

aside even a small portion of time daily for a set purpose. You find your habits of religious devotion wavering. "The cares of this life" are choking out the better growths. Seize a fraction of your time and lay it aside for reading the Bible and for prayer. Women will never amount to anything in any department until they learn that the care of their health is a sacred duty.

Do you find your mental furnishings growing rusty and dim? By reading a good book fifteen minutes each day, you can effectively renew your mental vigour.

You cannot master an art by working fifteen minutes a day upon it; but the fruit of years of study in literature, music or painting can be conserved through busy months by the devotion of even a few minutes daily, if you can get no more time, to hard practice. Then the health can be greatly benefitted by even a short stroll in the open air when it is impossible to take longer ones. It is like the proverbial saving of the pennies and gathering up of the fragments. The results are simply astonishing. —*Kate Upson Clark in Christian Union.*

TO MAKE A HAPPY HOME.

1. Learn to govern yourselves and to be gentle and patient.
2. Guard your tempers, especially in seasons of ill-health, irritation and trouble, and soften them by prayer, penitence, and a sense of your own shortcomings and errors.
3. Never speak or act until you have prayed over your words or acts, and concluded that Christ would have done so in your place.
4. Remember that, valuable as is the gift of speech, the gift of silence is often much more valuable.
5. Do not expect too much from others, but remember that all have an evil nature, whose development we must expect, and which we should forbear and forgive, as we often desire forbearance and forgiveness ourselves.
6. Never retort a sharp or angry word. It is the second word that makes the quarrel.
7. Beware of the first disagreement.
8. Learn to speak in a gentle tone of voice.
9. Learn to say kind and pleasant things whenever an opportunity offers.
10. Study the character of each, and sympathize with all in their troubles, however small.
11. Do not neglect little things, if they can affect the comfort of others in the smallest degree.
12. Avoid moods and fits and fits of sulking.
13. Learn to deny yourself, and to prefer others.

14. Beware of meddlers and tale-bearers.
15. Never charge a bad motive if a good one is conceivable.
16. Be gentle, but firm, with children.
17. Do not allow your children to go away from home at night without knowing where they are.
18. Do not allow them to go where they please on the Sabbath.—*Sel.*

CHILD WIDOWHOOD.

The *Dnyanodaya* of Bombay reports that the Pandita Ramabai, in a recent visit to Hyderabad, has secured subscriptions of \$3,500 toward her home for widows and others while seeking education. In referring to the matter the *Dnyanodaya* speaks of the need there is for protecting child-widows from the violence of their own friends, and says: "We emphasize protection, for our blood boils to think such things as possible as were seen lately by a friend of ours. A pretty girl, sixteen years of age, with a fair education and the pride of her father, was lately widowed, and in the very deepest of her grief her ornaments were taken from her, her head shaved, her nose-ring torn out of her nose by two-women, and, as the bier was being carried out, her own father, giving her a contemptuous stroke, pushed her away, saying, 'Now you are a widow.'" When we think of the utterly miserable years that are to follow, we long to have her and others like her in a place where they will be protected from those who should love and cherish them most tenderly.—*Miss Herald.*

LIFE'S MISTAKES.

Somebody has condensed the mistakes of life, and arrived at the conclusion that there are fourteen of them. Most people would say, if they told the truth, that there is no limit to the mistakes of life; that they are like drops in the ocean, or the sands on the shore in number; but it is as well to be accurate.

Here, then, are fourteen great mistakes; to set up our own standard of right and wrong, and judge people accordingly; to measure the enjoyment of others by our own; to expect uniformity of opinion in this world; to look for judgement and experience in youth; to endeavor to mold all dispositions alike; not to yield to immaterial trifles; to look for perfection in our own actions; to worry ourselves and others with what can not be remedied; not to alleviate all that needs alleviation, as far as lies in our power; not to make allowance for the infirmities of others; to consider everything impossible that we