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DEVOTED TO TEMPERANCE, SCIENCE, EDUCATION, AND LTTERATURE.
fHE GREAT SHINTO TEMPLE IN You are to fix the first table by the letter KOBE.
Tho Shinto religion, or old belief of Japan is very simple. Its chief aim is the discovery of happiness in this present world. Of the world beyond the grave it has only tho vaguest and most obscure ideas. Consequently, its votaries endeavor to pacify and appease the gods who have the ruling of this world in their hands, and, by daily ablutions to prove the purity of their souls. Even when polluted by death, or bloodshedding, or by eating the flesh of domestic animals, their penances be by $n$ a gods they worship wre those who, according to the legends, created Jipan, and still take on interest in the land they created. The heroes of primitive ages, who, like the knighterrant of the middle nges, went about redressing wrong and seeing justice done, occupy is sort of intermediary position. They are promoted to living in the land of the gods, and are always ready to intercede with any deity on behalf of the land they labored for during life. The structure of the Shinto temples is, is a rule, very simple, and the principal articles in the interior are a basin of water for ablutions, and a large chest, in which the offerings of the worshippers aro placed. Across the front of the porch is a thick rope, made of straw, known as the Shime, which keeps off all harm from the sacred precints.

## HOW TO WORK.

by phof. amos r. wells, in the " golden
I wish to give you my decnlogue of work, my ten commandments of labor. And I want to write them, not on tables of stone, but on the fleshly tablets of your lienrts. Now you each have tiwo hearts, luckily, a right and a left one, joined together;; so that $I$ can divide my commandinents into two tibles, easy for you to remember. he walked; she threw great boulders before him. He lifted them out of the way. She sent immense stones in front of his plough. He got a crowbar, and rolled them into the next furrow. She piled them on his wheelbarrow. In surprise he threw them of. At last she sent him a dream,- a dream of a stone fence, broad, square, neat, and strong, and far-reaching nbout his farm. "This is the fence," she cried in his cars," the fenco you might have made with the strongth you used in throwing stones out of your way."

entrance to tile great heinto templéat robe, japan.
tation of the parable. There is no room in all the intinite future for a single deed that ought to be done now. So the first commandment of labor is, Do not procrastinate.
The second commandment about labor is. Do not putter. This is the second in the order of time, but the first of all in the order of importance. For a yorker's prime virtuo is vim. Yet there are thousands of workmen, so-called, whose practice, if not whose lips, read the text in this way "Whatsoever thy hands find to do, dilly dally with all thy might.". "Puttery, puttery, puttery,"一that's what Tennyson's Yorkshire farmel would hoar their houses'hoofs "Siarity." Apropos of horses, there is a fairy story albout a horse, which you have never heird and which you ought to know. It is this Mary Ann was attempting to drive one day, along a straight road; and before many minutes the horse knew what Mary Ann knew at the start, that she did not know how to drive. She held the reins loosely, then she pulled them tight. She jerked now one side and now the other. She flapped them. She got them crossed. Sho kept up a constiut clicking with her tongue. She fussed with the whip. Atlast Dolly, tho horse, who was a very sensible old horso, got tired of such nonsense, and after many to-morrows and next days a The waste of strength is not the worst of good fairy took him in hand. Whierever it. "By the street of 'By-and-By' one
t. "By the strect of 'By-and-By' one
arrives at the house of 'Never.'" That's the worst of it. Putting off moans leaving off. Going to do is going undone, ten cases out of nine.
Think of it. If the little grain of corn does not sprout in the springtime, the liberal siummer, and wide autam, the whole round year, has henceforth no abid-ing-place for it. But if it begins to grow in that acceptable time, the crowded summer will find space for the tallest stalk it oan pusil up, and the full iutunn can contain its lienvy ears. This is tho interpre-
called on the horse-fairies to interfere.
(This is a fairy story, you know.). So straightway they came, and while one unharnessed Dolly, and changed her with a tap of a magic wand into a girl like Mary Ann, another clanged Mary Ann into a horse Iiko Dolly, and harnessed her in a jiffy. Then Dolly got into the carriage, and took her revenge on Mary Ann. And oh, such pullings and twitchings and flappings and jerkings! Mary Amn never forgot the lesson. $\cdot$ Do you wonder what is the moral of my fairy story? It is this : Drive your business; or your business will drive you. Go at your work in a straight-
forward, sensible way. Hold firn reins Don't jerk and twitch and flap and fuss. Don't putter. For if you do, then in stern reality, and no longer in ridiculous fable the retributive fairies of worry and vexa tion and disappointment and impatience and wasted time and strength and reputation will harness your soul to the tasks you
should have ridden upon, and you will be driven unmercifully by the very power you were made to drive.
There is a benutiful word, which every one who aspires to the high title of "worker must manage in some way to get into the vocabulary of his life. That word is "alert." What a picture flashes
into our minds when we say it "Alert," into our minds when wo say it ! "Alert,"
-bright eyes, quickly moving as the Greeks -ovight eyes, quickly moving as the Greeks ready for prompt obedience ; motions delicate, exnct, and swift; speceh clear-cut, quiet, and stendy. That word "alert" is the poetical form of our American adjec tive," business-like," the opposite of "puttering."
A straight line, your geometries tell you, is the shortest path between two points. The snme definition fits the word "alert," the word "business-like." It means takthe word "business-like." It means tak-
ing the shortest and easiest way to your ing the shortest and easiest way to your
goal. Is it mistery of a newspaper? You goal. Is it mastery of $\Omega$ newspaper ? You
may putter over it an hour, or by alert skimming along headlines and coarse type you may get tho very marrow out of that newspuper in ten minutes. Is it writing an essay? You may putter over pen and your mind and your reading, prompt jotting down of ideas, energetic blocking out of the essay, you may do it much better in one-fourth the time. Lazy folks, puttering folks, take the most pains, while they ing foks, take the most pains,
think they are taking the least.
The King's business requireth haste. And this is one good reason why Christ's yoke is easy, becnuse he teaches us to carry it with business-like alertness. There is a best way to do everything. That is also
Christ's way the easiest and shortest. The Christ's way, the easiest and shortest. The night cometh, when no man can wor
Do not procrastinate. Do not putter.

## KITTY'S RACE.

A feeling of gloom hung over the stable. Old John Pratt was silent andmoody ; Bill, the hostler, looked sad; and the face of Jim, the colored boy, seemed blacker than ever: It was in the midst of our races,-one of those events which call together thousands. of people to witness them.
This unnatural gloom and silence at this particular part of the stables, - a part usually theliveliest of all, - seemed strange. Something unusal must have happened! Perhaps Jack had lost an important race; but that could not produce such an effect,-
for during his long career as a driver he had for during
lost many.
lost many,
One stall, bearing the name of Kitty on its door, was closed and locked. This was unusual, for Kitty was the favorite and pet of the stables. The men cast occasional sorrowful glances at the closed door and turned away sadly.
John Pritt had from boyhood been anong horses; had at an early age learned to drive them; and when he grew to manhood he made it his business to train them and drive then in races,- some for himself but mostly for others. John had $\Omega$ great
heart, and was kind to heart, and was kind to his horses and was a very successful driver. He had grown.
gray in his calling. gray in his calling.
He sat in the $t$
He sat in the twilight with his chair
tipped back against the stable, thinking tipped back agninst the stable, thinking, -
thinking of the events of the day that had passed.
Kitty had been entered in one of the races. John had felt confident that she
would win it, for he knew every one of her competitors, and was sure she would be able to out-trot them all. She was harnessed to her light racing sulky fifteen minutes before the time for the starting of the race, and John proudly gave her "a spin
around the ring," as he called it. Kitty around the ring," as he called it. Kitty
was his favorite horse. He owned her himself. As she sped down the homestretch, front of the grand stand, a murmur of ad mination ran through the crowd, making sweet music to John.
The other horses were sonn out, and the tiresome attempts to get a fair start began. After trying seven tinies an accident horses, and a delay of several minutes en-
sued, during which the horses were b
eted and led about by their hostlers
Then the broken harness was repaired; and they were ready once more. John mounted his sulky patted Kitty gently on the flank, and drove toward the starting point. As he patted Kitty she turned he head around toward him, as if in acknow ledgment of his kindness, but in her eye John noticed a peculiar beseeching look, which haunted him for some minutes but in the e gotten.
They were "given the word" on the next trial, and awiy they went inn bunch. did not mind this, -he knew she Joln "outfoot" them nil: Gridually she could "outfoot" them all. Gradually she drew up on the lender, then she wis at his wheel. Along they went at a terrific rate around the last turn into the home-stretch. John felt that he had the race, and was prepurring to let Kitty out, when to his surprise into the air ; this was not like Kitty, for sle had been in muyy reces and knew as much about racing as John himself.
The leader drew away from her; the third horse passed her ; then the fourth, and poor Kitty went slowly under the wire last of all. Cries of fraud arose from the
spectators, who thought John was holding spectators, who thought John was holding
her back. When she slackened her speed John "let her have her head," knowing that something was wrong. With an effort she passed the judges' stand and slowly beyond ; but when John turned her preparatory to returning to the judges' stand, Kitty fell to the ground.
She never moved after she fell: John, jumping from the sulky, ran to her hend, and saw in her almost human eyes the same mournful beseeching look he had noticed before the race. In a few minutes
dead, -of heart disease, they said.
At first John could not believe that Kitty was dend, but when he realized the fact tears came into his cyes and he turned away to hide them. The crowd dispersed,
and the body of poor, honest, yentle Kitty and the body of poor, honest, gentle. Kitty her stall and the door was locked.
'Thiswas the incident that occupied Jack's thoughts as he sat: there in the twilight. Kitty was dead!! She would never race Kitty
again
Wearied by the excitement of the day, John nodded-his head sank upon his breast. He feel asleep, and this is what he dreamed :-
It semed to him that he was sitting in Kitty's stall aud that. Kitty put her nose so close to his cheek that he could feel her warm breath, and said,-
"Don't you know me, Jack ? I am better off than I was before, for I can talk to you now. You have always been kind to me, Jack, and I want to thank you. We were great friends weren't we, Jack ? My mother told me how good and kind you faithfully, Jick. I never refused to do anything you asked, Jack. I nlways did the best I could, Jack." And then she ubbed her nose gently up and down his cheek. "I was sick when the boys were
hitching me up to-day, but I couldn't tell you. It wasn't your fault, Jack, I know that. Be as good and kind to all my old to me, won't you, Jack? If they could only talk as I can now, they could tell you how they feel. But they must race whether they feel well or not. Good-by, Jack; good-by."
The next morning John was at the stable early, with a calm, serious face, and gave directions for the disposal of Kitty's
body. After it had been buried, he called body. After it had been buried, he called
Bill and the colored boy Jim and said,
"Bays, I've drove iny last race. I've drove my last race, boys. I've drove my
Jolm spoke truly, for never after that would money tempt him to take part in Dumb Animals.

## A GOOD SUGGESTION.

We rond of $a$ Christian Endeavor Snciety that has formed a band of "First Gettersup." It is composed of "hose who have agreed to try and be the first to speak at have thus ordnined that the best part of the meeting shall be at the opening, not near the close

THE TEN MINUTES AFTER THE

## bV THE REV. JOHN BRITTAN CLALK.

In nearly all Sunday-schools, however nuch their order of service may vary, there is a little time given to the superintendent, which he is expected to use in belalf of the lesson. This time averages about ten or fifteen minutes, and is usually placed between the close of the lesson by the teachers and the dismissal exercises: How best to employ these moments is the question that perplexes the superintendent from Sunday to Sunday.
Above all things, do not waste them. After the bell has called the school to order, and all are ready, is no time for the superintendent to lenve the platform for the pur pose of conferring with some officer ; nor s it the proper time to consult with the chorister, or enter into a hurried examination of the hymn-book. Any matter requiring attention should be previously attended to, while the school is otherwise engaged than in idle waiting for the superintendent. It is a most common occurence to have soine of the ten minutes after he lesson lost in this manner, and their oss is sure to cause further waste
regaining attention and order.
Review the lesson. Devote these ten minutes strictly to reviewing, which is entirely distinct from re-teaching. When in day-schools a re-view is amounced, it is understood that the exercise will consist in simply eliciting from the scholars what has previously been taught. The re-view of the Sunday-school lesson should be of the same nature as the re-view of the every-daylesson. The conditions of the first pirt of the afternoon should in these ten minutes be entirely reversed, the school
becoming teacher; and the superintendent or reviewer an eager, questioning scholar. One of the must successiul reviews I ever heard was so conducted. The speaker started out at once by satying that he intended asking questions, and intended to do it as rapidly as he could. He wanted any one to answer; it made no matter whether the answer was right or wrong. Then he began a fire of brief, clear questions: "Whom are we meeting in the les son? What did he do'? Where did he go? As he asked the questions he kept pointing rapidly in difterent directions, and throw ing in "Quick! quick !" No question went unanswered or waited an answer. If
no answer came instantly, he answered no answer came instantly, he answered
himself, and at once said, "That was what he said. What did he sny?" The whole school was actually lashed, by the rapid energy of the questioning, into an eager excitement to answer. If an important answer was given, he would raise his hand ligh up, in plains sight, and, clearly giving the answer, ask the entire school to watcl his hand, and repent the answer. when his hand came down. Of course, the uplifted hand and its expected fall got the atten-
tion, while the answer, emphasized by a tion, while the answer, emphasized by a
united answer, impressed itself. The entire lesson was covered, and the two or three chief facts elicited driven home by concerted answers, within ten minutes.
It should to the aim of every superintendent to study how to vary this review exercise. New faces are attractive, however pleasant to the school his own face may be. New voices are interesting. The great thing is for superintendents to appre after the lesson, and for them to realize that a proper use of them requires careful antecedent preparation. The superintendent, as he uses these ten minutes, cinn
ruin utterly, or he can aid most materinlly, the efiorts of his teachers.-Sunday/-school Times.

SCHIOLARS' NOTES.
(From Wrestminster Question Book.)
Lesson Xil.-JUNE 19, 189.
REVIEW.-PSALMS \& DANIEL.

## golden tex'r.

" The secret of the Lord is with them that fear
him."-Psalm $2 \overline{5}$ 14.
HOME READINGS.


LESSON XIII-JUNE 20, 1892 MESSIAH'S REIGN.-PSALM T2: 110.
(Quarterly Missionary Lesson.)
COMMI то MEMORY vs. 7; 8.

## HOME READINGS.

 <br>  <br> Trime.-Probably about B.c. 1015 ; soon nfterSolomon succeded to the throne of his father David. <br> Pcace.-Written in Jerusniam, by Solomon.} opening words.
This Psaim was probably written by Solomon soon after he was established on the throne of
his father David. By conmon consent of the whovenintente expositors, Messinh is the king of whom it treats. It it refers to solomon and his
reign, it docs so only in so far as they vere types reign, it does so only in so far as they vere types
ofthe person and kingdom of "David's greater
Son." Ferse 20 is no part of this Psalm but postscript to tho second book of the Psalms, of
which this is the last. Our lesson hynn is a
beautiful praphe HELPS IN STUDYING.

1. Thyjudgonents-right to reign and authority to execnte judgrnent and justice. Matt. 11:27;
$28: 18$; John $5 ; 2,27$.
King.....ing's son-Solomon was both king and king s son so also is
our hord. 3. By righteousness-as tho fruit of righteous government. 4. Judge the poor-shall
vindicate the oppressed and punish the proud and injurious. 5. Therouphout anl gencrations-
his kinglomis to. be everlasting. 6. ATe shall
come dorm like pain-by the gracious influences come doun like rain-by the gracious influences
of his Holy Spirit, rufreshing the souls of his
 -lue rednced to the most abject submission. southern Arabia. Scba-Moroe, in Africa. These
places werenoted for their wealth and commerce. places werenoted for their wealth and commerce.
The remotest and wealhisest nations shall ac-
knowledgo him. 11. All hing
 king, who makes the needy, the poor, and him
thth hath no hepper his peculiar care 15 .Te
shallhifie- Revised Version. "they shall live."
 wharcinnt growth, Jike the forests of Lebanon. orth under this figure of abind nnt fruitoge. Tho barren lives and desert hearts that now alled with his flopy-to this prophetic prayer of
solomon let every heart respond, Anen, and Amen.

## ouestions.

Introductory.- What is the title of this les-
son? GoldenText? Lesson Plan? Time? Place?
Memory verses? I. A Rrign ow Rigntenusness. vs. 1-5. With
what prayer does this Psalm begin? Who is
mennt by the king. and the king's son? How is
 the peoples Menning of verses 3and 4? Whom
docs the Psalmist, now address ? v. 5 . What is
written in Psalm $80: 35.37$ ? witten in Psalm $80: 35.37$ ?
II. $A$ Reign of Blessing

## II. A Tiergn of Biessing. vs. 6-14.- How does

 reign ? What shall be the effect of this gentle.refreshing nnd fertilizing influence ? Whatshail
be the extent of Messinh's fominion? Who be the ertent of Messinh's lominion? Who shall
bow before him Who shall brine thoir gifts?
What further is foretold oo Messinh's kingdom III. A Reign or Giopry, vs. 15-19.--What, is
predicted in verse, 15? Explain rerse 16. How
long shinll Messiah's name endure What shall
all nations call him? What ascription of praiso
closes the Parlm? What should we mand to closes the Psalm? What, should we respond to
this doxolooy? What should wo pray for in the
practical lessons lifarned.

1. Mnssiah's reipn will buan everlanting reign;
of his dominion there shall bo no end. 2. It will be a universal rcign; nll nations shall 3. t will be $\begin{aligned} & \text { w } \\ & \text { Prince of Pence. }\end{aligned}$
2. It will be a benoficent roign-sccuring price-
loess blessings to all.
3. It will be a glorious reign ; the whole enrth
shall bo filled with his glory.

REVIEW QUESTIONS.

1. Whois Messinh the king? Ans. Tho Lord 2. What is the character of Messinh's reign?
Ans. It is $\pi$ reign of righteousness, of blessing
and of glory. and of glory.
2. What is to bo the oxtent of Messiah's king-
doin? Ans. Ho shall have dominion from sen, and from the river unto the onds of the
danth
3. How long shall his kingdom lnst? Ans. His not pass away.

$\qquad$

##  W. Micalititi-8." "The Lord Shall Reign Over <br>   <br> lesson Plan

 <br> lesson Plan}
## $\therefore$








## THE HOUSEHOLD.

## DUTY'S PATH.

Out from the harbor of youth's bay There lends the path of pleasure ; With eager steps we walk that wa
To brim joy's largest mensure. But when with morn's departing bei Goes youlh's last precious minute, We sigh "'twas but a fevered dreamThere's nothing in it."
Then on our vision dawns afar The goal of glory, gleaming Like some great radiant solar star, And sets us longing, drenming. Forgetting all things left behind, But when 'tis ours-ilas! wo find There's nothing in it.
Wo turn our sad, reluctant gazo Upon the path of duty;
Its barren, uninyiting ways
Are void of bloom nnil beauty.
Yet in that road, though dark and cold, It seems as we begin it,
As we press on-lo! we behold
Thero's Henven in it.
Thero's Henven in it.
-Ella Whecler Tritiox.

## TRAINING TOO OFTEA NEGLECTED.

The mother's first duty is not to feed and elathe the bodies of her children, but to see to it before God that those bodies aro kept free from pollution-that the ehild is passed over into self-keeping, after a full maturity of powers, without unfeeblement of false bias and unhealthy desires. The arrangements designed by mature are the best possible-home, mother, father and slow development of the child. What could be better planned? Yet we allow our parental care to be outlianked by all sorts of corrupting influences and home to be invaded. If our houses are fortresses lawlessness. It is, I am free to say, utterly law essness.
inexcusable that our children shall be got at by debasing infuences. We cin prevent at by debasing infuences. We can prevent
it, and with wills of the right sort we shall it, and with
prevent it.
" "What shall we do about it ?" you say, "Shall we turn our houses into monaster. ies and shut our children up in cells?" Madan, your question is foolish and you
do not even desire to give yourself to true do not even desire to give yourself to true
child culture. You are, I suspect, trying to excuse your selfishness by asking nonsensicnl questions. I havo seen children
brourght up with tenderest sympatily and brought up with tenderest sympatiy and you would never have thought of calling those homes prisons, gaols, or monasteries or numneries. The only difference between them and other homes was that there the them and other homes was that there the
first influence and offort was to train and first influence and effort was to train and
educate and save the children. It was not educate and save the children. but was not
the second or third purpose, but the first purpose. To that everything elso bent. The result was most lovely and lovable characters and happy homes and satisfied parentage.
Then you would say, "But how shall a child ever know how to go into, society if keptawkwardly sly when young?" And I would say, "That is nonsense, for no child fine home, with noile friends and enough to do and think about, and as for professional society, if that is what you mean, God save my boys and girls from ever feẹlGod save my boys and girks from
ing a taste for such a sickly life.'
On no account fail to study your boys and girls mad see what one sjrecinl thing they delightin, then let each one, from the first manifestation of a bias, have that to
do. If tho child is naturally an artist be do. If tho child is naturally an artist be
sure he is furnishod with art material and sure he is furnishod with art material and
a studio. If he bea mechanic let him have tools and a shop. Don't dare to think you can afford a sealskinn sacque and cannot afford all the tools he can use. If you
have $n$ book lover let hin follow his bent have $n$ book lover let hin f
with only yational restraint.
Bo sure on no account to allow your child to sleep with his friends at their homes or to have companions to spend the night with him. Even day association may be almost Wholly in or near your presence, if you will
take the trouble to overlook such compantake the trouble to
ionship generally.
Take special pains to trim the oldest child, to companionship and accustom him or her to a watchful co-operation in guarding with you the younger ones. The oldest
chind
Blessed be the father and the mother that have devoted themselves to their children, and have learned that no higher office exists in the universè.-Mary E. Spencer, in St. Loutis Globe-Democrat.

## A RAILWAY KITCHEN.

"I never knew what convenience was," remarked a practical housekeeper the other day, "until I had made several trips in a dining-car on one of the best equipped railways in the country. The culinary arrangements interested me very deeply, and passengers an officer of the roind with whom wo had some-slight acquaintance. Upon expressing mysurprise that suchcomplete arrangements could be made in such small space, the official invited me to inspect the kit,chen department of this res-
taurant on wheels. I found that a space taurant on wheels. I found that a space
but little longer than the width of the car was required as storage for provisions for the ontire train. Some articles were
bought in quantity to serve on the return bought in quantity to serve on the return trip; others were supplied by contriet a points along the line. There wis no con of course. On the basis of such an arrangement an ordinary family would require a kitchen not lirger than the average china closet. Ice, butter, meats, vegetables and other provisions, were stored away with the most perfect system.
I observed one thing which was and always will be a lesson to me. Whenever one of the several employees had finished using any article, it was immediately put
exactly into the placedesigned for it. This exactly into the place designed for it. This is to some extent the secret of successful
management in these cars. It would be impossible to get about in such linited space if every article was not religiously kept in place. No confusion, even for a moment, would be allowed. One article housekeepers frequently indulge would be as disastrous to perfect- servico as a mis placed switcls would be to the train. Everything would be in disorder in an instant. I think it would be a most usefu
thing if housekeepers could examine such thing if housekeepers could examine such
equipments occasionilly. They would learn how easy it is to work in sinall space if all the demands of system and order are met. Of course, it would not be possiblo to do this with the help that one must often depend upon, but the woman who does her in a fraction of the time she now finds it necessary to spend on her household duties. How important this is the inexperienced How important this is the ine

The secret of good housekeeping is, first of all, to have convenient places for all necessary utensils and furnishings. No woman can work tri advantage if every
time she wants a peice of china she must time she wants a peice of china she must
move a dozen things to get it. House work would lose half of its terrors if kitchens and pantries were made as convenient as offices and some of the well equipped restaurants in city establishments. To have suitable utensils and perfectly convenient places for them is one secret of good and easy housckecping.'

## A FEW LITTILE GRAINS OF ADVICE.

I have made my little talk this month entirely to the busy girl, and so $I$ am just going to say to her in closing: Take care of yourself.
When you buy an umbrella, will you be sensible enough to get a good sized one that won't permit drippings to get on your shoulders and skirts?
When you buy a pair of rubbers, will you get those that come well up on your feet and protect them, rather than the strap sandal, which is only of use to the women who can pick their steps as they go nlong? When you are making your skirts over, won't you mako one of suitable lengthl for a rainy day, so that your ankles won't get wet and a bad cold result?
Won't you try and eat suitablo food for your lunch, if it is possible, choösing bread your lunch, if it is possible, chats
Won't you when you come home at night put on another gown and suem to becomo
Won't you if you have nothing but a hull
room in a boarding-house make that as pleasant and bright as possible; and invite
your girl friends to see it and to enjoy it your girl fi
with you?
Won't y J , if you are forced to live in. $n$ boarding-house, keep as much as possible out of gossip and ill-natured talk that too often reaches theso homes, so-cilled?
Won't you try to not only say, but hink what is kindest and plensantest about hink what is kindest and pleasantest about" people? If yout win make yoursil "then not only will the considerate words come but a gentle grace will pervade your entire face, a grace that will be like sunshine to other people, making them feel the better for it.
Won't you rid your brain of a silly jden, very prevalent among workers, and that is, that some special favors are shown to some girls and that there is a clique against you? Watch the other girls, and you will be very apt to discover that the special favors shown result from their being good workers and from employers recognizing that the one who merits, deserves consideration and one whis.
Won't you try to do what, when you are away from home, you think would please your mother? You can't make many mistakes if you do this, and I do so very much waint you, more than any other of my girls to do that which is right. I want you to be always honest to your employer and your friends. I want you to be the most loving and most courageous of women, and you can only be this if you get rid of all the follies that keep you small in thought and heirt. I want you to be a working girl, not a lazy girl, but an honorable woman, not one who by your conduct lessens the good words sitid for all other vomen. Won't you be this?-Ruth Ashnore in Ladies' Home Jourral.

## ADDITIONS TO DESSERTS.

A bowl of choice sauce makes a welcome companiment to almost any plain pudding, and may be so ensily had that it ought o form a more frequent item on our daily bill-of-fare.
A. variety of delicious szuces may be made with creaned butter, and sugar as foundation (two good tablespoonfuls of butter to a small cupful of sugar does well, adding to it when thoroughly beaten about half a cupful of almost any kind of jam or marmalade. For a plain rice pudding noth ing could be better than a quince marma lade saluce made in this way. Pench mar malade, raspberry or strawberry jam, or ripe red tomato preserve, aro perhap qually good so used. Half atumberful o sugar gives a delicious flavor and texture, sugar gives a delicious favor and texture,
and even the same quantity of nice appleand even the same quantity of nice apple-
sauce, first rubbed through a sieve is not at sauce, first rubbed
all to be despised.
A plain sauce of boiled sugar is delightfully flavored by the addition of a fer spoonfuls of syrup from almost any kind of canned fruit. Cherry sauce with cottage
pudding makes a nice combination. The pudding makes a nice combination. The syrup from preserved citron-melon makes i snuce of which few could guess the ingredients. Where preserved and canned fruits are much used for tea, there will often be a little left over and one could not do better than to serve it in this form.
Boiled sugar flavored with the juico and rated rind of an orange or lemon is excelgrated rind of an orange or lemon is excellent, mad may be suitably served
boiled bread pudding or with fritters.
A little grated nutineg added to a sauce made of creamed butter and sugar, one well beaten egg and a cupful of rich hot
milk, stirred in last, will make a very pleamilk, stirred in last, will make a very pl
sant accompaniment to brown-betty.
sant accompamiment to brown-betty
In a household where there aro children such desserts as these are hniled with more enthusiasm than the most elaborate pudding served alone.

## SELECTED RECIPES



 raisin on top of each. Bake in a moderato oven. Lemon PIe WITII ONE EGG.-Put the crust in
tho plato or tin and bake. Thko one cup of sugar the plate or tin and bake. Mako one cup of sugar
one cup of boiling water, half $\Omega$ lemon, the yoik one cup of boiling water, half a lemon. the yolk
of one org one trabespoon of flour or corn starch
 from the ege to a froth. Ada a tablespoonful of
Sumar nnd
itis an nice brown. tho top. Set in the oven until

A Cubap ind Denicious Rica Peodna.One cuprui or rice well washed, two quarts on
now milk, $\begin{aligned} & \text { pinch of salt. with sugar and flavor } \\ & \text { ing to }\end{aligned}$ ing to taste; grach or mantiteg over itiand band in in a
sow oven four or five hours. This will prova slow oven four or five hours. This will provo
most delicious puding. to be catenh hot or cold
nod and if baked slowly is better than wit
eggs. To be eaten with lemon sauce.
Creans Toast.-One pint milk or cream, two
even tablespoonfuls flour two to even tablesponifuls four, two tablespoonfuls butter, ono half teaspoonful salt, six slices dry
tonst. Heat the milk, melt the butter in a gran-
 smooth, then add the remainder pradualls and is the salt. Dip the dry tonstiquickly in hot salted ened crean over cach slice
Baked Fisf.-After cleaning the fish thoroughy, let it stand in salt water for two or threo Mours. Rub it well inside and out, with pepper.
Make a dressing of bread crimbs, one table-
spoonful of butter, $\Omega$ small onion choned fine pepper nnd salt to suit tho taste. Stuft the fish with this dressing, and tie or sew up, Put it in the pan, with water enough to cover. Sprinkio
it over with flour and put in amanli piece of but-
tor. Bako slowly ono hour. Garnish with hardt.er. Bako

Eggs for Supper.-Take a niccly flavored which has been wall buttered Place pie-dish When has been well buttered. Place it in the
oven and let it remin until it boils, then take it out and break into it as many eggs ns willife side
by sido together. Sprinklo sensoned brend brumbs over all, and place the dish again in the
crum until tho cgas are set. Havo ready one or
ove oven until tho cgge are set. Havo ready one or
two rounds of tonst. Tako the eggsup carefully two rounds of tonst. Take the eggs up carefully
onfarslice, Iny them on the toust, nour the gravy onda slice, Iay them on
over all and serve hot.
Potaroe Ronl.-This is a very nice way to
servecold mashed potato. Put one cupful into a snucepan, add one-quarter of $a$ cupful of milk nnd sensoning of salt and pepper, a tablespoonful of chopped parsley and two well beaten eggs.
Mix lhoroughly and bentill till light. Put one tablespoonful of butter in a frying-pan; when
hot put in the potatoes, sprend evenly over the
pin, and cook slowlyuntiln golden brown. Roll like omelet and serve hot.
Tender Steak.-A stenk that is tough will
sometimes come home, mater familias' most
 cider vinegar, and lay the stenk in it for n couple
of hours before broiling, and it will be found rer squezed over a piece of ronst beef before two,
put is
puto the oven makes it ver tender nand rich
lavore, and it will pive out ample juice for
bnsting and for basting and for a rich gravy without a drop of

PUZZLES NO. 11.

## \section*{bible enigma.} <br> I am composed of 62 lecters.

ann composed of 62 lelters.
My $47,1,9,51,62,35$, a prophet of great courage.
My $26,12,23,33,52$, brother of $\AA$ grcat priest. My $2,12,24,33,52$, brother of a great priest.
My $24,36,51,10,11,8,24,48$, an offering for sin.
ng of people. $41,28,31,50,16$, worship of false
y 6, 10, $56,55,17,24,32,37,5, \pi$ tomb.
$y_{2}^{23}, 1,58,24,21,55,28,2,38$, hous of God.
$y 24,57,9,40,6 i, 49,52,22,58,34$, telling of a
My 41, 45, 36, 14, 15. Christ said should be given nexelange for one of the same.
My $7,53,61,47$, should be done to Bible teach-
Mys. 20.42 and 60 , are consonants.
My whole is a. verse in Isaiah telling of christ's
I.G.P.
coming.
4 consonint mimmond.
A consonant. An article. A kind of ridale.
A fissurc. A poem. A vowel. pied cities.
Ernage. Rioca. Slitnca. Uganibrhe. More. Eannsboyrs.
Kimohotes.

## historical acrostic.

1. An American general. 2. A battle of the cdition. 4. A Castilian Quce. 3. A. Thamons nexWo Engish explorers. 6 . A battle of the Thirty,
Years War. 7 . A Spanish caplorer. 8. A Gre-
My initiners spell $n$ Grecinn leader. My finals a
attlo betwen the Grecks and Persians.
My first is and entars
Myy frst is in darn, but not in sew.
My second is in wind, but not in blow.
My third is in sick, but not in ill.
My third is in sidk, but not in int
My fourth is in knoll, butitnot,
My fin in well, but not in fountain
My fifh is in well, but not in foumtain.
My sixth is in mound, and also in mountain.
My seventh is in sightier, but not in fighter. My sixth is in mound, and also in mountain.
My scventhis in sifhtier, but not in frhter.
And my wholo spells the name of a well-know
writer: musical instruments in pr.
2. Rutiga. 2. Jabon. 3. Thzari. 4. Ccoinrdno. Chnefr.

CORREGY ANSWERS RECEIVED.
Correct answers havo been recoited from Eliza
Tannahill, Geo. F. Jenkin and Nellio Laros.
ANSWERS TO PUZZLES NंO. 10.
Charade.-Portland.
Numerical Biblim Enigma.-" The heavens
declare the glory of God."
Word Square.-


Meragrans.-1. O-mange. 2. Usage-sage-
fre. 3. Chock-bloek-hock-lock. 4. Lash-
EnigMa-0
Diamond.-

1

'The Family' Circle.

## A FULL SURRENDER.

 hope.Tho longing heart is often dumb, And no excuse can tender, When Jesus sweetly whispers, "Come," And asks a full surrender. His peace he promises afresh His joy we shall inherit, If we are masters of the flesh And servants of the Spirit.
Whate'er he bids we must say, "Yes," Put our whole hoarts into it; Responsibilities are his; 'Ihe work is ours-to do it. And not infrequently one sees Outside of rhyme or story, A life that's flled with humble penco And hopes of future glory.
Some snintly life, sweet'mid
Sheds on us its pure lustre; Ve judgo of all the Christian lly this rich Eischol cluster. This soul has "lifted up" the Christlexhibited his beautydill failh has wrought and crystallized I'ogether love and duty.
Cannan seems near while fired with zeal Distnnee has vanished from 1 A growing engerness we feel 33ut giants dwell within this land; Sht giants dwoll within this land; Shall we rush into dangers luat these are total stringtand,

Faith lifts us to some lofty cliff, Courage and hope attend her, And but for some intriguing "if," Wo'd make $n$ full surrender here's many an Annnias soul 'lo-day, on land and ocean, Who seems to give to God the whole. But slyly keeps a portion.
And thus we.pledge God's child to be, Yet make some rescrvation, Which we pretend we do not see And then expect salvation; 3argain to get at smallest cost That which most peace shall bring us Ve lio unto the Holy Ghost. Till self-reproach doth sting us.
We shut our eyes and bend our knees And of our faith we prattle, Whilo such a faith brings litile peace, Nor wins one henvenly battic. Aliving faith must haste and ront I'his covetons pretender: God honors him who " out and out" Doth make a full surrender.
-Michigan Advocatc.

## WAYSIDE SERVICE.

myra goobwin planez
"Bring me some pretty shells," said little Emma.
"A And me in stan-fish," saicl Freddie.
"Don't go bathing alone, and write often," said mamma.
These were tho parting words Lena Richards heard as she left her home for her viacation trip. IIer father waited until he had arringed everything for her comfort in the car, when he said:-

You are on the shady side, and have qood things to fead body and mind. But don't read much. Enjoy the scenery and people. Remember my directions about wetting your sleeper, and don't forget, datghter, this vacation
blessed wayside service."
"Deased wayside service."
ter's work," thought Lena, winking Master's work," thought Lena, winking back a fow tears as her father hurried off the time
Lenn had thought of a visit at Aunt Amma's summer cottage as a time for rest
and pleasure. She had worked hard to completo her high school studies with honor, and had long looked forward to this wonderful journey as the end of all labor for a time; yot her father had suggested. that there was one kind of service that was not to be laid aside with school and home duties.
"Perhaps some great opportunity will come," sho thought, noticing near by a
woman with a biby hunting for $a$ seat. Lena wished for a moment the lady aoross tho way would move some of her bundles, or the gentleman in front his valise, but her second thought was of tho wayside service, so she moved her belongings and gave the woman a pleasant invitation to gave the won
share her seat.
"Thank you. Billy's so heavy, I'm nearly dead. I travelled yesterday and all night from Kansas, you know., Mother's sick, and I'm awful anxious," said the tired woman, as she sank into the seat.
"I'm sorry, but you may find her nearly woll," said Lenn cheerfully. "Leet me take Billy awhile. Perhaps lie will. look out of the window and let you rest.'
This was a real sacrifice, for Billy proved a trying travelling companion, and Lena trembled for fear her new suit would be hopelessly rumpled. The tired woman leaned back and fell asleep, and when she awoke, her thanks repaid Lena for two weary hours. The country station was soon renched, and Lena saw the good old son.
"Mother's better, sure enough," called the woman as the train started, and Len
felt some of the daughter's joy herself.
When she opened her lunch she noticed
hungry-looking eyes watching her in the hungry-looking eyes watching her in the seat behind where two boys were keeping a delicate liady busy.
"May I give your little men some cake and fruit?" asked Lena.
"Thank you; they seem unable to wait until we stop for dinner, and in my hurry I forgot my lunch-bos," was the ariswel that sent part of Lenars d
to the delighted children.
"Have you anything to. read?" asked the lady. "I'm so tired watching the tele-graph-poles."
Lena's fatherhad provided for her a book she had not read-"The Christian's Seciet of " Happy Life." She doubted its being appreciated, but she handed it over, saying,
"Papa sad this was a good book for mny poupa said this was a good book for my
journey, as I was starting out for happijourne
"That's something I know little about, though I call myself a Christian," sighed the lady, beginning the book at once. ${ }^{\circ}$
Lena gavoher illustrated magazine to the boys, which kept them still for some time, "Do you believe God really plins everything for our good, even our trials?" the lady asked, leaning over to Lena.
"Yes, of cousse, if we love Him. There the answer.
Just then a dear old lady came tilong with whom Lonia was glad to share her sent. She had heard the lady's question to Lena, telling a bit of her own experience the young girl will never forget.

That is very helpful," the lady said as she returned the book, "I will buy a
copy at once and try to find that kind of
los. cupy at once
hippiness."

There were other jittle opportunities for kind words or helpful acts, which made sunny places in the long journey. A tnoon the next day Lena found herself at the little seasido station, where her cousins
were waiting with the carriage and a warm were waiting with the carriage and a warm
welcome.

Sea Nymph Cottage was a beautiful sumner lionise half way between Long Branch and Ocean Grove. Of course Lena must step on the veranda.and have a good view of the ocem before even lunch was a vice" for the rest of that day, being carvice" for the rest of that day, being car-
ried away with the beauties of the ocean, ried away with the beauties of the o
in sumlight, twilight, and moonlight.
The next day she began to realize that even this little Eden had its thorns. First, she found Gretclien, the up-stairs girl, cry;
ing over a letter from the " old country." "My over a letter from the "old country."
"My mother is sick. She may die alMy mother is sick.
dy, sobbed the girl.
Lena tried to comfort her, and at last found the real trouble.
"There is no church nenr. I would go and pray to the saints, and have the priest pray for her, but naw she curn have no help,"' Gretchen said.
"O Gretchen, God will hear you just as well here," said Lena.
"But I hiven't confessed for a long time" sighed the girl.
Then Leni sat down on the stairs Gretnecessary cleaning, and explained how un-
and Gratchen dried her tears, promising to

## ay as Lena did.

Later, Aunt Amar came into Lena pretty bed-room with a troubled face.
"Lena," she said, "Ralph liked you when he visited your home last year," and I hope you can influence him. He used to spend the time in his natural history work, spend the time in his matural history work,
but he has become intimate with some wild young men at Long Branch and is conyoung men at Long Branch and is con"A Auntie fast liorses."
"Auntie, why can't we go to Ocean Grove to the meetings? I've heard they wore splendid and Clara says it's a protty ride or a nice long walk by the ocean,"

- My children don't care much for thos things, Lena. Ralph laughs when I sug gest the Grove, and says they do nothing but pray and bathe, then bathe and pray. I'm afraid we've done too little of the latt our house, rephed Mrs. Andrew
Lena began making a special study of her young cousin, putting his name first on he inttle list for whom she prayed every night. Clara was too inclolent to go with him on his excursions, and he was much pleasedat Lena's joining him in his natura history study. "She mended his butterfly nots, held "specinens" for him with-
out showing her "crawly" sensations, took long walks or sails, soon learning to help in the management of his boat, which was only allowed out when the ocean was very quiet unless the old sailor-gardener had the
sail in charge. In return for all this Ralph sail in charge. In return for all this Ralph was very willing to drive over to the Grove
with the girls. At first Lena chose lec with the girls. At first Lena chose leco'clock young people's meeting. Clarr leclined this, but Ralph felt that Lena had too often been of service to him for a refu sal, so he was ready the next morning for the early service that MLr. Yatman held in the young people's temple. It was a very impressive meeting, Mr. Yatman being ull to overflowing with interesting anecdotes, and yet unusually solemn and tendar in his pleading for the young souls that had not yet enlisted for the King
Rillph hardly spuke on his way home, and Lena made it a time for silent prayer that the good seed might take root.' She waited a few days and asked him to go
again, and he consented after a moment's again, and he consented after a moment's thought. That morning he was among the number who arose for prayers, and a few days after he amnounced, with beaning
face, that he had found the peace of believince, that Jesus.
"You blessed child!" Aunt Anna said that evening, as she stopped in Lena's roon new moments. You hatve done ine good tian faith I had onco; but most of all, I rejoice over Ralph's giving up his old habits. I'm sorry Ethel Harper is coming ow. I suppose it will bo dancing, card blaying, and beatux untlil she has gone. be true to conscience after gay Ethel came for she and Clara were constantly teasing them she and Chara were constantly the campmeng
themg town, of begging them to help fill up al dance or a gime of cards. Ralph watched his cousin narrowly, and at last suid, "Lena, you aro a brick-pardon my slang-I mean true to your colors. I shaill take your stand, for, as Mr. Yatman says, it is the uncertain soldier that is apt to desert."
The night of Clara's grand party Lena wondered what she should do by way of service. There were many fashionable young people from West End and Long Branch, and, in her modest whito dress, Lena looked like a daisy in a tulip bed. As for helping to entertain the young genAs for helping to entertain the young gen-
tlemen, Lena knew there were at least five tlemen, Lena knew there were at least five
ginls to every young man, so there was ginls to every young man, so there was
nothing to do in that line. Seasido invitations are often family affairs, so there were a few old people and a sprinkling of very young folks at this gnthering.
"Lemn," Ralph said, "I feel badly to
think I can't dance when there are so few gentlemen, but I had to refuse. Can't we get up some gimes for tho children? though they are so high-toned they act like little men and women."
Lena thought this a fine suggestion, and she soon hitd " dozen young people, who did not quite "fit"" any place, enjoying where the full moon smiled down on the little lights hung in the trees. The elderly
veranda smiled over the fun, and later
found Rilph and Lena ready to seive them refreshments. Lena found an opportunity for her word.

Why don't you dance?" asked Dilisy Drew, a much-dressed young lady of fourteen. "Most of the young ladies refuse to notice us girls."
'Because, dear, I belong to a church that forbids dancing, for it thinks we cannot be good. Christians and dance.

I never heard any one but a minister talk as you clo," said Daisy. "If I come over some day, will you tell me about your church ?"
And this started Lena's Sunday-school.
Daisy came with a little friend the next Sunday afternoon, and for the rest of the summer Lena met all the little girls who would come, in a pretty summer-house overlooking the sea, and there taught Bible lessons and read helpful stories to her devoted companions.
The day after the party every one was too tired for walking or riding, and towards evening Ralph proposed a sail, as the sea was very quiet. As Peter was to accompany them, the girls consented; but even with his skill an unexpected accident happoned. A fishing vessel bore down upon them, which was manned by some halfdrunken men, and as the little boat could not get out of the way in time, it was capsized. Rnlph and Clara could swim, ind were able to take care of themselves until they received help from Peter and the men on board. Lena thought of the loved ones at home, then of the Friend who was always near her, and after a few brave struggles she went down with a peaceful face. On coming to the surface Ralph and Peter were ready to pull her into the fishing vessel ; but Cthel was not so fortunate. During her struggles there came before her, as is often the case in drowning, the panoram of her whole seltish, worldly life, and the shriek she gave was as much despair as fear when the cold water was closing around her. But the second time she rose to the surface one of the fishermen had to the surfae ond the fshermen had reached her, and she, too, was soon safo.
It was some time, however, before the It was some time, however, before the
vigorous measures to which the men revigorous measures to which the men re-
sorted brought her back to consciousness, and for several days she was really ill:
'Lena, I saw you when you thou you were facing death, and you looked really happy, while I was in agony. Why
were you not afraid to die?" Ethel asked one day.
" Because I trusted Jesus-that is all," answered Lena.
"I wish I had that faith," sighed Ethel. "I will go to church oftener when I get home."
"O Ethel, don't wait for that time! Begin trusting Jesus to-day. Ask him to forgive your past sins and make you his child, and lead you every day," said Lena child, and lead you every day,
her face glowing with feeling.

I will," said Ethel, her tears falling fast as Lena bowed her head and whispered little prayer as they sat together on the each.
It was a quiet beginning; and the soul just born acrain had many lessons to leam before it became a true disciple ; but the angels must have sung for joy over even that small begimning.

Stay here," pleaded Clazi, as Lena was packing her trusk in few weeks later. "I can't bear to think of your wasting your offers you if you will go to New York with us."

It is a temptation," replied Lena, "but I ve had a long rest and in pleasant summer and now man
papa a little.
"Your resting is of more use than most work," said Ralph, who was lingering near.

It seems to me I've had an ocean full of fun and frolic, papa," Lena suid when she met her father
"What, no wayside service ?" ho isked " H smile.
"Yes, papa-all I could find. Perhaps it may not anount to much, but it was 'in
His name, and was the happiest thing in this happy summer."-Zion's Herald.

Don't Forget to train the smiling mus-

A NOMED MOUNTAIN CLIMBER
For the past thirty years the world has been familine with the exploits of Edward Whymper, the famous mountain climber Hisfirst expedition was undertaken in 1861, when he was only twenty-one years of age. This was the ascent of Mont-Pelvoux, then considered the highest mountain in France From it, however, he discovered another mountain 500 feet ligher, Pointe des Eerins. This he ascended three years afterwards. On July 14, 1865, he made the over nemorable ascent of the Matterhorn, on which occasion his companions, the Rev. Charles Hudson, Mr. Hadow,
Lord Francis Douglasand one of the guides lost their lives.
In 1867 he explored the fossiliferous deposits of North West Greenland. Here he found cones of magnolia and fruits of other tropical trees, which go to show that Greenland was not ilvays the land of ice and snow it is now. Some of the fossil plants collected then are now on exhibition in the British Museum.
In 1871 Mr. Whymper publishtied an account of his Alpine journeys under the title of Scrambles among the Alps in the Yenrs 1860-60, in recognition of which he re ceived from the king of Italy the decoration
of Chevalier of the Order of S.S. Maurice of Chevainer of the Order of S.S. Maurice
and Lagarus. In 1872 he again explored North Greenland.
In $1879-80 \mathrm{Mr}$. Whymper travelled in the Republic of Ecuador, exploring, ascending, and moisuring the Great Andes on and near the Equator. On this journey he made the first ascent of Chimborazo, 20,517 feet high, Sincholagua, Antisana, Cayambe, Cotocachi.
Only this year luve the results of those journeys been made known in the book en titled "Travels amongst the Great Andes of the Equator," commended by a recent English critic as a thoroughly well considered and finished work, with all his obser vations checked and verified, and put forth with a care and deliberation which render them of the highest scientific value.
One question Mr. Whymper investigated in that expedition was whether men could live and accomplish useful work at very great heights above the saa level. His firstidea was to explore the Himalayas, but a frontier war prevented him from venturing in 1874, and the quarrels between Chili ind Peru ren-
dered the highest ranges of the Andes equally unsafe. He, therefore, turned to Ecuador and the great mountain Chimborazo. He landed at Guayaquil on Decemtravels. His companions were Jerm Antoine Carrel and his cousin Louis, both Swiss guides, and Mr. Perring, an Englishman, who had passed many years in Ecuador. They had no experience of mountain sick-
ness until they reached a height of 16,000 ness until they reached a height of 16,000 feet, at which altitude they pitched their seoond camp. They arrived in good condition, but in about an hour Mr.. Whymper and the Carrels found thomselves lying on their backs, incapable of moving.
"We were feverish, had intense headaches, and were unable to satisfy our desire for air, except by breathing with open mouths. This naturally parched the throat and produced a craving for drink, which we difficulty in obtaining it, and partly from trouble in swallowing it. When we got trouble in swahowing si. and not to save
enough we could only sip and our lives could we have talien a quarter of a pint at a draught. Before a mouthful was down, we were obliged to breathe and gasp again, until our throats were as dry as
ever. Besides having our normal rite of breathing largely accelerated, wo found it impossible to sustain life without every now and then giving spasmodic gulps just like fishes when taken out of water. Of course there was no inclination to ent; but we
wished to smoke, and found that our pipes wished to smoke, and found that our pipes
almost refused to burn, for they, like ourselves, wanted more oxygen."
These symptoms lasted nearly three days and then they disuppeared gradually, Mr. Whymper suffering more than the two guides. Mr. Perring, though a much summing up his experience at the end of the volume, Mr. Whymper remarks, that the volume, Mr. Wroymper remarks, that
there are strong grounds for believing that the sudden dizziness and hoadaches, the slight hemorrhages, the " mortal pangs," and "drunken sensation," of which so
many have had experience either on land,
in balloon, or when sustaining artificial diminution in pressure, and the insensibility in the most extrome cases, have all been caused by internal pressure; ; and that the degree of intensity of the effect and their earlier or later thpearance depend upon the extent of the diminution in pressure, the rate at which it is reduced, and the length of time it is experienced. An unlimited number of combinations can be produced when to these are added the complications arising from tho effect on respiration of rarefaction of the air, and differnces in individual constitutions.
They fimally reached the higher summit of Chimborazo, after having first climbed the lower one by mistake, and, as the author says, stood upright like men, instead of grovelling, as they had been doing for the previous five hours, in the soft and yielding
suow. There they took their observations,
firm foothold. They passed twenty-si hours on the summit of Cotopaxi, from mid day on Fobruary 18th, 1880, to 2 p . m. on the 19th, and Mr. Whymper obtained some excellent photographs, and made many most valuable observations. The description of the crater of the volcino is best given in his own words.

When night fairly set in we went up to view the interior of the crater. The athear the deadened roar of the stean-blasts as they escaped from time to time. Our loug rope had been fixed both to guide in the darinness and to lessen the chance of disturbing the equilibrium of the slope of asles. Grasping it, I made ny way upwards, prepared for something dramatic, for a strong. glow on the under side of the steam
clouds showed that there was fire below. Cluwling iud grovelling as the lip was approached I bent eagerly forward to peer

ice-cliffs únder the summit of chimborazo. From Mr. Whymper's "Travels Amongst the Great Andes."
the mercury falling to 14.100 inches, with a temperature of 21 deg., Fahr., and returned to camp after nightfinl, having been on foot for nearly sixteen hours. The en graving of the ice-cliff under the summit of Chimburazo is from a photograph taken
by Mr. Whymper at an alitude of 18,500 by Mr. Whymper at an altitude of 18,500
feet, and is supposed by him to bo the spot at which Humboldt and Boussingault stopped. The view from this position is one of the most striking upon the mountain.

Owing to his carelassnoss the ascent of Chimborazo resulted in severe frostbites for Louis Carrel and necessitated a return to the lowlands in search of a doctor. In consequence, Mr. Whymper gave up my further attacks on Chimborazo for the time, and, after some minor explorations, started for the ascent of the great volcano Cotopaxi. The journey was rendered-dif-
ficult by the volcanic ash which afforded no
into the unknown, with Carrel behind gripping my legs. The vapors no longer concealediny partof the vasi crater, though they were there, drifting :ibout, as before. We saw an amphitheatre, 2,300 feet in diameter from north to south, and 1,650 feet across from east to west, with a rugged and irregular crest, notched and cracked ; surrounded by cliffs, by perpendicular and oven over-hanging procipces, mixed with steepslopes, some bearing snow, and other apparently encrusted with sulphur. Cavsides of cracks and chasms no more than half-way down shone with ruddy light; and so it continued on all sides, right down to the bottom, precipice alternating with to the battom, precipice aternating with
slope, and the fiery fissures becoming more slope, and the fiery fissures becoming mote
numerous as the bottom was approached. At the bottom, probably twelve hundred feet below us, and towards the centre, there
was a rudely circular spot, about one-tenth
of the diumeter of the crater, the pipe of
the volcano, its channel of communication with lower regions, filled with incandescent, if not molten, lava, glowing and burning with flames travelling to and fro over its surface, and scintillations scattering as from a wood-firo; lighted by tongues of fickering flame, which issued from cracks in the surrounding slopes."
Mr . Whymper brought away with him samples of the jagged crest and debris of the terminal slope, but the natives, who were determined that ho was liunting for treasure among the mountains, would not bo persuaded that the lumps of rock wrapped in piper were not gold.
But there were still more worlds to conquer, and Mr. Whymper ascended Sincho lagua, Antisima, Cayambe, and several other mountains, besides climbing Chimborazo for the second time. But Mr. Whymper did not confine himself to mountain work, he also visited some of the towns, and examined the Pyramids of Quito. The history of these moniuments is very interesting. They were erected to mak the base-line which was measured, ciates by Lat Condamine and his asso sions, which had arisen as to the figure of the earth, they were sent out by the French Academy of Science, at the beginning of the Alat century. They commenced their work last century.
on a plainto the northeast of Quito by meaon a plainto the north-eastine, und from its
suring a very long base line, end carried a chain of triangles over more than three degrees of latitude. Towards the end of their work they measured a baso of verification near Cuenca, and found its length by direct measurement differed from the calculated length by less than two feet. The toise which the French Academicians took out as their unit of measure was a bar of iron, and it has ever since been known as "the toise of Pera. As it was desired that the length of the determined to mark the ends with permanent monuments. With this intent he built the Pyr:umids ; but, unfortunately, orders were given that they should bo erased in 1747. They were afterwards recrected, but the then President of Ecuador so little appreciated the purpose for which
they were designed that he moved one of them some hundreds of feet to one side in order thant it might bo better seen. Thus, though the labors of the Academicians are after a fashion, commemorated, the baso ved tribute to his right hand man and trusted assistant,

## J. A. Currel, who diod in 1890

In addition to studying the mountain sickness and making many barometrical observations, Mr. Whymper collected botanical and entomological specimens with the greatest enthusiasm. The result of his
entomological researches is contained in a supplementary volume, most fully and admirably illustrated with ongravings of the It is not often that a book of such solid It is not often that a book of such solid
value is so entertaining and readable, and value is so entertaining and veadable, and
as most of the scientific matter is placed in the appendices or in the supplementary volume, the accounts of the mountain ascents may be thoroughly enjoyed by those who care more for travel than for scientific investigation.

HELP BETTER TIIAN SYMPATHY. A little help is worth a lot of sympathy, and a little self-demial is worth a lot of talk. A veteran in the Temperance cause "twenty-three years ago put the boys in one side of the bilance of affection, and his pipe (of which he was very fond) in the other, and made it a matter of prayer as to which he ought to love best. Of course, the boys' side went down, is they would say, flop, and the pipe and its belongings perished by fire, and the modost sixpence per week that his tobacco used to cost him edevoted to the circulation of Temper ance literature."-English Paper.

NEVER GIVE UP.
Nover give up! itis wisor and better
Always to hope than once to despair
Ming of the load of doult's cumbering fetter And break the dark spell of tyrannienl caro, Provide up or the burden may sink you,
nd in all trinls pud troubles bethink you
The watchword of lifo must bo,-nover give up. Tupper.


## SWEEI WILLLAM,

or the castle of mount st. micharl. By Margucrite Bouvet.

## Chapter VII.-(Contimued.)

"I am sure I should like him too. He was so good to let me in the tower this
morning. Lasette came to the door to me morning. Lasette came to the door to me
and whispered something in his ear ; and then he laughed and tossed me in his nirms and cried, 'Ho, ho, little fairy!' You are fond of him, are you not, cousin?
"Marthilde and Guilbert are the only persons I have ever known, and the only ones I love excepting you, dear Constance," added the artless William.
Constance was so delighted with his ingenuous declaration that she immedintely embraced Sweet William again. And as if bent on making friends all round, sho straight way ran and did likewisc with Ma-
thilde and Guilbert, who sat a little apart, watching their innocent pleasure.
Then the two children saitlong together at the little table-Sweet Williann joyfully laying before his little cousin the best portions of his simple meal, and giving her
the choicest. flowers. which Mothilde land the elooicest• flowers, which Mathilde had gathered fresh that morning; while Constance in turn delighted him with her merry prattle;
William placed his Wilitam "placed his largest nosegay before
her; "I will havo no other thin those her; purple posies over there. They are sweet purple posies over there. They are
your flowers, and I shall always wear them in my hair, as ladies do the chosen flowers of their linights." And she took a handful of purple and white sweet-williams that stood in an earthen vase upon the windowledge.
"Nurse brings these to me every day,
and I like them best of all myself. She and I like them best of all myself. She
says they are like me; do you think so, cousin?"
Constance looked at the tender blossoms and then at the pure, sweet face beforo her with its smile of iunocence and its dark, lustrous eyes and earnest, trustful look; ind she said quite gently,-

I do not know, Sweet William ; but I have never seen in all the fields of Normandy a flower so lovely as you. And there are many of them in the early sum. mer, I do assure you-marigolds and dafiodilsand daisiesand blue violets everywhere. Roncesvalles and I love to go and gathor them. And I make wreaths of rosemary for his dear neck, and he likes it; for It tell him rosemary means true, and that I shall always be true to him. Oh, I wish that I might bring my Roncesvalles to see you! and he were nots $v$ sy bio. I would for he is a beautiful and a bravehorse."
"I thought so, as I saw him yesterday," returned Sweet Willinm; "but you can ride under my window again, as you did then, and teach him to look up at me." about ny new cousin! Lasette need not fear but he can keep is secret, even better than I ; and he will be so glad, for he understands all I tell him; and nearly talks to me with his great eyes. But you may
see Ixe-that is my hawk. A fierce black
bird he is, with little silver bells at his talons, that tinkle and tell me where he is though he be ever so high. O Sweet William, if you could but leave this tower and come with me to my father's castle, I would show you a thousind pleasant things and we could have such spont
you hive never dreamed of."
you hive never creamed of."
Sweet William looked at
Sweet William looked at her wistfully, and his deep eyos asked a question which his lips could not frame; and something in the tender face made Constance add hastily,-
"But I am again ummindfuI of Lasette's counsel. We must be patient and wait,
she said. "and sone day if we keep our she said ; "and some day if we keep our secret well, you will surely come aid $S$ Michael and all Normandy. Think of it Michael
cousin!"
Sweet William could scarcely think of it. His eyes grew wide with surprise as he :"Bked,

How long must we wait, dear Con' I ${ }^{\text {I }}$ ?"
I do not know, nor does Lasette; but surely not very many years, Sweet William, for you are almost tall enough now to be a king." And she looked admiringly at the slender, grateful young figure before hor.
And so they went on, talking all the morning, and growing better friends every minute ; telling each other the simple experiences of thair little lives, which for
being so different found greatest fivor in theirteyes. They nado a grand survey of the tower chamber ; and Constance was shown sweet William's cradle, and the intle shoes in which he had learned to walk, and the curious toys that Guilbert had fashioned for his amusement-in fact all the quaint little relies of his babyhood
which Mathilde prized above all her earthly possessions, and which told of the simple comforts and great love that had been his. Sweet William took her to see his little bircls, and told lier the names of every one of them, as they hopped slyyly in and out he showed her how tame and friendly they were, and how they even ato little crambs from his hand. And altogether Constance began to think the Great Tower the moss
delightful place she had ever seen, and delightful place she had ever seen, and
declired she would spend allher days there declired she would spend allher days there
till Sweet William was ready to leave it and that then every dunzeon at Mount St. Michael should be made just like it, that all little boys who were brought up in them might fare as peacefully and contentedly as did Sweet William. She tripped about the old gray chamber as familiarly as if she had lived in it,always, yet finding somemiring new and pleasant at every turn, admiring all she saw, and chattering inke a
linnet, while the young Willian followed her and listened with his sweet, serious smile.

At length Lasette came to take my lady away, and finding her in such good and aniable spirits, was woll plensed with her daring venture, and promiscd to lot her
come again every day. As Lasette led the little girl a way, she stopped to whisper in Mathilde's ear,-

Gave no fear, good sister! It was
best to let my lady have her way in this. Her dread of bringing trouble on the dear
little one will make her mindful of my hittle one will make her mindful or my
words. She is full of reason, and, trust me, no harm will come of it."
Mathilde mide no reply, but she looked up hopefully ; for Guilbert hand told her of Lasette's plan while the two children were engaged in their artless tald, and naw hopes her old fears had van
risen in their stead.
risen in their stead. Yet slie watched her little boy anxiously more than once that day, for he was thoughtful and silent beyond his wont; and though no shadow rested on his peaceful face, the absent look in his dark eyes showed that his thoughts were far away.
"And of what does my sweetheart curling lashes droop pensively over his fair sheek.
"I was thinking," said Sweet William, " of what my fair cousin said of the poor captives in that other prison; and I was wondering why it was cold and dreadful
there, and why they were unhappy. Is it there, and why they were unhappy.
a sad thing to be a captive, nurse?
"Ay, ay, sweet love'; it is a dreary fate enough."
"And why are people shut up in gloon
"Ah, Sweet William," answered nurs
"that is what I cannot tell. I am too unwise to understand these things ; but the good God knows best, and some time he will set it all aright.'
"And am I a captive, toc, because I live in a dungeon?" asked William, with pathetic doubtfulness.
Mathilde clasped him in her arms. She could find no answer for these words.

Why do you weep, good maman?" he said, caressing her tenderly. "Sure, this is no gloomy dungeon like the one my cou$\sin$ spo

Oh, my little William, are you sure, very sure, that you are happy here'?"
"So long as I have you with me, de nurse."
"And is there nothing you long for and have not?"
"Nothing, now that I have seen my fair cousin. Truly, I should like to see the splendid castle she spenks of ; but heard younot, dear Mathilde, what she said-that
we must wait patiently, and some day I we must wait patiently, and some day I
should be ruler of Mount St. Michatel and Normandy?
"That is my hope," returned Mathilde, half to herself; but she sighed as she thought of all that might happen before that great hope was fulfilled.

- As for Sweet Willinm, he had no knowledge of the strife and the bitterness born of such ambitious hopes; he knew only of peace and quietude, and love and gentleess, and lis dreams of a blissful future were unclouded by any doubt.
"When I am a man, Mathilde, I will do rood things," he snid. "I should like to be a mighty lord, and make my people happy, and teach them to love me and to
be good and wise. I would go through be grod and wise. I would go through every castle in Normandy, and wherever I found an unhappy captive I would set him ree. It is well to be powerful, is it not?"

It is well to be powerful," answered nurse, "if that power is directed to mercy. good and lovable than to be born a king. And I would rather my little one possessed a kindly heart than all the wealth and power of this great realm; for love is stronger and makes mightier conquests than all the deadly weapons of men."
And Sweet William pondered over these wiso words in his heart, and remembered them long after many strange things for him had come to pass.
Cuapter Vill.-Captivity Bitohtened.
True to her promise, my Lady Constance pppenred beneath Sweet William's Bower n the following morning. She rode the tately Roncesvalles, and waved her inttl hian stood smiling down upon them both She stailted, and bending forward until her She halted, and bending forward until her
rosy lips almost touched the listening ears of Roncesvalles, said in a coaxing little roice, -
"Come, rood horse, look up at your cousin Willimm. See ! is he not ad dear,
dear cousin? No, no ! this way, Roncesvalles ; look where I look, and smile at valles ; loo

But whether the face at the window was too high up for the proud Roncesvalles to look to, or whether he secretly felt tha his'young mistress's affection, never a sign of recornition made he save to beat the earth impatiently with his hoofs.
"Look up just once for me," pleaded Constance, "cand then you will want to look twice for yourself."

But Roncesvalles remained obstinato
Sweet Willian dropped a handful of his own little blossoms from his window, and they fell partly on my lady's broadbrimmed hat and partly on the good horse's mane. Constance gathered them carefully ${ }^{-}$ and put them to Roncesvalles's nose with childish audacity, using all her pretty witcheries to win him ; but he only shook his head uneasily, and breathed such a whiff out of his nostrils that all the little petals were scattered to the winds.
"Oh, you are very, very naughty, and I do not love you," said she, with a conradictory smile.- "Dear cousin," she added, looking up at the little boy apologetically, "you must excuse his bad bohavior to-day. Roncesvalles is very rude sometimes, even with his own relations. I must set about teaching him better courtesy but he has so many loving qualities, for all his ill-temper, thatI cumnot be very. severe with him.-Come ?" cried she, drawing in her reins; " one more gallop to show my cousin what a brave, swift horse you are.

Roncesvallesawaitednosecond summons, but started off at full speed; and a moment later he and my lady had disappeared in the descent of the winding road.
After that they rarely missed their morning turn around the foot of the Great Tower ; and allhough Roncesvalles never grew very intimate with cousin Wil-
liam nor yet learned to smile at him as he was bidden, he appeared to become reconciled to my lidy's fondness for her little twin-cousin, and in time actually seemed to take pride in doing liis best before Sweet William-gralloping and cantering in his most graceful manner, and in fact displaying all the arts of an obedient and accomplished horse. And Sweet Wilham from his high tower watched and admired it all, and "wondered" much in his quiet way at all the strange now things he salw.
It is astonishing how short a time it takes for young loves to grow. They aro like the fair flowers of spring, which to-day are but tender buds, and to-morrow rich blossoms full of swoetness and promise. Sweet William and his little cousin, secing more of each other as time went on, grew nearer and dearer each day. Nothing of interest ever took place at the castle but my lady brought glowing accounts of it to the little boy in his retirement. Before many weeks he had heard the histories of all the good peasants of the village. He Mount St . Miche . the good cassle-fok at Mount St. Michael, and could have found, if he had lave, the spots where the bright-: est flowers grew, or the trees where the rarest birds built their nests, or the places on the shore where the loveliest sea-shells iny,-so vividly had Constance pictured to him all the things and places that she loved most. Indeed, he had in that short time learned more of his own surroundings from her tha he had in all the years of his young life from the wise Mathilde. And it was well for my lady that she was the one chosen by fate to enjoy the frice enger restless little bird as she couch an have listened to all the delights of a world from which she was shut out with that sweet, submissive spirit which rendered the gentle Willinm so lovable. Not that he was entirely free from a secret wish to share them sometimes, but that his unquestioning faith in those he loved told him it was best to be as he was, and kept him from vain longings.

## (Tobe Continued.)

WHO THE PRISONERS ARE.
A governor of Canterbury gnol once remarked: "I have had 22,000 prisoners through my hands since I have been the governor of this gaol ; but, though I have totaller among them."-Irom "The Youth's Temperance Banner."

## SWEET WILLIAM,

oh the castle of mount st. michael Dy Marguerite Bouvet.

## Chaptrar VIII.-(Continaed).

Yes, they were very happy in the Great Tower these two little cousins; and nurse Mathilde cleclared it was the sweetest pleasure she had ever known to watch them as they sit all the long autumn afternoons with their young heads together, talking and laughing as only children can-Constance always animated, wild, impulsive while Sweet William remained calm and serene, with only the wondering expresserene, with only the wondering expres-
sion in his grave sweet éyes as ho listened sion in his grave sweet eyes as ho listened
to the many stories that Constanco had to the many stories that C
stored in her young nemory.
There was one tale he cliways liked to hear better than all the rest; and that was the one about the old peasant who lived at.the foot of the Mount, who had said that my lady resembled her pretty young mother. Constance related how the old man had lived these years all alone in lis little hut, watching and waiting for a ship that never came ; how his clilaren one, who, being a brave and trusty seaman one, who, to man a slip which years ago had tiken an unhappy lidy from Mount St. had tiken an unhappy fidy from Mount st. Michael ; and how the good silior had
promised the Norman people, who loved promised the Norman people, who laved his face in Normandy again if he failed to pilot her safely back to her own country; and the weeks and the months and the years had rolled by, and no ship had ever returned, and no sailor ever brought news of a safe voyage. But love and hope are
stronger than the wildest tempest ; and the old Norman was still waiting and watching at the foot of the Mount for this last of all his loved ones. She told how the light was left burning every night against the good sailor's retum, and how theold man would often mistake the moaning of the wind or the murmur of the waves for the voice of the absent one, and with faltering steps and anxiously beating heart would go to
the door of his little hut, only to let in the the door of his little hut, on
cold and darkness of night.
Sweet William always sighed after listening to this story of patient love, and said,Constance, and whether the ship will ever come back."
But Constance could not tell, and William's tender heart ached for the old man when he learned that his years of waiting young life ; and that to him seemed very young
long.

Then there was old Mother Anne, for whom Sweet William had conceived a lively interest. A remarkable person she seemed to him, from all the accounts he hat of her. Constance had said that she possessed
two pairs of eyes, one of which she used to two pairs of eyes, one of which she used to
look into the future. And it was certain that she made good use of them both, for she not only knew everything that went on in the village, but could tell all that would happen in years to come, they said. This gladly would he have used those far-seeing eyes to look into his own mysterious future and what a deal of wondering they would have saved him about himself! He often tried to imagine what prophecies Mother Anme would have in store for him, and secretly wished he might beguile her into revealing some of her wisdour. But Mother Anne, like most people who have a talent,
was choice of it, and never displayed it was choice of it, and never displayed it
except on rare occasions. Even my lady thonght her a little disobliging for never entering into the free and confidential talks with her which she liked so much from her elders. And when she once asked the old woman to teach her some of her wily arts, Mother Anne had only replied with a low chuckle, -
"He who knowsnothing, fears nothing." But as Constance fenred nothing, and knew a great deal for a little girl, she was logic.
Still, the old woman was very fond of the pretty child, her siucy prattle notwith standing; and her son, a burly young peasant, had spent much time rad care in training the famous Ixe as a gift from that worthy dame to my little lady on her fenst day. It was rather a dubious thing in
those days to receive a gift from such a
questionable personage as Mother Anne; especially as good or ill forlune was supposed to attend the gift, according to the manner in which it was given. But on this occasion Mother Anne had not comthis occasion Mother Anne had nit in her
mitted herself ; she had only said in mystifying tones, -

A light heart and a happy lot are yours, my protty lady; but look you ! should Ix die before the year, you are in danger of los ng both:' Take care of him, good care of him, my little elf!" which harrowing prophecy caused Lasetto tospend many an anx ous and sleepless night. As for Cnser - 110 on on account of Mother Anne's words which were riddles to her but becuuse she was fond of him, as she was of every living thing thal came within the rench of her oving nature.
At last the brown autumn died a way, and the cold winter cane ; and the gray mists roso above Mount St. Michael, and the white snow fell quietly, burying everything beneath it, and making the lonely landscape around Sweet William's Bower even moro bleak and desolate. Butnone of the dreariness without ever found its way into tho gray chamber now. There was always hughter and merry-making 'going on ithin ; and nithoughi had once been the loomicst dungeon on Mount St Michael it was now lighted up with the sunshine of
love and youthful graces, and often made bright and beautiful.
The days were all too short, and even the long evenings came to an end much too soon for the happy little cousins; for it was then that Guilbert, sitting very straight in his high-backed chair, related his wonderful stories, and delighted the ears of Sweet William and Constance with his marvellous adventures. The good old fellow had kept a boyish heart, his white hairs notwithstanding ; and his thrilling recitals wero scarcely less a delight to himself than to the children. For he had a remarkable memory, had Guilbert, for thingsthat never happened or that happened so long before his time that he was hardly expected to have any recollection of them. It must be confessed that in-his excitement he often
grew sady confused, and jumbled up his dates in a way that would have made any historian's hair turn white.
The artless William always listened intently, with his sweet, trustful, unquestioning smile, and his dark eyes filled with a look of innocent wonderment; but Cusstance, whose knowledge of events wis vast in comparison, was often moved to shameful doubt, especinlly when Guilbert dwelt at length on his intimacy with William the Conqueror, or told what active part he took in the ravagings of the eirly Northmen, or cven went so far as to hint at his having been one of the brave Roland's
band--forgetting, apparently, that though the fame of these great heroes lives for cver, their poor bodies had been lying in their rocky graves for centuries.
"Guilbert must be very old," Constance would conjecture. "Do you think, Sweet frinm, ho could have seen the awful that used to roam abont foutess wis Michnel
built ?
But
But Sweet William had never heard of the great dragon that roamed about Mount relite to him the old legend, which Nurse Lasette had repented so many times that the little girl had it all by heart.
"It is strange to think of it. Sweet Willian," snid she, "but once upon a time there was nothing on this high mount but gray rocks and great lonely trees growing in anong them-no abbey nor castlo, and no one living near it for miles around. fearful ple were arraid of it because this topur dragon was hidden away under the out and windered about the mount, and ate up anybody he chanced to meet. He was the terror of all the country, but sure whenever they hard ho were laugh that some groat danger was ahead. Think, cousin, how curious to hear a dragon laugh! A dragon is a dreadful crea ture with wings and a monstrous talil and
a very unpleasant face. One would never a very unpleasant face. One would never
think that he could jaugh. The people wero very sorry about this diagon ; but most of all a grood old bishop who lived near by, and who had prayed much to the
blessed snints that the nonster might bo
destroyed. One night the bishop had a strange dream ; tho archangel Michael came to him and snid, 'Go to the highest rock of the mount and slay the dragon and there build a church in my name.' When the good bishop awoke he was glad inceed
to find it was only a dream; for though he was anxious to be rid of the dragon, he would rather some one else dial the slaying while he did the praying. But the second and the third night he had again the same dream ; till at last Saint Michael struck him on the head with his thumb, and left little round mark in his skull where no hair ever grew again. After that the good bishop did as he was told; and think of his terror, IVilliam, when he reached the top of the mount! The huge beast flapped its wings, and opened its great jaws as if it yould swallow him whole ; but he wit brave now, for the good angel was near him, and as he raised his sword the dragon
laughed one of his horrid laughs and fell down dead. Then the bishop laid the firs stone on tho place where the dragon fell, and after that a jittle church was built, and the mount called Mount St. Michael in honor of the archangel. And ever since Saint Michalel has been the patron saint o France and Normandy.
"If it were not for the mark of the saint's thumb," observed Sweet William pensively, "I would almost think Guilbert breve deeds hedid it is like sume of the brive deeds he did in his youth. Guilber not possible he might bive been a bishop?' ButConstance, uponsecond consideration thought not; for though Guilbert possessed an ample circular baldness on the top of his venerable head which would have been testimony cnough for him, all this had happened so mayy hundred years ago-no one
lnew exactly how many-that she felt cernew exnctly how many-that she filbert could claim no share in it.

And then," she went on, "the castle
was built, and the little church was made into the large and beautiful abbey that it is now, by the powerful dukes of Normandy. There is a picture of the good archangel there, and you should see it, denr William -such a heavenly face when the sunshine falls on it through the purple and crimson windows! I can almost think he is looking straight at mo and arying, 'I am tho patron of little cliildren; Ilove and protect them all.' Have you never scen the face of the good Snint Michael, William.
"Surely no, denr Constanco ; I do not understand. How mny one see the face of those who are not on earth?"
"OSweet William dear," said my lady laughingly, "you can see the portriat of any one-even of persons who are not livng now, or who never were on earth at

And what is a portrait like?" inquired Sweet William innocently.

## (Tòve Continued.)

## THE SNOW PLANT OF THE SIERRAS.

The California snow plant here shewn is American by Mr. Thber of the Scientific American by Mr. Tiber of San Francisco. It is called the snow plant because it thrusts its stem up through the snow to a height of nine or ten inches, and flowers when no other vegetation is to be seen. This curious plant, which belongs to the order Ericneere, is allied to the Pine drops (Pterosport), but has much larger flowers, an elongated style and wingless seeds. There is but one species (the one here figured), which is an erect herbaceous parasite, with succulent, cale-like leaves, and a long raceme of pendulous flowers. The whole plant is of a blood-red colur.

You Can't Stop your neighbor's tongues,


THE BOOKS OF TUE BIBLE.
arranged for meinoriziva, by pime rev. henry boggis.
Genesis, Exodus, Leviticus, (Goa's holy word of truth),
Numbers, and Douteronomy, Joshua, Judges, Book of Ruth;
Samuol. Kings and Chronicles, two oach, all with their war alarms,
Loyal Eara, Nehominh, Esther, good Job and Book of Psalms;
Proverbs, Ecclesiastes and Royal Solomon's Mys tic Song,
Bright Isainh, Jeremiah with his Lamentations
strong;
Jjzeliel, Daniel and Hosca, Joel, Amos, Obadiah, Solfish Jonàh, Micah, Nahum, Habakkuk and Zcphnnial
We are nearly through tho Prophets when we
come to Haggi, come to Haggai,
And finish the old Testament with Zechariah
and Malachi. and Malachi.
Thero remain tho four Evangelists, Matthew, Mark with Luko and John,
The Acts and Romans, two Corinthians also are following on;
now come,
Colossians, Thessulonians, Timothy, Titus, Phile-
mon; mon;
ou are now up to the Hebur,
Peter, John and Jude,
So with John's Rovelation hero the whole canon we conclude.

DR. CUYLER'S REMINISCENCES. father matirew and other leaders-
sinty years of temperance work.
$U_{p}$ to the year 1833 the temperance enterprise in this country was directed against "ardent spirits" only, and the first
pledge which $I$ signed when a Jittle boy pledge which I signed when a little boy
allowed the use of wines and cider. A great morial reform could not stand long on
so narrow and illogical a basis, and in 1833 So narrow and C. Delavan and Captain Benjamin Joy introduced a resolution before the New York State Temperance Society in favor of banning all vinous and fermented
drinks. I remember well those twe heroic men, who were branded at the time as arrant fanatios. Captain Joy resided at it a prayer-meeting held at his house (in it a prayer-meeting held at his house (in ing the Gospel ministry. He was a pioneer abolitionist and teetotaller whom the "lowd fellows of the baser sort" tried to suppress
by cutting lis harness, upsetting his old by cutting his harness, upsetting his old meetings. I once saw a bottle of whiskey lumled at his head while he was speaking and as it crushed against the wall, the captain exclaimed: "Good for you, boys! there's mother devil cast out !" The veteran lived to help organize the present cation House," and on the evening before his sudden death (in 1869) he delivered a fervid address to the Good Templars in Penn Yian.
Edward C. Delavan was a rich retired merchant residing at Ballston Centre. He had become famous by his fight with the
brewers of Albany, who prosecuted him brewers of Albany, who prosecuted him
for charging them with using the drainage for charging them with using the drainage
of sewers and cemeteries for the manufacture of their beer. Delnvan won the suit, and then flooded the land with the reports
of his trial. He also went to Europe to of his trinl. He also went to Europe to
study the effects of vinous beverages in the wine-producing countries. I first met him while I was a student at Princetown College, and was greatly charmed by his handsome face, white hair, and elegant manners. He led the movement for total and he won a decisive victory at its convention in E.ebruary, 1834. A national convention of temperance reformers, held
at Saratoga in August, 1836, adopted the same "platform," and from that day to this our reform has stood upon the inmovablo bed-rock of abstinence from all alcoholic beverages. That shrewd logician,
President Nott, of Union College, brought his powerful aid to the cause, and he indoctrinated also his son-in-law, Di. Alonzo
Potter, who, after he became the Bishop Potter, who, after he became the Bishop
of the Episcopal Church in Pennsylyania, published an unanswerable tract for total abstinence which ought to be in the hands of every minister in America.
The "Washingtonian" movement origi-
nated with a half-dozen reformed inebriates nated with a hinf-dozen reformed inebriates
in Baltimore in 1840, and spead like wild-
firo over the land ; within two yenrs alarge
number of hard drinkers adopted its tee numbor of hard drinkers adopted its teethrough its arency. I once heard their lender, Mr. J. H. W. Hawkins, who was "rough and ready" speaker, malking his own thrilling experience the chief capital of his speeches. the world-known and temperance orators, was the most distinguished product of this movement. It is also probable that the beneficent order of the "Sons of Temperance," formed by sixteen men in New York city, in Soptember;
1842 , really grow out of this Washingtonian 1842, really grow out of this Washingtonian
crusade. My comection with this "Order" crusade. My comnection with this "Order"
for forty-five jears has confirmed mo in a high opinion of its usefulness.
But the most extraordinary character in the early days of the total abstinence enterprise was Father Theobald Mathew, of Ireland. He was in warm-henrted Roman Catholic priest in Cork, and was in the vith a benevolont Quaker IVilliam Martin. One day friend Martin pointed to some wretched sots in the workhouse, and said wouldst only take hold of the temperance wouldst only take hold of the temperance
cause!" Out of the mustard-seed of this little sentence sprang a movement that soon grew into a prodigious tree. The
kind-hearted priest got torether a few kind-hearted priest got together a few
friends, drew up a teetotal pledge, and bout sixty subscribed their names afte his own. Then he set out on a crusade against the whiskey-bottle cver all Ireland, administering the pledgo to about four millions of persons in less than four years During that time the annual consumption of whiskey sank from eleven millions of gallous to less than six millions! The "tidal wave" of colcl water submerged huncreds of grog-shops, and extinguishe During the year after my graduation rom Princetou College I visited Scotland and on reaching Edinburgh I found the eetotallers of that city preparing to go over o Glasgow to give a welcome to Fathe Mathew. Ho was making his first visit to the lind where the religion of John Knox has been so often drowned out by the hisiey of poet Burns. Arriving in Glas gow we found a multitude of over fifty In an open barouche, drawn by four groises, stood a short, stout Irishman, with a handsome benevolent countenance, attired in a long black cont ; a silver medal hung upon his breast. The crowd surged around his carriage, many of them striving to grasp his hand or even to touch his clothing ; for the number of Catholic Irish in Glasgow was even then very large. After the pro-
cession had forced its way through the cession had forced its way through the densely thronged streets, it halted in an open square. Father Mathew begn out to the people, who kneeled before him on the ground in platoons. Mathew laid his hands on each one, and pronounced his priestly benediction; over the necks of many a small medal was hung. In this rapid mamer the tectotal pledge was ad ministered to many hundreds within an hour, and fresh crowds came forward.
When I was introduced to the good man as an American he puthis arm on my shoulder and said: "God bless you, my son !" and gave me a liss. As I was about to make the first public temperance speech of my
life (in the Glasgow City Hrill), I suppose life (in the Glasgow City Hill), I suppose
that I may regrard that act of the great Irish apostle regard a sort of ordination to tho ministry of preaching the sound gospel of total abstinence. Father Mathew's address ing all his marvellous success to the direct blessing of God upon his efforts to deliver his native land from the curse of strong drink. The immediate revolution which he wrought in the habits of his countrymen was truly wonderful, and although vast numbers of his converts fell back into the mine of intemperance, yet there are still hundreds of thousands on both sides of the ocean who are loyal members of the "Father Mathew 'Total Abstinence Societies.' Such men as Archbishop Ireland, of Minnesota, and Fathers Clearyand Malone have caught his spirit. His dead hand is still felt ; and Theobald Mathew is to-day a more vital power than Daniel O'Connell.
With nearly all the early lenders of the acquainted. I have wrought on the same
platform with that model Christian statesman, Theodore Frelinghuysen; with the keen-oyed and keen-witted Dr. Charles "Father Tommy Hunt ""with Dr. Stephen H: Tyng, and the loving-henrted T. B. Wakeley; with the brilliant Gerrit Smith, and that prince of educational editors, Horace Greeley. The early days of the total abstinenco movement were, in some respects, the best days that our temperance
reform has ever seen. It was, in the reform has ever scen. It was, in the trolled by tho philanthropists and not by the politicians. Christian churches, of nearly all denominations, wore thrown open to us, and tho pulpits thundered, not oc-
casionally but often, against tho curse of casionally but often, against tho curse of ing. Publiog and the crime of drani-sell pledgre of meetings abounded, mode to clinch the rivet of persuasive argument. My teetotal pledge helped to stiffen my backbone through all the temptations of my school and college career.-Christian Advocate.

## SCATTERING AND INCREASTNG

Referring to the gifts of the Stuart family of New York, to the cause of Missions, the Churchman snys: "A few years before her death Robert Carter, the publisher, called upon Mrs. Stuart and she drew from a desk an old document which she handed discuss the propriety of forming a Board of Foreign Missions. Mrs. Stunit snid that her hasband had gone to that meeting and in the enthusiasm of his heart had pledged himself to give fivo hundred dollars to the cause. When he came home his mother and his brother Alcxander were full of consternation and asked him if he expected to end his days in the poorhouse, since he squandored his monery in that way. 'Ah,' said Mr. Carter, 'low little he foresnw that the time was coming when Robert and Alexander Stuart would qivo habitually and fifty thous a yenc to Home Missions,' Mr Carter, in speaking of his acquantance with the two brothers, Robert and Alexander Stuart, says, "They began to give small subscriptions to benevolent objects, which increased with increasing prosperity They first gave hundreds, then thousands, They first gavo hundreds, then thousinds,
then tens of thousands and at last hundreds of thousands.' " Mr: Robert Stuart's first five hundred dollars to Forcign Missions, which his mother and brother regarded as " squandered," was a magnificent investment, which proved the Scripture true, "There is that scattereth and yet increaseth." Another thing in connection with the Stuart brothers is worthy of es scriptions to benevolent objects incrensed with increasing prosperity.

Ustally there is not a proportionate inciease. The richer ome men get the stingier they get. The soul. The English woman expressed it when she remarked to her pastor, who ommended her liberality in the days of her poverty, and now condemned her illi-
berality in the midst of her wealth. "Then I had the shilling means and the guinea heart, now I havo the guinea means and the shilling heant"

OVERWORK AND DISEASE.
Overwork, whether of muscle or brain, harmful and often fatial; but what is over work for one man may be nothing but wholesomo activity for another. Vixious causes may have lowered one's natural powers of endurance-lick of sleep, expowers of excitements, sedentary habits, an undue accumulation of fat, a weakened heart, or other organic clisease. In all competitive sports it is dangerous for the contestants to ignore such physical differences. testants to ignore such physical diferences.
Spirit and excitement may help to win a Spirit and excitement may help to win
temporary victory at too great al cost.
Most intelligent persons know that ath etes are peculiarly liable to heart disease letes are peculiarly liable to heart disease,
and, as a class, are short-lived. It is well and, as a class, are short-lived. It is well
known, too, that exhausting marches, like known, too, that exhausting marches, aro attended by a frightful loss of life; bu even the medical profession has not understood the nature of the relation between overwork and its morbid effects.
Of late years, however, the subject has been carefully studied by medical experts, and the general conclusion reached is that
the system poisons itself by overwork and exhausting fatigue. The effect, in short is somowhat like what takes place when thic eliminating organs of the body are debilitated or diseased, causing a retention of poisonous waste.
In the lower degrees of overwork, rest restores the system to its normal state by a speedy elimination of the injurious eloments, as poisons roceived from without are eliminated, ind a fatal result avoided In more prole ind a fatal resuld avoided In more prolonged fatigue there is a rise of temperature and an alteration of the liquids of the body-a manifest feverish
condition. In still more prolonged and severe excrtions, there are changes in the bodily tissues, as well as in the fluids, especially in the hent and blood-vessels; the kidneys and spinal cord. This is the case in forced marches, night-watching followed by daily toil, in the persistent "cramming" of the schools, in the incessant drive of business, especially when these are nssociated with poor living and insufficient sleep. The New York Medical Journchl says:

In some cases death occurs too soon for the development of the above symptomis. Thus the soldier fell dend after announcing the victory of Marathon. In Algeria two noted runners fell dead the instant they reached the goal. This sudden death from over-exertion is due to self-poison by car--
bon dioxide, which is formed more rapidly bon dioxide, which is formed more rapidly
than the lungs can exhalo it."-Youth's Companion.

## NEW CLUB RATES.

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