

Poetry.

The Battered Door.

God is knocking, Ever knocking, At the heart's thro' bolted door, Which we're locking, Ever locking.

Be in Earnest.

Life is brief, its days are fleeting As the bird on swiftest wing, As the peaty dews of morn'g, Or the rill from mountain springs.

Mr. Spurgeon as a Student.

Any one who has had the pleasure of visiting his library and 'workshop' at his beautiful home, as it was mine to do, must at once be convinced that not the least noticeable fact concerning this wonderful man, is his systematic habits and methods of study.

Treatment of Babies.

A baby is a very tender thing, people say, but most of them are very far from knowing how tender. Imagine how nervous you are in certain states—when recovering from illness, say, when a fall of a book or the slam of a door makes you quiver and feel faint, as if some one gave you a blow.

Young babies ought to pass the first months of their lives in the country, for its stillness, its less than its fresh air. But where silence is not to be commanded, baby may be soothed by folding a soft napkin wet in warmish water, lightly over the top of its head, its eyes, and ears.

The Need of Acids.

When ranch fat pork is eaten, there will always be a demand for pickles or vinegar, says the report of the Massachusetts Board of Health. The demand for acid is a genuine call for the strong acids, such as raw lemons or pickles, if one has from day to day the proper supply of moderately sour fruit.

When there is a craving for sour food, for pickles or for lemons, it is generally a strong indication that the system has a real need of acids, and lemons or vinegar are sometimes the best medicines to cure biliousness and restore a failing appetite.

It is a common mistake to use fruit at the table only in the form of a sauce at the evening meal, or incased with rich crusts, as pie, for dinner. In the latter case the effect of the pie-crust is often greater than the good effect of the fruit inside the pie.

The Overworked Man of Business.

The London Seminary Record, in an interesting article on "Overwork," gives the following graphic picture of the business man who is overtaxing his powers:

"Sooner or later he finds that his day's work has become an effort, a toil rather than a delight; the last hour has become a strain only maintained by determination; a sense of exhaustion and fatigue envelops his closure of the day's work, and the last columns of figures have presented difficulties hitherto unknown, and the last pile of letters has seemed more trying than of yore.

How to become Happy.

Many young persons are ever thinking over new ways of adding to their pleasures. They always look for changes, for more "fun," more joy. Once there was a wealthy and powerful king, full of care, and very unhappy. He heard of a man famed for his wisdom and piety, and found him in a cave on the borders of the wilderness.

The Watch of One Hour.

Nearly two thousand years ago a dozen men were assembled at supper in the upper room of a house in Jerusalem. They were laborers, coarsely bred and coarsely clad, such as may be met in the streets of any Eastern city to day; men who but a year or two ago had known no better work than to carry fish to the market or to collect taxes, who indeed scarcely now knew any better use than these to make of their lives.

And presently, in the night on which He was betrayed, He took bread and wine also, and gave to them, saying that this was His body and blood, which was given for them, bidding them do this in remembrance of Him. When he went out into the night they followed Him. Outside of Jerusalem there is a bleak hill, inclosed by a low wall, where yet stand eight olive-trees computed to be more than two thousand years old.

But what has this tragedy in a Syrian city of long ago to do with us? Why should the mystery of that awful passion in the garden be brought into the columns of a daily paper, and made common by contact with accounts of trade, and theft, and murder, of a famine in one quarter, and an epidemic of leprosy in another?

How to keep Friends.

When Goldsmith once talked to Johnson of the difficulty of living on very intimate terms with any one with whom you differed on any important topic, Johnson replied, "Why, sir, you must shut the subject up to which you disagree. For instance, I can live very well with Burke; I love his knowledge, his genius, his diffidence and effluence of conversation, but I would not talk to him of the Rockingham party."

Mr. Helps, in his admirable work Friends in Council, well observes: "A rule for living happily with others is to avoid having stock subjects of dispute. It mostly happens, when people live much together, that they come to have certain set topics, around which, from frequent dispute, there is such a growth of angry words, mortified vanity, and the like, that the original difference becomes a standing subject of quarrel; and there is a tendency in all minor disputes to drift down to it. Again, if people wish to live well together, they

must not hold too much to logic, and supposing everything is to be settled by sufficient reason. Dr. Johnson saw this clearly with regard to married people when he said, 'What would be the pair, above all names of wretchedness, who should be doomed to adjust by reason, every morning, all the minute details of a domestic day. But the application should be much more general than he made it. There is no time for such reasonings, and nothing that is worth them. And when we recollect how two lawyers, two politicians, can go on contending, and that there is no end of one-sided reasoning on any subject, we shall not be sure that such contention is the best mode for arriving at truth. But certainly it is not the way to arrive at good temper.'

The Most Deadly Disease

The most deadly acute disease from which the people of the United States are to-day suffering, is pneumonia. There are not less than 2900 cases at this hour in the city of New York, alone. Many are nearly down with it, who do not suspect it, and these can bring it on by a single act of indiscretion. Ten minutes on the street corner in the cold wind, a glass of brandy or whiskey; late hours and exposure at night; an evening in a badly ventilated church or theatre, any of these may permit the latent disease to manifest itself.

The disease attacks the lungs, but is not, as generally supposed, a species of hasty consumption. There is very little expectoration in pneumonia, and in many cases none at all. The cold settles on the lungs, the air passages fill up with mucous, and death is due to the impossibility of breathing, or to the weakness which the disease brings on, as cautious dieting is necessary. When the trouble in the lungs is overcome, the patient is often left in so low a condition that it is impossible to make him rally. It is a rather singular phase of this deadly disease that the percentage of cases is as four to one in favor of men. Women very seldom suffer from it. This may be due to the greater exposure to which man are subjected, and to the more sedentary life of women, who do not suffer from such constant changes and such shocks to the lungs.

Pneumonia is far more fatal with us than it was years ago. We may attribute the increased mortality from this disease to a multitude of causes. Alcohol gives the disease more victims than all else. Other causes are steam-heating devices, bad ventilation, and tobacco-smoke. The dehydrated heat of the steam-pipes is most injurious to the lungs. The action of the heat on the iron coils sends off a deleterious gas, which seriously impairs the lungs and renders the inhalation of cold air positively dangerous. Tobacco smoke dries up the mucous membrane of the throat, and air passes and dissipates their healthy action. Alcohol destroys the power of the stomach, and so lessens vitality that a simple 'cold' speedily becomes pneumonia. These causes—added to the absurd custom of binding up the throat while leaving the feet nearly without protection—are sufficient to account for the enormous mortality from this disease.—Hall's Journal of Health

Speerin' the Boys.

An English clergyman and a Lowland Scotchman visited one of the best schools in Aberdeen. They were strangers, but the master received them civilly and inquired, "Would you prefer that I should speer these boys, or that you should speer them yourself?" The English clergyman having ascertained that to speer meant to question, desired the master to proceed. He did so with great success, and the boys answered satisfactorily numerous interrogatories as to the Exodus of the Israelites from Egypt. The clergyman then said he would be glad in his turn to speer the boys, and at once began, "How did Pharaoh die?" There was a dead silence. In this dilemma, the Lowland gentleman interposed, "I think, sir, the boys are not accustomed to your English accent; let me try what I can make of them." And he inquired in broad Scotch, "Hoo did Pharaoh dee?" Again there was a dead silence; upon which the master said, "I think gentlemen, you can't speer these boys; I'll show you how to do it!" And he proceeded, "Fat came to Pharaoh at his lunner end?" The boys with one voice answered, "He was drooned;" and a smart little-fellow added: "Ony lassie could hae told you that."—Exchange.

He is a wiser man who sees his own imperfections than he who discovers a planet, or is able to plan a campaign or build a fort. He is more a conqueror who quells the baser passions within and brings the animal nature into subjection with the moral than he who subdues the world. He is a stronger man who moulds society mentally and morally, who is able to direct the forces of the mind and soul, than he who successfully fights with bulls and bears or overcomes a giant in mortal combat. He is more a brave man, a hero, who dares to do right, to brave popular indignation, than he who stands unappalled at the cannon's mouth; the one is as far above the other as the mind and soul are superior to the body.

Scientific and Useful.

INCREASED DURATION OF LIFE

The following facts on the duration of life are given on what claims to be good authority: "In ancient Rome, during the period between the years 200 and 800 A.D. the average duration of life among the upper classes was thirty years. In the present century, among the same classes of people, it amounts to fifty years. In the sixteenth century the mean duration of life in Geneva was 21.21 years, between 1814 and 1833 it was 40.69 years, and at the present time as many people live to seventy years of age as 300 years ago lived to the age of forty-three."

CURE FOR TOOTHACHE.

It is said that drops prepared as follows will cure the worst tooth-ache ever known. One ounce of alcohol, two drams cayenne pepper, one ounce kerosene oil, let it stand twenty-four hours after mixing.

HEADACHES.

In the Medical and Surgical Reports we note the following formula for sea-headaches. Granulated murate of ammonia, one teaspoonful, acetate of morphia, one grain; water, half a pint. Dose for an adult, two teaspoonfuls a very ten minutes (precisely) until relief is obtained.

TO CURE HOARSENESS.

When the voice is lost, as is sometimes the case, from the effects of cold, a simple, pleasant remedy is furnished by beating up the white of an egg, adding to it the juice of one lemon, and sweetening with white sugar to the taste. Take a teaspoonful from time to time. It has been known effectually to cure the ailment.

SALT IN SICKNESS.

Dr. Scudder remarks, "I am satisfied that I have seen patients die from deprivation of common salt during a protracted illness. It is a common impression that the food for the sick should not be seasoned, and whatever sloop may be given is almost innocent of this essential of life. It is the milk diet that I recommend, common salt is used freely, the milk being boiled and given hot. And if the patient cannot take the usual quantity in his food, I have given it in his drink. This matter is so important that it cannot be repeated too often or dwelt upon too long. The most marked example in this want of common salt I have ever noticed has been in surgical disease, especially in open wounds. Without a supply of salt the tongue would become broad, pallid, puffy, with a tenacious, pasty coat, the secretions arrested, the circulation feeble, the effusion at the point of injury serious, with an unpleasant watery putrid, which at last becomes a mere stinking ichor. A few days of free allowance of salt would change all this, and the patient get well."

ROSEWOOD.

Many people have been puzzled to decide why the dark wood so highly valued for furniture should be called rosewood. Its color certainly does not look much like a rose, so we must look for some other reason. Upon asking, we are told that when the tree is first cut the fresh wood possesses a very strong, rose-like fragrance, hence the name. There are half a dozen or more kinds of rosewood trees. The varieties are found in South America, and in the East Indies and neighboring islands. Sometimes the trees grow so large that plants four feet broad and ten in length can be cut from one of them. These broad planks are principally used to make the tops of pianofortes. When growing in the forest, the rosewood tree is remarkable for its beauty, but such is its value in manufacture as an ornamental wood that some of the finest where it once grew abundantly, now have scarcely a single specimen left. Madras the government has prudently had great plantations of this tree set out in order to keep up the supply.—Prof. Shack

THE VOICE OF THE SHELL.

When a shell is held up to the ear, there is a peculiar vibratory noise. Philosophically investigated, the peculiar sound thus recognized is a phenomenon that very much perplexed learned gentlemen for a long while. The experiment is easily made by simply pressing a spiral shell, common in selections, over the cartilage of the ear. If a large shell, the sound is very much like that of a far-off cataract. Now, what causes it? Every muscle in the body is always in a state of tension. Some are more on the stretch than others, particularly those of the fingers. It is conceded that the vibration of the fibres of those in the fingers being communicated to the shell, it propagates and intensifies it, as the hollow body of a violin does the vibrations of its strings, and thus the acoustic nerve receives the sonorous impressions. Muscles in the leg below the knee are said to vibrate in the same way, and if conducted to the ear, produce the same result.—Exchange.

THE SARDINE.

Many persons are in the habit of despising the little sardine, and yet that troublesome and delicate fish is regarded as a valuable article for consumption, the oil which it so freely exudes being little inferior to the best cod-liver oil. The principal sardine fishery is in the Mediterranean, where large quantities are caught, but the majority of sardines so-called are merely sprats. The trade in these fish amounts to nearly £200,000 in value per annum. The curing principle is quite simple. After being carefully washed and salted, they are dried in the sun or wind; they are then put into boiling oil, after which they are placed in boxes, the lids soldered on, and the whole affair exposed to the action of steam. Great quantities of fish are taken off the coasts of Devonshire and Cornwall. Dr. Günther, the eminent naturalist of the British Museum, has declared the sardine to belong to the same genus as the original sardine of the Mediterranean. This opinion has greatly increased the value of the hitherto despised sprat, and the business is likely to prove a more extensive one than ever.