

live up to in that respect as in so many others.

"They have their reward" may be said, no doubt, of those living bravely this responsible and laborious life. All good honest work has; all work with a high motive. But, as with the majority of the clergy, that reward does not come in coin of the realm. The charities we are asked to help this evening tell us that. It is a touching list, the candidates for annuities—so many more than can have them. They have mostly been, it seems, in country schools. It is a time of much talk about old-age pensions. If they are deserved by any, they are deserved by such cases as these. The Education Department has

sometimes touched on the subject; but meanwhile help must be given. Men and women who have been teaching thirty, forty, fifty years. "Age, and failing health and sight"—so they appeal to us. It must move not only those of their own profession, but all who have the spirit of Christ. These are the poor who, because of their education and position, will keep shrinking from the appearance of poverty to the very last. The whole land is debtor to them. And we, who know how through the long years they have with a good conscience fulfilled their calling in its fullest sense, teaching our children "the fear of the Lord," we are called upon to "esteem them very highly for their work's sake."

BATHS—PART II.

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In the last paper we discussed the theory of cleanliness, and arrived at the conclusion that a daily bath was both a necessity and a pleasure, contributing largely to our health, well-being and comfort. For purposes of cleanliness the warm bath (i.e., 95 to 98 degrees Fahr.) is the most efficient, and it should be taken at night, as, owing to the relaxation of the cutaneous vessels and the flow of blood to the skin, caused by the warm water, there is grave risk of chills if it be taken in the morning. Many a severe chill results from warm baths taken at public bath houses.

The bath should be taken quickly, plenty of soap used, and a rough towel brought to bear with energy upon the glowing skin. If a

flannel wrapper and warm slippers are then donned, and the bather retires between the bedclothes before the warm glow has passed off, he will sleep soundly and rise in the morning refreshed.

A cold morning bath is only desirable if it agrees with a person. Not a few doctors deprecate it entirely, especially for women. It may, however, be very good if the bather experiences a warm glow afterwards. If, on the other hand, the cold water causes a shock, and there is no reaction, it may be safely affirmed that it is undesirable for such constitutions. Persons who feel "shivery" and have cold hands and feet after a cold bath should not take them. In such cases, however, the face and neck, back and chest should be well