

## CHARMS.

Even in these late ages the horse-shoe is not unfrequently seen nailed over the door of the cabin or cottage, to "charm" away misfortune, or to "keep off" disease. Children can be found at school any day with little bags of brimstone attached to their necks by means of a string, to "keep off" some particular malady. There are many young gentlemen and ladies who have a dozen "charms" attached to their watch chains, it being a remnant of the ancient superstition. We give a pitying smile at the mention of these absurdities, for we know them to be unavailing. But there are "charms" against human ills which are powerful to save from physical, mental, and moral calamity!

Bearing about in one's heart the sweet memories of a mother's care, and affection, and fidelity, often has a resistless power, for many a year after that dear mother has found a resting place in heaven, to restrain the wayward and unsettled from rushing into the ways of wicked and abandoned men. John Randolph, of Roanoke, used to repeat in his later days, and always with quivering lips, that while he was quite a young man, in Paris, he was repeatedly on the point of plunging recklessly into the French infidelity which was prevalent during the terrible revolution of the time; but was as often restrained by the remembrance of that far distant time, when yet in his infancy, his mother used to have him bend his knees before her, and with his little hand in

hers, taught him in sweet but tremulous tones to say nightly, "Our Father, who art in heaven," etc.

A Scotch mother, when her son, a lad of sixteen, was just about leaving for America, and she had no hope that she should meet him again, said to him: "Promise me, my son, that you will always respect the Sabbath day." "I will," said he. His first employer in New York dismissed him because he refused to work on Sunday. But he soon found other employment, and is now a very rich man, an exemplary Christian, and an influential citizen.

Tens of thousands are there in this wide land who, by the "charm" of the temperance pledge, have gone out into the world, singly and alone, to battle with its snares and temptations and sin; they have been surrounded at every step by the great tempter, with the allurements of passion and pride; of sensual gratification and of corrupting associations; but keeping their eye steadily fixed on the beautiful "pledge" to "touch not, taste not" the accursed thing, they have bravely come off conquerors, and to day stand in their might the pillars of society.

Young gentlemen and ladies, too, make it your ambition to bear about you "always" the "charm" of the "pledge" of reverence for the Sabbath day, the holy memories of a sainted mother's religious teachings, and you will pass safely to a ripe old age of happiness and health.—*Hall's Journal of Health.*

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How to Cook Rice.—No one can boil rice like a palkee-bearer; every grain comes out of the chattie as dry as wheat, and nothing more simple; the rice is put into a small earthen vessel, with cold water, and set, covered, by the fire: when boiled,

but not overmuch, the water is poured off, and the rice still left in the vessel by the fire; give it a shake now and then till wanted, and it will run out dry as meal.—*Major-Gen. Bell's Rough Notes of an Old Soldier.*