

good meal before going to bed. An active, well-spent day, and taking only light, digestible food in the last part of it, will secure good sleep, and there is no other possible rule or advice." This is an excellent prescription, but to most of us the good doctor's advice may sound rather like a truism. Our difficulty begins where the doctor's advice ends. We want to know how we can secure the good digestion, which is to be a sure passport to a good night's rest. The quantity of sleep is of less consequence than the quality of it. A few hours spent in sound sleep will do more to renew our bodily powers than a long night disturbed by dreams or otherwise interrupted.

Among the means of securing healthy sleep may be mentioned quiet, a darkened chamber, and a moderate degree of warmth. It has been observed that "the habit of animals during sleep is to retain to some extent the carbonic acid gas in the air which they breathe. Most birds crowd together when roosting, and bury their heads beneath their wings in such a manner as must prevent the free access of air to their lungs." So it is with pigs and other animals, and even

human beings instinctively roll themselves up when seeking sleep. It would seem then that our forefathers were right in excluding, for the most part, the free passage of the air through door or chimney. But then it must be remembered that this was partly due to a tradition from the days when windows were not glazed, and nothing but a shutter excluded the outer air from the bed-chamber. There is some comfort in this reflection for those philanthropists and others at the present day who have taken to heart the condition of the dwellings of the poor. To secure sound sleep all the functions of the body should be in repose. The stomach must be kept warm by artificial means, or by a draught of warm fluid, if, owing to weakness of digestion, it is found not possible to take food for a short time before going to bed. But if the mind has been over-excited by amusement or business, a short walk will be the best course to pursue before retiring for the night. Regularity in the hours of meals, and of retiring to rest, and also in the quantity of food taken, is promotive of early rising, which in its turn is one of the surest ways of obtaining the blessing of sound sleep.

MISSIONARY GLEANINGS.

How a Slave Boy was Punished.

AFRICAN TIDINGS tells us a horrible story of the cruel treatment of a slave boy by his master. The master was an Arab, and lived at Wanga near Pemba. The boy was falsely accused of stealing. His master tied him up, had dried grass bound round his wrists, poured paraffin oil over the grass, and then set fire to it. The poor boy's wounds were dreadful. They had not healed when he arrived at the mission station of Kiungani, and his left hand had become

paralysed. "The dark places of the earth are full of the habitations of cruelty."

Bishop Phillips Brooks on Foreign Missions.

"What plea can be more shameful than to make the imperfection of our Christianity at home an excuse for not doing our work abroad? It is as shameless as it is shameful. It pleads for exemption and indigence on the ground of its own neglect and sin. It is like a murderer of his father asking the judge to have pity on his orphanhood."

OUR PUZZLE CORNER.

XXVII. ENIGMA.



AM a useful measure, and an enclosure, and also a piece of money. People use me for sugar, or fruit, or cheese. You could purchase more than one with another. But I often secure for the owner what is lost. Who am I, please?

XXVIII. CHARADES.

1. Without my first you would be dull,
Unyoked, and wanting fire;
My next is smaller than my first;
My whole meets your desire.

2. My first gives consent in peculiar fashion;
My last often brings you a pleasure;
My whole shows a man who (when not
in a passion)
Is silent and stern beyond measure.
3. My first is a good game of skill;
My second a person of note;
My whole can be done, if you will,
Whilst reading the book that you wrote.
4. My first is a boon, both to rich and to
poor;
My next is unpleasant to most on a moor;
But my whole is often the very best course
To take with a child or a runaway horse.