

## Heath and Home.

### A TALK WITH THE YOUNG FOLKS ABOUT THE MONTH.

October is a lovely month. The air is balmy, clear, and fresh. Summer heat has fled. Cool nights make it easy and comfortable to sleep. It is pleasant now to walk abroad. The woods are very beautiful, especially where the maple abounds. Foliage is many-coloured, and all nature is in holiday attire. A sense of rest and quiet seizes you in your rambles, and the hazy atmosphere invites to day-dreams and brown studies. The season of growth and increase is over, and all things are getting ready for the sleep of winter.

The apples are now ripe and must be gathered. Our picture shews two young apple gatherers busily at work. They appear to be picking the fruit carefully. If apples are to be kept even for a few days it is not well to bruise them. Wherever there is a bruise, decay begins. Rough, thoughtless folks are very apt to shake a fruit tree and then pick up what has fallen on the ground. This is a wasteful, bad way of doing things. Fruit should be hand-picked, and carefully stored for use. It will not only be nicer when thus attended to, but it will keep much longer.

This is a good fruit country, and every year increases the yield of apples, pears, plums, cherries, and grapes. If people would only plant good kinds and nurse the young trees properly, there might soon be abundance of fruit for everybody. It is an excellent thing for boys and girls to plant each a tree of their own. How pleasant to watch its growth, and how nice to eat fruit of your own tree, *your very own*. If young people were taught to plant trees for themselves, they would be more careful of other people's trees, and they would not be so likely to steal fruit. It is a very bad practice which some boys have, of breaking down young trees. In some places it is almost impossible to get shade trees growing, because the boys are so mischievous. If they had trees of their own, they would value them, and know how it feels to have them injured or destroyed.



OCTOBER.

Stealing fruit is another very bad practice which would not be so common if everybody, old and young, planted and owned trees.

What a valuable fruit the apple is. It is indeed as one has called it the "King of fruits." It is everybody's fruit. It is in season longer than any other fruit. Like the potato among vegetables, it spans the year. We have early Harvests and early Joes that are fit to eat in August, and we have Northern Spys and Russets that will keep till August comes again. How wonderful is the power and wisdom of God as displayed in the growth of these fruits. If a magician were to change water into all manner of fruit-juice—strawberries, cherries, plums, apples and pears—how astonished we should be. But God does this every year. All fruit-juices are made from water, which passing through the pores of the plant or tree is changed by the power of the Creator from a tasteless fluid, into a luscious juice. Let us adore the wisdom and love of the Great Father, who in such wonderful ways, provides for the enjoyment of his creatures. He paints the lily and adorns the rose. He gives the flowers their beauty and the fruits their sweet. From Him cometh every good and perfect gift. Unworthy of his least bestowments, how grateful we should be. "For mercies, countless as the sands, which daily we receive."