

the brain properly if the body is not at the same time vigorous and healthy. No child should be allowed to attend school who is not in the best of bodily health. When a pupil has not enough energy and strength to successfully fight ill-health and ward off disease, how can he have energy to expend in mental labour? Often we see boys and girls break down under the strain of a few weeks' study. The

larger and more active the brain, the sooner the body suffers under the strain of mental work, and the greater the need for a well-developed and healthy body. When the brain is active and large, the body first shows the signs of mental overwork, the brain being affected secondarily through the body. Physical growth must keep pace with intellectual development.

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MARY'S MEMORIAL.

BY EDITH VIRGINIA BRADT.

“Let her alone!” And at the Master’s word
The stern rebuke is hushed. The while the air
Is heavy-laden with a perfume rare,
As Mary pours her gift upon her Lord.

“Let her alone! Her costly offering,
With love and sacrifice so richly fraught,
A goodly work on me, her Lord, hath wrought;
Her royal gift doth honour to her King.

“Let her alone! What she hath done this day,
While ages roll, shall unforgotten be;
Where’er the Gospel’s preached from sea to sea,
It shall be a memorial for aye.”

O blessed words of comfort! Understood
So well by tired Marys of to-day—
What joy if e’en of me the Master say,
“Let her alone; she hath done what she could”!