

"Thou shalt love the Lord thy God with all thy heart; and with all thy soul, and with all thy mind, and with all thy strength," is the summary which Jesus gave of all the commandments which relate to our direct duties toward God. This language is very comprehensive. No form of words could be made to mean more. And they mean precisely what Jesus expects of us. To love God with the entire soul, heart, mind, strength, life, to give our whole hearts to Jesus, is our high privilege and duty. And this will mean loving, constant, and obedient service to Jesus, with all that we have and are.

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Pleasant Hours:

A PAPER FOR OUR YOUNG FOLK

Rev. W. H. WITHROW, D.D., Editor.

TORONTO, NOVEMBER 25, 1893.

WHAT THE JUNIORS CAN DO.

[Published at the request of the Epworth League Convention of Olean District.]

THE success of the Church of to-morrow is in the League of to-day, and it is predicted that the Church of the future will have reason to thank God for the thorough education of the young people of the present day in all lines of church work.

In some places all the departments are worked successfully; but in all Leagues, the Spiritual Work Department should receive particular attention. From my experience in Junior League work, and from that which I have gathered elsewhere, I would offer the following suggestions, which may prove helpful.

In the Spiritual Work Department a class can be organized under some such name as the Junior Band, whose leader may be, by virtue of the office, a regular class-leader of the church. Let them meet their leader once a week for prayer and testimony. It is something similar to the pastor's probationers' class, but is not to take the place of it; and is to serve not only as a means of grace, but as a training school for future workers.

In this department, also, we may teach a reverence for the holy sanctuary, an obligation which, I fear, is too often neglected by teachers and parents.

The Mercy and Help Department should likewise receive careful attention. We must not neglect anything which promises future usefulness; and in which we can advantageously guide and direct the young. Here open also many avenues for practical work, such as sending flowers to the sick, and visiting and aiding the needy and helpless.

Any Junior League can be an auxiliary to the "Band of Mercy," the members of which are taught to be kind to dumb animals; it may also undertake temperance work, and may lend its aid to the social-purity movement.

This department should be in charge of earnest, sympathetic Christian workers. It has been suggested that its motto be, "Do all the good you can, in all the ways you can, to all the people you can."

In order to encourage and promote interest in the Literary Department, we must awake to the fact that the future Church is to stand on an intellectual as well as a spiritual basis. Two objects are in view, mental discipline and the acquiring of useful knowledge. We suggest essays, letters and debates on topics familiar to boys and girls. In Bible study, too, a deeper interest can be awakened by encouraging the study of the characters of the boys and girls of the Bible.

The Junior League in its Entertainment Department is apparently destined to accomplish much good for boys and girls in devising or providing such amusements as most tend to elevate the character of its members and to cultivate in them a taste for that only which is pure and refining in its influence. It can do much for the physical culture of its members by instructing them in various drills or calisthenic exercises and in the way of amusement, socials at private houses, sleigh-rides, picnics, and excursions, if encouraged, will tend to hold the Juniors together and increase membership.

To this department also (unless a finance department is preferred), can be assigned the duty of raising funds for the several purposes of the League. By an occasional literary entertainment at which a small admission is charged, they can raise funds with which to meet these expenses; and by aiming to keep a fund on hand, can render help in occasional emergencies. For instance, during the past year our Junior League at one time contributed \$25 toward the insurance expenses of the church, and again, finding the Sunday-school without funds for Christmas purposes, the Juniors gave \$25 worth of presents. By the use of a birthday box a snug sum can be realized annually for contribution by the League to the Children's day fund.

Dropping further details, let us ask in conclusion, What can the Junior League do? The active members under the guidance of wise and spiritual leaders, leading a life of thorough consecration to Christ, may by their zeal and devotion to God's cause, be made a mighty factor in the church in pointing out to the world the fact that his cause still lives, and that, in his own way, he is raising up a mighty army of young people, drilled from early childhood to honour their Commander, to stand by him and be true to his teachings; and that they, putting on the "breastplate of righteousness," taking with them the "shield of faith" wherewith they "shall be able to quench all the fiery darts of the wicked," and taking "the helmet of salvation and the sword of the Spirit," shall go forward to that "victory that overcometh the world."

TOBACCO—THE DEVIL'S KINDLING WOOD.

This is what the Rev. C. M. Southgate, of Worcester, calls cigarettes, and the term is none too strong. In one of his admirable sermons, entitled, "A Plain Talk with the Boys," occurs this passage in regard to smoking:

"Do you want to know where a boy usually begins to be fast? With a cigarette. It is the lad's first step in bravado, resistance of sober morality, and a bold step in disobedience. Just now take the matter on its scientific side. Tobacco blights a boy's finest powers, wit, muscle, conscience, will. Nations are legislating against it. Germany, with her smoke, says, 'No tobacco in the schools.' It spoils their brains and makes them too small for soldiers. Knock at the door of the great military institutions of France: 'No tobacco,' is the response. Try West Point and Annapolis, 'Drop that cigarette,' is the word. Indeed, smoking boys are not likely to get as far as that. Major Houston, who is in charge of the Washington navy yard barracks, says that one-fifth of all the boys examined are rejected for heart disease, of which ninety-nine cases in one hundred come from cigarettes. His first question is, 'Do you smoke?' 'No, sir,' is the invariable reply. But the record is stamped on the very body of the lad, and out he goes. Apply for a position in a bank. If you use tobacco, beer, cards, the bank has no use for you.

"Business life demands fine brain, steady nerve, firm conscience. Watch the boys. See the one sixteen years of age, twelve in

size, twenty in sin, and he smokes, probably chews and drinks. Babies of seven and eight are at it. The vice increases.

"I could pile up statistics by the hour, testimony from the highest medical authority, of the misery preparing and already come. The use of cigarettes increases enormously, but only increases the use of stronger tobacco. In August, 1889, 15,600,000 more cigars were made in this country than in the year before, and the firm that made this statement credits the increase to the cigarette, and the fault to careless parents.

"Tobacco is murdering many a lad. Where they do not fairly kill, cigarettes are the devil's kindling wood. They start a craving for stimulants that liquor is quickest to meet. And why is it that 'fancy' pictures go with them as prizes, unless licentiousness comes next! But can't a man smoke and be a Christian! Doubtful. But by the time tobacco has killed a few more generals like Grant and a few more emperors like Frederick the Noble, and a few more business men and bright boys, a smart boy may get it through his head that it doesn't pay. And not till the smart boys quit will the poor and dull boys let it alone. The highest style of man does not smoke, will not submit to its slavery nor be responsible for his example."

BOOK NOTICE.

The Good Ship Gryphon; or, On the Right Track. By J. Macdonald Oxley. Philadelphia: American Baptist Publication Society. Toronto: William Briggs. Illustrated.

Mr. Macdonald Oxley evidently knows a boy's heart and knows how to interpret a boy's feelings, of which his stories of boy-life "Fergus McTavish," "Bert Lloyd's Boyhood," "Chore Boy of Camp Kippewa," etc., are evidences. In none, we think, is this skill, this touch of genius, we may say, better shown than in this volume. What boy does not enjoy a sea tale with lots of adventure and excitement? This story is one of the stormy time of the war between the French under Napoleon and the British. *H. M. S. Gryphon* was a staunch frigate of the old style engaged in fighting French privateers in the Caribbean Sea. The young hero, Dick Holland, is a brave and manly Christian lad who declines to drink liquor either in the midshipmen's room or in the captain's cabin, and who has to endure no end of persecutions from Bulstrode, the bully of the ship. He keeps on "the right track," however, and eventually conquers his enemy by saving his life from a deadly peril.

But we must not spoil the story for our young readers by telling too much of it. There is rather too much fighting in it for our taste, but that was a stormy time and hard blows had to be given and received in defence of the flag that braved a thousand years the battle and the breeze. The book is handsomely printed and illustrated and will make an appropriate gift-book for any wide-awake boy.

We are doubly proud of the author as a Canadian and as a pronounced Methodist and Epworth League leader.

REPAIRING AN OCEAN CABLE.

WHAT HAS TO BE DONE BEFORE THE ENDS CAN BE SPLICED TOGETHER.

It has always been a matter of speculation and wonder to most people as to how a marine cable once broken in mid-ocean is ever brought together again, says the New Orleans *Times-Democrat*. The explanation is this: First, it must be known that the cable practically rests everywhere at the bottom of the sea. Of course there are places where sudden deep places coming between shallow ones will cause the cable to make a span as over a ravine or gully. In other places the ocean is so deep that the cable finds its specific gravity somewhere in midwater, so to speak. In that case it rests quite as firmly as if it were on solid ground.

When a break occurs the first step, of course, is to accurately locate its position. A conductor such as a cable offers a certain amount of obstruction or "resistance" to the passage of an electric current. Apparatus has been devised for the measuring of this "resistance." The unit of resistance is called an ohm. The resistance of

the average cable is, roughly speaking, three ohms per nautical mile. Resistance practically ceases at the point where the conductors make considerable contact with the water. Therefore, if when measuring to locate a break it be found that the measuring apparatus indicates a resistance of 900 ohms the position of the fault will be known to be 300 miles from the shore.

With this information the captain of the repairing ship is able to determine by his charts of the course of the cable, the latitude and longitude of the spot where the break occurred, and can proceed with a certainty to effect the repair. When the approximate neighborhood of the track is reached a grapnel is dropped overboard and the vessel steams slowly in a course at right angles to the run of the cable. On the deck of the ship there is a machine called a dynamometer, which, as its name implies, is used to measure resistance. The rope securing the grapnel passes under this. If the dynamometer records a steady increase of strain it indicates that the grapnel has caught the cable. If, on the other hand, the resistance varies from nothing to tons and from tons to nothing again, it is known that the grapnel is only engaging rocks or other projections of an uneven bottom. It is frequently necessary to drag over such a ground several times before the cable can be secured.

Having secured one end of a parted cable, the vessel moors it to a buoy and proceeds to search for the other end. When both ends are brought together on deck the electricians hold communication with the shore on both sides, to make sure there are no other defective places and that the cable is perfect in both directions. This having been satisfactorily determined, all that remains is to splice the ends together and drop the cable once more back into the sea.

A Word to Boys.

BY MRS. S. L. OBERHOLTZER.

State Superintendent of Narcotics, W.C.T.U.

Oh all the needless, useless things
Which man presumes to do,
I think, indeed, the ugliest one,
Is tobacco chew.

It may be he was made to mill:
But this continual grind
Was scarcely Nature's grand intent,
In fashioning mankind.

If it had been, then, like the kite,
Some self-sufficient cud,
Had been provided for the want,
Both innocent and good.

But, as it is, we all discern
A most perverted plan,
The grinding of the weed alone
Degenerates the man.

I do abhor it, to be plain,
And, speaking through the pen,
I wish to say to every boy
It don't make gentlemen.

Oh, that the weed would cease to grow!
Th' it some cyclone or blight
Would wither up its noisome leaves
And stop the trade outright!

There's one thing, boys, that you can do,
Set no new mills to work,
I bid you labour, heart and hand,
But this bad grinding shirk.

WHOLE-HEARTEDNESS.

DR. TALMAGE describes the sight he saw of boys bathing in the morning. One of them just dipped his toes in the water, and cried out, as he shivered, "Oh, it's so cold!" Another went up to his ankles, and declared that it was fearfully chilly. Another went to the bank and took a header. He rose all in a glow, his blood all circulating, and he cried, "Delicious! What a beautiful morning. I am all in a glow. The water is splendid!"

That is the boy for enjoying a bath! You, young Christians, who are paddling about in the shallows of religion, and dipping your toes into it, you stand shivering in the cold air of the world, which you are afraid to leave. Oh, that you would plunge into the river of life! How it would brace you! What tone it would give you! In for it! Be a Christian and out. Serve the Lord with your whole being.—*Christian Observer*.