

HEARTH AND HOME.

A PRETTY face and an amiable manner may win a husband, but something more is necessary to retain his admiration. When beauty begins to wane, the enduring qualifications of a good wife hold him in the bonds of love and duty; and one of the best qualifications of a good wife is the ability and inclination to make home attractive.

No man should do more of muscle or of brain in a day than he can perfectly recover from the fatigue of in a good night's rest. Up to that point exercise is good: beyond are waste of life, exhaustion, and decay. When hunger calls for food and fatigue demands rest, we are in the natural order, and keep the balance of life. When we take stimulants to spur our jaded nerves or excite our appetite, we are wasting life.

THE real force of personality consists chiefly in its constant upward growth. The spiritual energy which lies at the core of a man's being and inspires all his faculties will, if healthy and sound, increase and strengthen. And, just as the tree grows by assimilating the elements that nourish it; just as the body grows by the reception of food, which, by the process of digestion, is turned into flesh and bone and blood; so the individuality which each man and woman calls "I" must grow, if at all, by assimilating into its own being its proper nutriment from outside of itself.

IT is much easier to bestow money out of a well-filled purse than to take pains to discover the real needs of mind or character and minister to them by wise methods and in a delicate manner. It is much easier to supply the wants of a child than to teach him how to supply them for himself, and far easier to give him the results of our own labour than to train him in those habits of industry and perseverance which will enable him to reap the harvest of his own well-taxed energies. Yet the one is a positive injury, the other an actual good; the one cuts at the root of all human progress and happiness; the other cherishes and nourishes it.

LEARN to be short. Long visits, long stories, long exhortations, and long prayers, seldom profit those who have to do with them. Life is short. Time is short. Moments are precious. Learn to condense, abridge, and intensify. We can endure many an ache and ill if it is soon

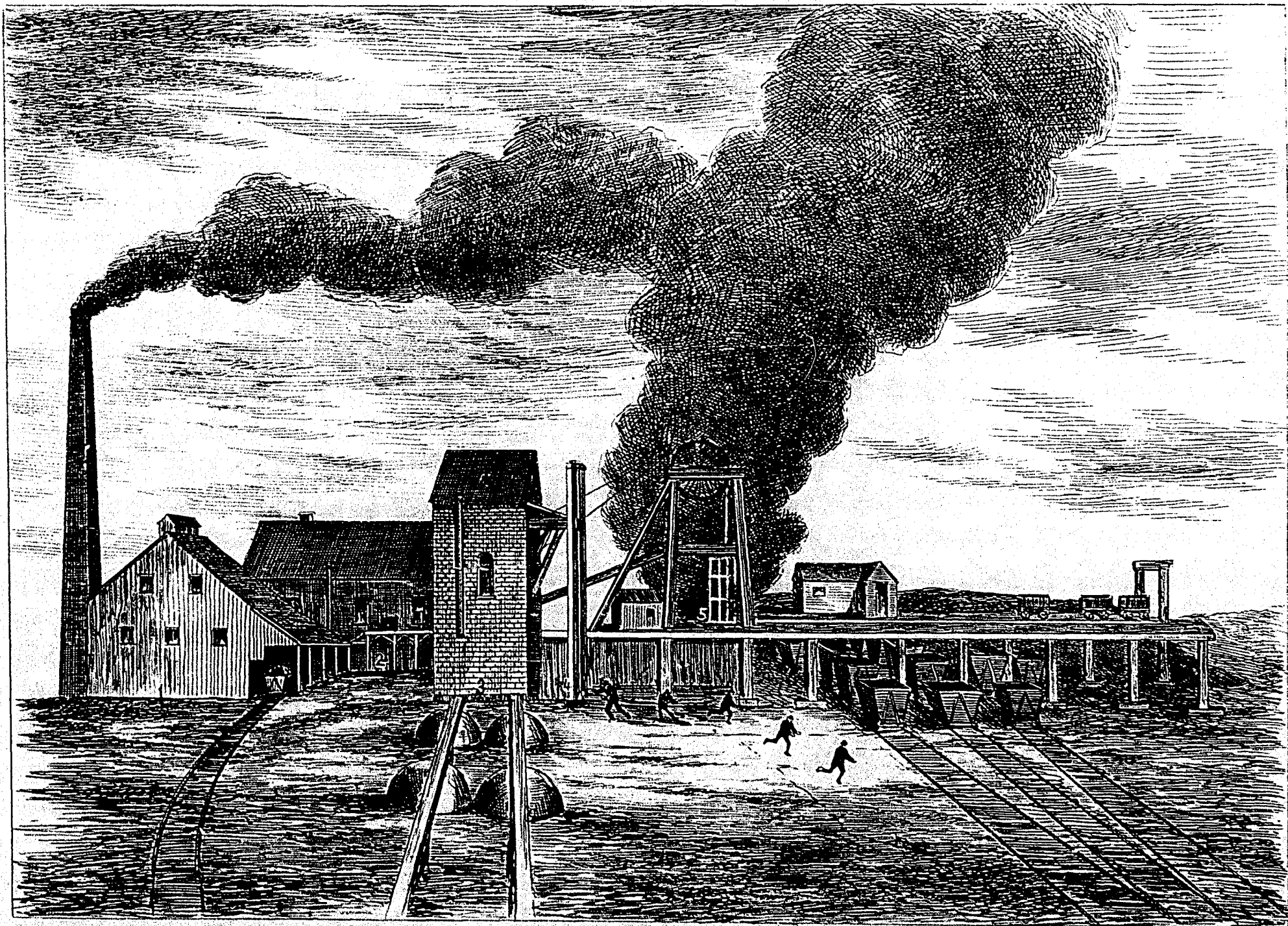


EDWARD TRICKETT.

over, while even pleasures grow insipid, and pain intolerable, if they are protracted beyond the limits of reason and convenience. Learn to be short. Lop off branches; stick to the main fact in your case. If you pray, ask for what you would receive, and get through; if you speak, tell your message, and hold your peace; boil down two words into one, and three into two. Always learn to be short.

"WILL you?" asked a pleasant voice. And the husband answered, "Yes, my dear, with pleasure." It was quietly, but heartily said; the tone, the manner, the look, were perfectly natural, and very affectionate. We thought how pleasant was that courteous reply! How gratifying must it have been to the wife! Many husbands of ten years' experience are ready enough with the courtesies of politeness to the ladies of their acquaintance, while they speak with abruptness to the wife, and do many rude little things without considering them worth an apology. The stranger, whom they have seen but yesterday, is listened to with deference, and although the subject may not be of the pleasantest nature, with a ready smile; while the poor wife, if she relates a domestic grievance, is snubbed or listened to with ill-concealed patience.

DULL, depressing, dingy days produce dispiriting reflections and gloomy thoughts, and small wonder when we remember that the mind is not only a motive but a receptive organ, and that all the impressions it receives from without reach it through the media of senses which are directly dependent on the conditions of light and atmosphere for their action, and therefore immediately influenced by the surrounding conditions. It is a common-sense inference that, if the impressions from without reach the mind through imperfectly-acting organs of sense, and those impressions are in themselves set in a minor æsthetic key of colour, sound, and general qualities, the mind must be what is called "moody." It is not the habit of even sensible people to make sufficient allowance for this rationale of dulness and subjective weakness. Some persons are more dependent on external circumstances and conditions for their energy than others; but all feel the influence of the world without, and to this influence the sick and the weak are especially responsive. Hence the varying temperaments of minds changing with the weather, the outlook, and the wind.



1. BOILER HOUSE. 2. HOISTING ENGINE HOUSE. 3. PUMPING ENGINE HOUSE. 4. PUMPING SHAFT. HOISTING SHAFT (FOORD PIT.) 5. EXPLOSION AT THE VENTILATING SHAFT OF FOORD PIT, ALBION MINES, STELLARTON, N. S.—FROM A SKETCH BY THOS. DORAN.