

THE SUNDAY SCHOOL.

THE TRUE TEACHER.

The teacher should know what he teaches. With his own heart filled with the love of God, and being well grounded in the faith, he should carefully and prayerfully study the special lesson to be taught at each session of the school, and seek to find its practical bearing upon the general fundamental doctrinal truths which lie at the foundation of all true Christian character.

To help such an important trust and to attempt its performance with out proper preparation is to be dishonest to himself, dishonest to his class and dishonest to his God. The scholars alone may be deceived for a while, but they, too, will soon learn that what is given cost the giver nothing, and properly estimating it, will treat it as valueless. The lesson-study and preparation should be not only a mental research and employment, but also a heart and soul meditation.

The teacher's mind may grasp the truth that flows from the throne of the Eternal as clearly as the eye may see a river running to the ocean; but unless he has a clear conception of the channel, marked after deep soundings, and is an experienced pilot, navigation with him on either will be alike unsafe.

USEFUL HINTS.

Eat slowly and you will not over eat.

Frozen plants will revive if sprinkled with camphor water.

If you have a field too rocky to be cultivated, set out an apple-orchard, and in a few years you will have a handsome income from it.

Tough meat may be made as tender as any by the addition of a little vinegar to the water when it is put on to boil.

It will rest you wonderfully to change your seat in the room occasionally if you have a long day's sewing to do.

Wherever we have sown clover alone we have seldom failed to find some bare spots, while a mixture with timothy made a perfect sod.—Ez.

Turnips are not so good before as after a frost; but a very light frost is sufficient to impart a finer flavor. The growth, however, is made during the moist weather that follows the first light frosts.

A lady says: By sealing seed beans and peas in glass jars or bottles, the bugs can be kept from them. I have tried several ways to save my beans from weevil, and always failed until I tried this plan, and now I have no trouble.

A week or ten days is sufficiently long time in which to fatten turkeys if they are put in a dark place, kept quiet and given all they can eat at regular intervals. With a longer period of stuffing some will lose rather than gain flesh.

The English feed for fattening sheep consists of cotton seed and turnips. They claim that it will put on the most fat, in the shortest time, and produces the best and strongest mutton.

It is a good plan to occasionally turn sheep into old orchards, especially into those which are not well cultivated. They nip off weeds, sprouts, and briars quite effectually. If trees are not more than seven or eight years old sheep are not to gnaw them.

One of the great advantages of stewing is that it affords a means of obtaining a savory and very wholesome dish at a minimum cost. A small piece of meat may be stewed with a large quantity of vegetables, the juice of the meat savoring the whole. Besides this, it costs far less fuel than roasting.

If your horse gets frightened at any unusual sight or noise, do not whip him, for if you do he will connect the whipping with the object that alarmed him, and be afraid of it ever after. If he merely shies at an object, give him time to examine it, which, with some encouraging words from the driver, will persuade him to pass it. You get frightened, too, sometimes, and would not like to be whipped for it.—Stock Journal.

Cattle will not eat nearly so much fodder in a good warm stable as they will in a cold one. When wintered in a stable that is frost-proof, with the usual allowance of food, stock will come out in the spring in good condition. On the other hand, if mat-dried food may be given them it wintered out of a good warm shelter, for they are bound to come out in poor condition in the spring. A good man should be merciful to his beasts, and by keeping them in a good warm stable during our long winters he will have the satisfaction of knowing that his dumb brutes will be comfortable and that he is making money by administering to their comfort.—Farmer's Tribune.

LONG LIFE. Some one wisely says he who strives after a long and pleasant term of life must seek to attain continual equanimity, and carefully avoid eve-

rything which too violently taxes his feelings. Nothing more quickly consumes the vigor of life than the violence of the emotions of the mind. We know that anxiety and care can destroy the healthiest body; we know that fright and fear, yes, excess of joy, becomes deadly. They who are naturally cool and of a quiet turn of mind, upon whom nothing can make too powerful an impression, who are not wont to be excited either by great changes of living long and happy after their manner. Preserve, therefore, under all circumstances, a composure of mind which no happiness, no misfortune, can too much disturb. Love nothing too violently; hate nothing too passionately; fear nothing too strongly.

HOT BREAD.

The Scientific American points out that the chemical changes by which paste is transformed into dough and dough into bread are not completed, when the bread has been baked. "They continue for quite a time afterward, and until they have entirely ceased the material has not become what it ought to be—bread easy of digestion. It is a burden to any stomach, to a weak one it is simply poison." The advice given is to avoid the eating of hot bread or any of its substitutes, such as hot biscuit, muffins, rolls, waffles, buckwheat cakes, etc. "Hot bread in any form whatever," says this authority, should never be eaten. Some forms are very much worse than others, but all are bad, and should in reason be banished from every table."

High Authority.

Hop Bitters is not, in any sense, an alcoholic beverage or liquor, and could not be sold for use except to persons desirous of obtaining a medicinal bitters.

GREEN B. RAHM, U. S. Com. Internal Rev. So. BLOOMINGVILLE, C., May 1, 1879.

Sirs: I have been suffering ten years and I tried your Hop Bitters and it has done me more good than all the doctors.

MISS S. S. BOONE.

Baby Saved!

We are so thankful to say that our nursing baby was permanently cured of a dangerous and protracted constipation and irregularity of the bowels by the use of Hop Bitters by its mother, which at the same time restored her to perfect health and strength. The Parents, Rochester, N.Y.

Clara Louise Kellogg sang "Home, Sweet Home," to the convicts in an eastern prison, and it so worked upon their feelings that seven of them escaped and struck out for the parental roof-tree the same night.

Got him out of bed.—I was confined to my bed with Rheumatism, could not move hand or foot. A clergyman called to see me and advised me to use Minard's Liniment. I did so, and in 5 days was out of bed and resumed my work as well as ever.

Springfield, Annapolis Co., '82. M2 1y.

The bread-fruit tree grows very slowly. The specimen at Kew is but a foot and a half high, although it is 80 years old. Some of those found in the tropics are 40 feet high and 30 feet in diameter.

A PARALYTIC STROKE. W. H. Howard, of Geneva, N. Y., suffered with palsy and general debility, and sent 6 small tortoise in advertised remedies, without avail, until he tried Burdock Blood Bitters. It purified and revitalized the blood, caused it to circulate freely, and quickly restored him to health.

It will be a surprise to many to learn that the ex-convicts now abroad in the United States are believed to number no less than a quarter of a million. In New York state alone the aggregate is more than 20,000.

The importance of Johnson's Anodyne Linctus to a family cannot be estimated in dollars and cents. It is both for internal and external use and will prevent and cure diphtheria and all dangerous throat and lung troubles.

A one-cent revenue stamp is about all the value there is to the large packs of horse and cattle powders now sold. If you want a strictly pure article get Sheridan's. They are immensely valuable.

MOTHERS! MOTHERS! MOTHERS! 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 tell you at once that it will regulate the bowels, and give rest 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 cts. a bottle, feb. 1y.

Notices may be especially called to an advertisement headed "Invigorating Syrup," which may be found in our columns this week. The proprietors, G. Gates & Co., do not hesitate in recommending them as perfectly safe and purely vegetable compounds. The No. 2 is especially adapted for delicate women, advanced stages of consumption, piles, and children of the most tender years.

The No. 1 is particularly recommended for the ailments mentioned in the adv., and may be relied on as a perfectly safe preparation, and where persons are exposed to cold or wet will prevent them from taking cold. They say it should be kept in every household.

THE HANCOCK INSPIRATOR! THE MOST EFFECTIVE AND RELIABLE FEEDER FOR Stationary, Marine or Locomotive Boilers. Over 40,000 in use in the United States and Canada. WILL LIFT WATER 25 FEET AND requires no Adjustment for varying Steam Pressures. PRICE LIST and DESCRIPTIVE CATALOGUE on application to MACDONALD & CO., STEAM AND HOT WATER ENGINEERS, SOLE AGENTS, Nos. 160 to 172 BARRINGTON STREET.

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