farmer. It is propagated by the seed, and may be destroyed by mowing before the seed is formed. Two or three seasons may be required to subdue it, but it is a standing reproach to any farmer to have his fields overrun with this weed.

A member of the Oneida community, writing on the importance of mulching fruit trees and plants of every kind, says that he mulched a row of the Franconia raspberry, and also one of the Philadelphia, side by side. The effect was very marked. While the Franconias, which were not mulched, were literally scorched and the leaves crumpled in the sun, the row which received the mulching carried through nearly double the crop of fruit. The material used for mulching was old half-decayed buckwheat straw, etc.

A London live-stock journal, speaking of horse-shoeing, pertinently remarks: If the farmers or blacksmiths are anxious to do something useful at a small expense, let them publish an illustrated broadside for hanging in blacksmith-shops, telling smiths and their masters what not to do. "Don't carve the frog; don't open the heels; don't rasp the outside of the hoof; don't cut the hoof to fit the shoe, but after shortening the toe, if needed, fit the shoe to the foot, and so on, as common sense dictates."

A house which has been unoccupied for even a week should never be moved into without kindling fires to burn day and night for several days, with doors and windows opened so as to allow all odors and gasses to escape, and to dry all the walls and wood-work most thoroughly; especially ought this to be done if beads of water are noticed on the plastering anywhere; the least observant know that the rooms of a house have a damp, musty, heavy, dead atmosphere, even if shut up for a very few days, in the finest weather.

The journal *L'Electricite*, of Paris, announces that premature burial can be rendered absolutely impossible by applying, in cases where the certain signs of death are wanting, an electric current to the body. Such a test being applied five or six hours after presumed death, non-contraction of the muscles will prove beyond a doubt that life is extinct. This discovery is received with much satisfaction in France and Germany, where the laws requiring prompt burial admit the possibility of horrible mistakes, which, in the belief of many persons competent to form an opinion, are of not very infrequent occurrence.

Milk that is heated too much above 100 degrees Fahrenheit, loses for the time a degree of its sweetness and its density, but no one who, fatigued by over-exertion of body and mind, has ever experienced the reviving influence of a tumbler of this beverage heated as hot as it can be sipped, will willingly forego a resort to it because of its having been rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately; and many who fancy that they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that shall be abundantly satisfying and more enduring in its effects.—*Medical Recorder.*

INFORMATION.

MOTHERS.—Have you delicate, weakly children, who are always *taking cold* and subject to *Croup!* Remember, there never was a case of *Croup* which did not originate in a *Cold!* ALLEN'S LUNG BALSAM is your remedy.

Johnson's Anodyne Liniment is, without doubt, the safest, surest, and best remedy that has ever been invented for internal and external use. It is applicable to a great variety of complaints, and is equally beneficial for man or beast. Find out about it and thank us for the advice.

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WISTAR'S BALSAM OF WILD CHERRY—[From the Kingston (Ont.) *Daily Whig*]—This old medicine, the ever effective healer of lungs that flesh is heir to, is still before the public in its full favor. It started on its career of mercy (for a good medicine is a merciful agent), forty years ago, and is today sought after by the children of the men who first sought out its virtue and established its name. Were it not for its merits it would long since have "died and left no sign," like many a one popular curative has done even in the last five years. WISTAR'S BALSAM OF WILD CHERRY is no artificial, deleterious compound, certain to afford temporary relief only by cutting its way by powerful agents through vitality, yet leaving a worse injury behind it. It is a vegetable, and by natural remedies works off complaints from a slight cold to a threatening consumption.

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THAT THE HUMAN SYSTEM requires renovating in the Spring is proved by the loss of appetite, lassitude or debility, which comes within the experience of almost everyone. Aware of this it was the custom of our grandmothers to prepare decoctions of Burdock, Dandelion and Cherry bark for the purpose of restoring the stomach to a healthy tone, and purifying the blood, but the medical skill of the present day finds such things ineffective and sometimes injurious. Hanington's Quinine Wine and Iron, used in conjunction with Hanington's Tonic Dinner Pills, restore the appetite, invigorate the system and purify the blood immediately and effectually, as thousands testify who have been benefitted by their use. Beware of imitations. See that you get "Hanington's" the *original* and *genuine*. For sale by all druggists and general dealers in Canada.

THE VITALIZING NUTRITIVE-TONIC QUALITIES of *Robinson's Phosphorized Emulsion of Cod Liver Oil with Lacto-Phosphate of Lime* would indicate its great value as a *Restorative and Invigorator*, in that low condition of the system prevailing in patients *recovering* from *Diphtheria* as well as *Fevers*, especially those of a *Typhoid* character; while if taken when the premonitory signs of *lassitude* and *weakness* appear, it would have a tendency to *prevent* the attack, or lighten and shorten its duration. The cases in which it has been used fully bear out this hypothesis. It stimulates the enfeebled powers, and builds up and gives fresh life and vitality to the whole system. Prepared solely by Harrington Bros., Pharmaceutical Chemists, St. John, N. B., and for sale by Druggists and General Dealers. Price $1,00 per bottle; six bottles for $5.00.

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Are you disturbed at night and broken of your rest by a sick child suffering and crying with the excruciating pain of cutting teeth? If so, go at once and get a bottle of MRS. WINSLOW'S SOOTHING SYRUP. It will relieve the poor little sufferer immediately—depend upon it; there is no mistake about it. There is not a mother on earth who has ever used it, who will not tell you at once that it will regulate the bowels, and give rest to the mother, and relief and health to the child, operating like magic. It is perfectly safe to use in all cases, and pleasant to the taste, and is the prescription of one of the oldest and best female physicians and nurses in the United States. Sold everywhere. 25 cents a bottle.

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Dear Sirs—In regard to your favor of a few days ago, I would say: About one year ago a horse owned by me contracted a large Bone Spavin, for the cure of which I tried a number of the liniments and lotions advertised to cure the same without any effect, and he became very lame. A friend of mine recommended me to try FELLOWS' LEEMING'S ESSENCE. I acted upon his advice, and now, I am happy to say, the lameness has ceased and the Spavin disappeared. I now consider him entirely cured, and would cheerfully recommend FELLOWS' LEEMING'S ESSENCE as being the best remedy in the market for all lameness that horses are subject to.

Yours truly,
THOMAS F. FOX

RINGBONE CURED.

AUGUSTA, ME., March 8th, 1880.

Dear Sirs—I have had occasion to use FELLOWS' LEEMING'S ESSENCE on a horse so lame from a Ringbone that I could not use him. I have been using it about three weeks, and find it does all you claim for it, as the lameness is gone, and the enlargement has almost disappeared. I firmly believe a few more days will make an entire cure.

Respectfully yours,
JAMES T. PARKER.

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has been in use by horsemen for more than 25 years, and thousands of valuable horses that otherwise would have been rendered useless, have been cured by the timely application of this ESSENCE in cases of lameness from Slips, Spavins, Ringbone, Sidebone, Splints, Strains, Bruises, etc.

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If you are simply ailing, if you feel weak and dispirited, without clearly knowing why, GOLDEN ELIXIR will revive you.

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