

up one or two good engravings where they can be easily seen. But, above all, flowers, cut or growing, with their bright colours and lovely forms will cheer and soothe the trying hours of pain and weakness. Strongly-scented flowers are to be avoided, as heavy perfumes depress

the nervous system. Miss Nightingale is a great believer in the beneficial effect of flowers in the sick-room, which they not only brighten, but purify, by using up the poisonous carbonic gas and throwing out the life-sustaining oxygen needed by the sufferer.

A NIGHT IN A HERRING-BOAT.

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IT was three o'clock in the afternoon when we started from Port Erin. There were eight of us on board, seven fishermen and myself. The dingy having been hauled up, and the sails hoisted, in a few moments the

strong breeze blowing carried the *Puffin* out of the bay, and westward towards the Irish coast. We had a mackerel-line out, and, though the boat was going much too fast for satisfactory fishing, about half a dozen were caught before evening. The sky became dark and cloudy, and before long the rain descended in torrents, so as to make one thankful for the oilskins, sea-boots, and sou'-wester which a sailor had kindly lent. About 8 P.M. the sky cleared, and we were favoured with a beautiful sunset. The wind fell, and practically no further progress could be made, so it was decided to "shoot" the nets. We were now about mid-channel—the Manx coast on the one hand and the Mourne Mountains on the other being distinctly visible. A large number of puffins and other birds were flying about, which made the men think they might have a successful night. The sails were lowered, with the exception of a small jib; and as the boat slowly moved on by means of this one sail the net was cast out, it being connected at intervals to a strong rope, called the "spring-back," the same length as the net, the purpose of which will be explained in a moment. The two are connected together by one of the men as they are thrown out. Let me try and explain the nature and position of the net as it lies in the water. On the surface there are

large cork floats about every ten yards; from these hang down thin ropes, called the "straps," about nine feet long, which are fastened to the spring-back mentioned above; from this, again, hang thin ropes, called the "legs," about twelve feet long; these are fastened to the rope along the top of the net, which is called the "back," and the net itself, weighted at the bottom to keep it perpendicular, is about thirty feet deep; so that from the surface of the water to the top of the net is about twenty-one feet, to the bottom of the net fifty-one feet. The length of the net is about one mile, or sometimes longer than that. The object of having the net so far below the surface is partly, of course, as being more favourable for catching the fish, but also to enable any ship which might happen to cross the net to do so without causing any damage. Even still, a ship drawing a great deal of water, such as our ironclads, will sometimes carry away their nets, to the great loss of the fishermen.

The whole of the net having been "shot" out, the large mast is lowered by an ingenious device, in case that the boat may not roll so much in a rough sea, and also to prevent the wind catching her so much. A small sail at the stern keeps her steady with her head to the wind. A light is put up as a danger signal, one man stays on deck to keep watch, the rest retire for the night, and there the boat lies tossing about on the rolling waves, looking very much like a wreck, with her mast lying down and her ropes hanging loosely about.

Before we lay down to rest in the small cabin an impressive little incident occurred. An evening hymn was sung, and prayer offered by one of the men (several of them take it in turns), commending themselves and their loved ones to the care of our Heavenly Father, and asking Him to "preserve to them the