

A Change of Heart.

"Care for nobody
And nobody cares for me
Sang Tommy at play, in the sweet new days
Where nobody could see

No his mother made the tea
And searched for the old key
While the sun from its place high in the east
Went sizzling into the west

She filled the water pail
And picked the berries for tea
And wondered down in her tender to see
Where her little boy could be

Along in the dim old barn
Tommy grew tired of play
When the cows came home, and the shadows fell
Over the new-mown hay

So into the kitchen he ran
With a noisy "Hi!" "Hi!"
His mother had made him a roasted cake
She had made him a saucer pie

So he gave her a loving hug
"I will help next time," said he
"I care for somebody
And somebody cares for me"

How to Remain Young.

To drink the waters of the fountain of youth is still, in the opinion of some, within the range of possibility. Prof. Bluffin observes that man began in a gelatinous condition and ends in an osseous or boney one. He is soft in infancy; he is hard in old age. Ageing is a process of ossification. After middle life has passed a more marked development of the ossile character takes place. The arteries become thickened with calcareous matter, and there is interference with the circulation, upon which nutrition depends. The whole change from youth to old age is one of steady accumulation of calcareous deposits in the system. Entire blockade of the functions of the body is a mere matter of time, and the refuse matter deposited by the blood through the system stops the delicate machinery we call life. The blood contains compounds of lime, magnesia, and iron. In the blood itself are these earthy salts. In early life they are thrown off; in age they are not. Almost everything we eat contains the elements for destroying life. Earthy salts abound in the cereals, and bread itself, mistakenly called "the staff of life," is one of the most calcareous of edibles. Nitrogenous food also contains these elements, hence a diet made up of fruit is best for people advanced in years. The daily use of water is, after middle life, one of the most important means of preventing secretions and derangements of health. Diluted phosphoric acid is one of the most powerful influences known to science for shielding the human system from the inconvenience of old age. Use it daily with distilled water, and so retard the approach of senility. To retain perpetual youth avoid all foods rich in the earth's salts, use much fruit, especially juicy, uncooked apples, and take daily two or three tumblerfuls of distilled water with about fifteen drops of diluted phosphoric acid in each glassful. Thus will your days be longer in the land.—*Popular Science.*

Value of Long Service.

Long service in our place is the best recommendation a man or woman can have. It is an evidence of stability, faithfulness and competency—the very requisites an employer desires in those about him. Good mechanics, good laborers, and good clerks or office men do not often change their positions. They form the class that seek advancement through their own worthiness and ability, and hence they are the kind of men good employers seek for. The man who is constantly changing—here to-day and there to-morrow—is not the one to gain the confidence of an employer. For a man to say that he has "worked in several of the establishments of the country," is an evidence that there is something undesirable about him—something that few employers want—a man who is only used as a "makeshift" in a time of emergency. He may be a good workman in his line, and not a bad man, but the fact that he does not hold a position long gives him a bad reputation. There is nothing like stability to enable a man to secure a good position and hold it. Young men, and girls too, should seriously consider this fact, and govern themselves accordingly, if they expect to get along well in this world.—*Colorado Index.*

He is below himself who is not above an injury.—*Francis Quarles.*
Life may be given in many ways, and loyalty to truth be sealed as bravely in the closet as the field.—*Lowell.*

Clear Grit.

About thirty years ago, said Judge P., I stepped into a book store in Cincinnati, in search of some books that I wanted. While there, a little ragged boy, not over twelve years of age, came in and inquired for a geography.

"Plenty of them," was the salesman's reply.

"How much do they cost?"

"One dollar, my lad."

"I did not know they were so much. He turned to go out, and even opened the door, but closed it again and came back.

"I have got sixty-one cents," said he; "could you let me have a geography and wait a little while for the rest of the money?"

How eagerly his little eyes looked for an answer! and how he seemed to shrink within his ragged clothes when the man not very kindly told him he could not! The disappointed little fellow looked up to me, with a very poor attempt at a smile, and left the store. I followed him and overtook him.

"And what now?" I asked.

"Try another place, sir."

"Shall I go too and see how you succeed?"

"Oh, yes, if you like," said he in surprise.

Four different stores I entered with him, and each time he was refused.

"Will you try again?" I asked.

"Yes, sir, I will try them all, or I should not know whether I could get one."

We entered the fifth store, and the little fellow walked up manfully, and told the gentleman just what he wanted.

"You want the book very much?" said the proprietor.

"Yes, sir, very much."

"Why do you want it so very, very much?"

"To study, sir. I can't go to school, but I study when I am at home. All the boys have got one, and they will get ahead of me. Besides, my father was a sailor, and I want to learn the places where he used to go."

"Does he go to those places now?" asked the proprietor.

"He is dead," said the boy softly. Then he added, after a while, "I am going to be a sailor, too."

"Are you, though?" asked the gentleman, raising his eyebrows curiously.

"Yes, sir, if I live."

"Well, my lad, I will tell you what I will do: I will let you have a new geography and you may pay the remainder when you can, or I will let you have one that is not new for fifty cents."

"Are the leaves all in it, and just like the others, only not new?"

"Yes, just like the new ones."

"It will do just as well, and I shall have eleven cents left towards buying some other book. I am glad they did not let me have one at any of the other places."

The bookseller looked up inquiringly, and I told him what I had seen of the little fellow. He was much pleased, and when he brought the book along, I saw a nice, new pencil and some clean, nice, white paper in it.

"Thank you, sir, you are so very good."

"What is your name?"

"William Haverly, sir."

"Do you want any more books?" I now asked him.

"More than I ever can get," he replied, glancing at the books that filled the shelves.

I gave him a bank note. "It will buy some for you," I said.

Tears of joy stood in his eyes.

"Can I buy what I want with it?"

"Yes, my lad, anything."

"Then I will buy a book for mother," said he; "I thank you very much, and some day I hope I can pay you back."

He wanted my name, and I gave it to him.

Then I left him by the counter, so happy that I almost envied him, and many years passed before I saw him again.

Last year I went to Europe on one of the finest vessels that ever ploughed the waters of the Atlantic. We had very beautiful weather until very near the end of the voyage; then came a most terrible storm that would have sunk all on board had it not been for the captain. Every spar was laid low, the rudder was almost useless, and a great leak had shown itself, threatening to fill the ship. The crew were all strong, willing men, and the mates were all practical seamen of the first class; but

after pumping for one whole night, and the water gaining upon them, they gave up in despair, and prepared to take the boats, though they might have known no small boat could ride such a sea. The captain, who had been below with his charts, now came up, he saw how matters stood, and, with a voice that I heard distinctly above the roar of the tempest, ordered every man to his post. It was surprising to see these men bow before the strong will of their captain, and hurry back to the pumps. The captain then started below to examine the leak. As he passed me I asked him if there was any hope. He looked at me, and then at the other passengers, who had crowded up to hear the reply, and said rebukingly:

"Yes, sir, there is hope as long as one inch of this deck remains above water, when I see none of it then I will abandon the vessel, and not before, nor any one of my crew, sir. Everything shall be done to save it, and if we fail, it will not be from inaction. Bear a hand, every one of you, at the pumps."

Three during the day did we despair; but the captain's dauntless courage, perseverance and powerful will mastered every man on board, and we went to work again.

"I will land you safely at the dock of Liverpool," said he, "if you will be men."

And he did land us safely; but the vessel sank, moored to the dock. The captain stood on the sinking vessel, receiving the thanks and the blessing of passengers as they walked down the gang plank. I was the last to leave. As I passed he grasped my hand and said: "Judge P., do you recognize me?" I told him that I was not aware that I had ever seen him until I stepped aboard his ship.

"Do you remember the boy in Cincinnati?"

"Very well, sir; William Haverly."

"I am he." "God bless you!"

And God bless noble Capt. Haverly!

—*Sailor's Magazine.*

Origin of Vegetables.

Potatoes came from the Virginia Parsley was sent us from Carolina French beans, now growing on the earth To distant India trace their birth. But scarlet runners, peas and tall, that climb upon our garden wall A cheerful sight to all around. In South America were found The onions travelled here from Spain. The leek from Switzerland we gain. Garlic from Sicily obtained, Spinach in Syria grows; When Elizabeth was reigning here, Peas came from Holland, a not very dear. The south of Europe lays its claim To beans, but some from Egypt came

—*From The Philadelphia Press.*

The spider it is said, will eat in one day more than 20 times his own weight. If a boy should get up in the morning, eat a fat pig and 10 turkeys, and then at noon eat a few more pigs, and at night eat a lamb or two, he would not do, according to his size, more than a spider.

Grand Trunk Railway.

TRAINS LEAVE BELLEVILLE STATION.

WEST 7:15 A.M., 6:30 P.M., 11:15 P.M.
EAST 7:30 P.M., 6:30 P.M.
EAST 1:30 P.M., 10:17 A.M., 12:10 P.M., 5:30 P.M.
MADOC AND PETERBORO BRANCH—5:30 A.M., 12:10 P.M., 2:55 P.M., 6:30 P.M.

Uneducated Deaf Children.

I WOULD BE GLAD TO HAVE EVERY person who receives this paper send me the names and post-office addresses of the parents of deaf children not attending school, who are known to them, so that I may forward them particulars concerning this Institution and inform them where and by what means their children can be instructed and furnished with an education.

R. MATHISON,
Superintendent

TORONTO DEAF-MUTE ASSOCIATION.

RELIGIOUS SERVICES are held as follows, every Sunday:

West End Y. M. C. A., Corner Queen Street and Dovercourt Road, at 11 A.M.
and Y. M. C. A. Hall, cor. Yonge and McGill Streets, at 10 A.M.

General Central, up stairs at Broadway Hall, Spadina Ave. 10 or 12 doors south of College Street, at 3 P.M. Lecturers: Messrs. Naamith, Brooken and others.

BIBLE CLASSES Every Wednesday evening at 8 o'clock, corner Spadina Ave. and College Street, and cor. Queen Street and Dovercourt Road. Lectures, etc., may be arranged if desirable. Miss A. Fraser, Missionary to the Deaf in Toronto, 1 Major Street.

Institution for the Blind.

THE PROVINCIAL INSTITUTION FOR THE Education and Instruction of blind children is located at Brantford, Ontario. For particulars address

A. H. DEXTER, Principal

GENERAL INFORMATION.

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Classes:

SCHOOL HOUR: From 9 A.M. to 4 P.M. From 1:30 to 4 P.M. on Tuesday and Thursday. Week

CHURCH SUNDAY WORK CLASS ON Monday, noon of each week from 12:30 to 2:30 P.M.

EVENING STUDY FROM 7 P.M. to 9 P.M. for pupils and from 7 to 8 for junior pupils.

Articulation Classes:

From 9 A.M. to 12 noon and from 1 P.M. to 4 P.M.

Religious Exercises:

EVERY SUNDAY Primary pupils at 10 A.M. and senior pupils at 11 A.M. General Assembly at 2:30 P.M. immediately after which the Class will assemble.

EACH SCHOOL DAY the pupils are to be in the Chapel at 8:45 A.M., and the teacher in charge for the week, will open by prayer and afterwards dismiss their scholars. They may reach their respective schools later than 9 o'clock in the afternoon. At 3 o'clock the pupils will again assemble after prayer will be dismissed in a quiet orderly manner.

REGULAR VISITING CLERGYMEN: Rev. C. Burke, High Rev. Monsignor Farrell, Rev. T. J. Thompson, M. A. (Presbyter), Rev. Chas. E. McIntyre, (Methodist), Rev. H. Cowart, (Baptist), Rev. M. W. Mack, (Presbyterian), Rev. Father Cunnely, (C. W. Welch, Rev. J. J. Rice, Rev. N. H. ...)

BIBLE CLASS, Sunday afternoon at 1:30 P.M. National Series of Sunday School Lessons. Miss ANNIE MATHISON, Teacher.

Clergymen of all Denominations are cordially invited to visit us at any time.

Industrial Departments:

PRINTING OFFICE, SHOES AND CARPENTERS Shops from 7:30 to 8:30 A.M. and from 1:30 to 3:30 P.M. for pupils who attend school. Those who do not from 7:30 A.M. to 12:30 P.M. and from 1:30 to 3:30 P.M. each working day except Saturday, when the office and shops will be closed at noon.

THE SEWING CLASS Hours are from 9 A.M. to 12 o'clock, noon, and from 1:30 to 3 P.M. for those who do not attend school, and from 3:30 to 5 P.M. for those who do. No sewing on Saturday afternoons.

The Printing Office, shops and sewing room to be left each day when work is done in a clean and tidy condition.

Pupils are not to be excused from various Classes or Industrial Departments except on account of sickness, without permission of the Superintendent.

Teachers, Officers and others are not to allow matters foreign to the work in hand to interfere with the performance of their several duties.

Visitors:

Persons who are interested, desirous of visiting the Institution, will be made welcome on any school day. No visitors are allowed on Saturdays, Sundays or Holidays except the regular chapel exercises at 2:30 on Sunday afternoons. The best time for visiting on ordinary school days is an hour after 10 in the afternoon as possible, as the classes are dismissed at 3:30 o'clock.

Admission of Children:

When pupils are admitted and parents are with them to the Institution, they are not to be admitted not to linger and prolong conversation with their children. It only causes discomfort for all concerned, particularly for the parent. The child will be tenderly cared for, and if left in our charge without delay will be quite happy with the others in a few days, in some cases in a few hours.

Visitation:

It is not beneficial to the pupils for friends to visit them frequently. If parents or cousins, however, they will be made welcome to the class-rooms and allowed every opportunity of seeing the general work of the school. We cannot furnish lodging or meals or entertain guests at the Institution. Good accommodation may be had in the city at the Quinte Hotel, Hoffman House, Queen's, American and Dominion Hotels at moderate rates.

Clothing and Management:

Parents will be good enough to give all directions concerning clothing and management of their children to the Superintendent. Correspondence will be allowed between parents and employees under any circumstances without special permission on each occasion.

Sickness and Correspondence:

In case of the serious illness of pupils, letters or telegrams will be sent daily to parents or guardians. IN THE ABSENCE OF LETTERS FROM FRIENDS OF PUPILS MAY BE QUITE SURE THEY ARE WELL.

All pupils who are capable of doing so, will be required to write home every three weeks. Letters will be written by the teachers for the little ones who cannot write, stating, as nearly as possible, their wishes.

No medical preparations that have been used at home, or prescribed by family physicians will be allowed to be taken by pupils except with the consent and direction of the Physician of the Institution.

Parents and friends of Deaf children are warned against Quack Doctors who advertise medicines and appliances for the cure of deafness. In 999 cases out of 1000 they are frauds and only want money for which they give no return. Consult well known medical practitioners in cases of adventurous deafness and be guided by their counsel and advice.

R. MATHISON,
Superintendent