

Weekly Messenger

AND TEMPERANCE WORKER.

VOL. II.

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The Temperance Worker

PUBLISHERS' NOTES.

TO NEW READERS.

Why should any of you be without such a complete family newspaper and organ of the temperance reform as this one, when it is given for the sum of fifty cents a year, under a cent a week, and ten copies at the rate of forty cents each.

TO OLD READERS.

Cannot you undertake to do a little work for yourselves and us in spare time by drumming up a few subscribers under our club terms? You can at least, if you like the paper, speak a good word for it, and aid its influence and strength for good. In either way you would win our gratitude as you now possess our good wishes. All orders to be addressed JOHN DOUGALL & SON, Montreal, Canada.

TO TEMPERANCE WORKERS.

Upon your good-will and mindfulness the *Weekly Messenger and Temperance Worker* largely depends for fresh news of every section of the great army of temperance, as well as for the extension of its patronage and influence.

OVERSHOOTING THE MARK.

What strange positions advocates of the liquor traffic often place themselves in when trying to make out a case, and thoughtless persons with no respect for the business are often misled by them. Everyone must be familiar with the argument against local restriction of liquor-selling, which holds that it is anomalous for the national government of a country to treat strong drink as an article of legitimate commerce, collecting revenue from it, and then allow the minor authorities to restrict trade in the article. This has ever been the cry when it was attempted to check the business under a license system. It seems to be forgotten that what is here regarded as anomalous is a well-recognized principle in the laws of every civilized country. Many articles that would be unsafe in certain hands and in particular circumstances are hedged about with restrictions as to ownership, sale, storage, quantities, and so on, of which it is only necessary to mention the two classes of merchandize, explosives and poisons. Those who use the argument in question are the very ones, usually, who, when it is proposed to entirely prohibit the traffic, say that is too radical and, instead of attempting to do away with what they now meekly admit to be an evil, they think it should be regulated by means of taxes and license fees. Again, in places where prohibition is the law of the land under either local option or direct legislation, it is incessantly urged against it that it is inoperative and a dead letter, and that more liquor is sold and drunk than would be the case if free trade in the article existed or its regulation by license was the policy in force. How much belief they have in such a statement of the case is shown by the supreme efforts

that are made on the part of the traffic to overthrow the laws that are held to be inoperative. Very many people, not friendly at all to the liquor traffic, are found imbued with these and similar views upon the temperance question, and that is one reason why aggressive temperance campaigns are often so difficult to push even among a comparatively sober people. Those who would hail with satisfaction the complete overthrow of the enemy should be guided by a resolve to fight it wherever it presents a vulnerable front. Thus while the shield of law protects it as an article of commerce at the national gates, let it be met and withstood where existing legislation allows the people to throw up a line of defences—at the borders of the county, city or town—and let those on the side of right be ever earnest in seeking extension of such self-protective privileges, always, however, looking and working for the closing of the national gates against the adversary.

SONS OF TEMPERANCE.

THE NATIONAL DIVISION.

The thirty-ninth annual session of the National Division began at Ocean Grove, New Jersey, on July 11th. An increase in the membership of 6,248 during the year 1882 was reported by the Most Worthy Patriarch, which number has been more than doubled the first six months of this year. He felt safe in saying the Order was stronger in North America that day than it was eighteen months previously, by 13,000 members. This progress is remarkable, being more than three times as great as that reported last year, when a net gain for 1881 of 2,017 was reported. There is \$1,678.44 in the funds, and the National Division owes nothing. Our readers will be delighted to hear that the next meeting of the National Division will be held in the Dominion, Halifax, N. S., being the chosen place. It appears the Grand Division of Nova Scotia is the largest in the jurisdiction, having a membership of 8,888 and contributing \$444.40 to the National funds, Pennsylvania comes next, with 6,467 members and \$323.75, and Ontario stands third, with a membership of 5,225 and a contribution of \$261.25. A recommendation of the M. W. P. of much importance to Canada was favorably reported upon by a special committee, but further action was deferred until next annual session. It was that two-fifths of the *per capita* tax received from the Grand Divisions of the British Provinces be used by a special committee of five, whose residence shall be in British North America, for the purpose of extending and propagating the Order in the British Provinces, and said committee make a detailed report of the expenditure of said fund to the Most Worthy Patriarch, and the Most Worthy Patriarch be authorized to draw upon the Most Worthy Treasurer for the amount of the fund, or any part thereof, when the special Propagation Committee shall have reported to him how said fund is expended. The committee also adopted, in effect, a proposal to divide the National jurisdiction into five propagating districts, of which the

Dominion and Newfoundland will constitute one.

THE ORDER IN ONTARIO.

Four new Divisions have been organized in the Province of Ontario since the semi-annual session.

Returns from subordinate Divisions in the Province of Ontario for the quarter ending March show an increase of six hundred members over the previous quarter.

"Coldstream" Division, Toronto, has a membership of 217, and is the largest Division in the Province. Bowmanville is next in point of numbers, reporting a membership of 183. Bradford admitted twenty-two new members during the second quarter since it was organized and now numbers 108 members.

Considerable interest is manifested in the Sons of Temperance Mutual Relief Society, and a good many members are taking advantage of this cheap and reliable system of insurance. None but Sons of Temperance are admitted.

"Lunenburg Rock" is the name of a new Division just started in Lunenburg town, Nova Scotia, with the following principal officers:—James H. Brown, W. P.; Andrew Gardner, W. A.; H. L. Rudolf, R. S.; E. L. Nash, Treas.; Albert Anderson, F. S.; Caleb Spindle, Chap. The Rev. D. S. Fraser, County Deputy, officiated at the organization.

GOOD TEMPLARS.

The Grand Lodge of New Brunswick held its thirteenth annual session in Hillsboro, commencing on the 17th inst. On the evening of the opening the Grand Chaplain, the Rev. J. McG. McKay, preached an excellent sermon to a very large congregation in the Baptist Church. Addresses were also delivered by R. M. Taylor, Esq., G. W. C. T.; C. Powers, G. W. C.; S. H. Galbraith, G. W. Sec., and J. R. Pidgeon, Esq. The choir of the church furnished good music on the occasion. The attendance at the session was quite large and much interest and enthusiasm were manifested throughout the various meetings. A large amount of business was transacted and a determination evinced to still further extend the branches of the order. The reports all tended to show the Order in a very prosperous condition. On Thursday a social picnic, by the ladies of East Albert, was the order of the day. The delegates returned home highly pleased with the state of the Order in Hillsboro, and the hearty reception accorded them. The following are the officers for the coming year:—Bro. J. R. Pidgeon, G. W. C. T.; Bro. R. C. Colpitts, G. W. Coun.; Sister R. M. Taylor, G. W. V. T.; Bro. Saml. Tufts, G. W. Secy.; Bro. Rev. M. Gross, G. W. Chap.; Bro. G. M. Stewart, G. W. M.; Sister Maud Colpitts, G. W. D. M.; Sister Isabella Gross, G. W. I. G.; Bro. Millidge Cameron, G. W. O. G.; Bro. J. Hetherington, G. W. M.; Bro. R. M. Taylor, P. G. W. T.

FRUITS OF THE TRAFFIC.

Mrs. Buchanan, whose drunken husband stabbed her lately, in Toronto, was not expected to live at last accounts.

A leading Quebec French paper has had a leading article, of which the following is a translated extract:—"The number of accidental deaths in Quebec within the past six months has been fearful. Drunkenness has played a large part in this sad harvest. We are really afraid to maintain a guilty silence in not stigmatizing in a striking manner each death caused by drink. Family chagrins and the grief of friends arrest our pen. We are wrong perhaps to have so often ceded to these considerations, for the scourge of intemperance augments in alarming proportions. There must certainly be a remedy to the evil. Christian preaching evidently no longer suffices and the secular arm must be placed at the service of religion and of morality. It cannot be denied that our country is overrun by drunkenness."

NEWS AND NOTES.

The striking telegraph operators of New York at a meeting resolved to abstain from the use of intoxicants during the strike. It is to be hoped they will be so benefited by the temporary abstinence that they will make it permanent. Whatever grievances they may have, those of them who are habitual drinkers are guilty of the greatest imposition upon not only themselves but upon their families.

A large employer of labor in a western United States to a marked the bills with which he paid his workmen one Saturday night. Of the amount paid out, \$700, within a few dollars of one half (\$342) was deposited in the local savings bank the next week. This would have been very good showing had not the depositors been saloon keepers. The Illinois town is not singular, we feel certain, and a similar experiment on the part of a Halifax employer might show the same results. We know of one man, at least, who only takes one third of his earnings home on Saturday night. As he is employed in a liquor establishment, and drinks himself, no doubt his employer banks the balance every week. When a rum-seller can boast of having saved fifteen thousand dollars in less than fifteen years, in a shop scarcely big enough to "swing a cat," there must be profit in the trade for some one. That some one is not the drinker.—*Halifax Watchman.*

AT THE ANNUAL RIFLE MATCH at Wimbledon, England, this year, the English riflemen came off victorious over the American, but the latter did exceedingly well in view of the fact that they were not used to the peculiar condition of the air that prevailed most of the time and interfered with good aiming. In shooting for the famous Kolapore cup the Canadian team took second prize in competition with English, Scotch and Irish marksmen.

As she almost flew along the sloppy streets a fresh thought came to her, Yes! she must certainly decline that very excellent situation with Miss Harman. That sorely wanted thirty shillings a week must be given up, there was no question about that. Bitter were her pangs of heart as she relinquished the precious money, but it would be impossible for her to go to her brother's house in the only spirit in which her husband would allow her to go. Yes; she must give it up. When the children were at last fairly started on their walk she would sit down and write to Miss Harman. But why should she write? She stood still as the thought came to her to go to Miss Harman in person; to tell her from her own lips that she must not visit that house, or see her daily. She might or might not tell her who she really was; she would leave that to circumstances; but she would at least once more see her brother's house and look into the eyes of her brother's child. It would be a short, soon-lived-through excitement. Still she was in that mood when to sit still in inactivity was impossible; the visit would lead to nothing; but still she would pay it; afterwards would be time enough to think of finding some one to replace Miss Mitchell, or trying to buy again her engagement ring, of purchasing warm clothes for her little ones.

To be Continued.

AN UNGENTLEMANLY HABIT.

Every individual owes to society a certain degree of attention to his personal appearance. He has no right to make himself repulsive to those with whom he comes in contact. He has no right to make himself a nuisance. There is virtue in cleanliness and neatness.

Of all the habits to which men are addicted, none so conducive to slovenliness, and to a disregard of the comfort of others, as the use of tobacco. We have known young men who were scrupulously neat in person and attire when they commenced, and who for a long time chewed so moderately and cautiously that few of their friends detected them. We have seen the same individuals a few years afterwards with the black streak in the corners of their mouths and the black stains on their garments.

As chewers and smokers grow careless in person, they become indifferent to those obligations toward others which are enjoined by common politeness. Cautious at first not to offend in smoking or spitting, they gradually abandon restraint, and finally lose altogether that nice sense of propriety which marks the true gentleman in all the relations of life.

We knew a gentleman, or a man who should have been a gentleman, an eloquent and popular lecturer, whose fame had gone abroad so that he was invited to lecture in distant places. On these occasions some private family always sought him as their guest. He was an inveterate smoker, and could not even rest in bed without his cigar. The bed, when he left it in the morning, was always strewn with ashes, and the chamber had the stench of a bar-room. He was never invited to a house the second time, and wherever he had made a visit he was remembered by housekeepers as a nuisance.

Chewing is pre-eminently an American vice. Foreigners are quick in observing it, and in noticing the salivary ejections which it occasions. Among other nations the cigar and pipe are most in use. Some years ago a French writer remarked that chewing in France was "confined to a small number of vulgar people, who for the most part are addicted also to intemperance."

Smoking may be regarded as more offensive to others than chewing. The latter may be concealed, the former not. Chewing contaminates the breath, soils the clothing, and defiles the floor; but smoking contaminates the atmosphere to a greater extent, saturates the clothing and envelops the body in a perpetual cloud of fetid vapor. It is possible for abstainers to avoid in a degree the nuisance of chewing. Not so with smoking. In public assemblies, in public conveyances, in committee-rooms, and in the streets, one is compelled to respire the vitiated air.

A scrupulous regard for the rights and comforts of others is an essential quality of a gentleman, and much more of a Christian. Nothing more forcibly demonstrates the demoralizing influence of tobacco than the carelessness it engenders in this respect. It

is the bane of good manners. A few years of its servitude almost annihilates the gentleman. The smoker soon learns to think of himself alone, and ignores the possibility of offending others by constraining them to inhale the nauseous fumes.

The smoke, when drawn into the mouth, absorbs the patrid emanations which it finds there, and diffuses them in the atmosphere. It is disgusting to reflect, as you walk the crowded thoroughfares and are compelled to take in the fumes of a thousand cigars and pipes, that you are respiring the foul effluvia from decayed teeth and filthy mouths and diseased lungs.

The notices posted up in the steamboats, cars, and other public places, to prevent smoking and spitting, convey a severe reproof to all who use tobacco. That it is impossible to restrain some persons within the bounds of decency even by these means, shows with still greater force the baleful influence of the habit in blunting those finer feelings of our nature on which depend the amenities of life.

On the assembling of certain religious bodies it is customary to provide temporary homes for the members in private houses. Nothing is more common than for families, on these occasions, to announce their willingness to accommodate such guests as do not use tobacco. Think of it! ministers of the Gospel excluded from decent homes and nuisances!

If smokers and spitters would submit to the written laws placarded in steamboats, cars, and other public places, we might ensure them the loss of disregarding the unwritten laws of polite society. But the demoralizing influence of the habit is so great as often to drive them through all restraints expressed or implied. It is scarcely possible to travel in a public conveyance without encountering the rudeness and boorishness. People with the appearance of gentlemen will stand on the outside of a street car filled with ladies, and ply their pipes or cigars, when the smoke is carried into the car as freely as if they were smoking inside.

So in public assemblies and in meetings of associations of various descriptions, you will generally find some ill-bred people of this class to puff the nauseating fumes in your face. We have known a scientific association of a score of persons of different nationalities, in which an effort was made by those to whom smoking was offensive to have the practice discontinued at the meetings. The French and German members who had smoked almost from the cradle, and who never dreamed that smoke could be other than fragrant to all human nostrils, generally abandoned the practice at once. But the prohibition was opposed by several descendants of the Puritans, who were so demoralized by tobacco as to ignore the proprieties of social life.

Few objects are more revolting to a refined sensibility than a human animal reeking with the stench of a bar-room. It is bad enough to carry a cloud of mephitic vapor entwined in the clothing; much worse when, in addition, the breath is fetid with alcohol and tobacco. Nature has provided certain inferior animals with the power of emitting a stench for self-defence. The presence of such an animal may offend the nose, but not the moral sense. When the stench comes from a human being it is the more abhorrent, because it conveys the idea of moral and physical pollution attached to the image of God.

It is worthy of remark, that when tobacco was first introduced, cleanliness and neatness in the mode of using it were strictly observed. The gentlemen of England and France carried about him a neat spittoon, and carefully deposited in it not only the saliva, but also the ashes and stumps. Such a custom at the present day would relieve the practice from some of its disgusting traits.

There is one way in which tobacco interferes with the sacred relations of domestic life. No neat housekeeper wishes her parlor infected with its stench. But if her husband be a smoker he must have his smoke. The indulgence has become a necessity. To relinquish it on account of his wife would be an unreasonable sacrifice. He must either leave home and wife for his beloved cigar, or he must impose the annoyance on his family. In either event a base and depraving appetite is allowed to conflict with his sacred duties as the head of a family.

And when the husband leaves his home

to take a smoke, where does he go? To the saloon! To the bar-room! To the companionship of swearers and gamblers! Not in a single step, of course. But the moment he leaves his door with a cigar in his mouth he enters the path on which all these are situated. Fortunate man if he escapes them!

The pecuniary cost of the indulgence involves no small amount of social and moral evil. When we consider the immense quantities of tobacco consumed in Europe and America, and the fact that the tax on it forms a large portion of the revenue of some European states—and when we reflect that a large share of this enormous expenditure falls on the laboring classes, who, at best, earn a slender support for their families—the social comfort which must be engendered by so great a drain becomes painfully apparent. Alas! How many women toil and drudge like beasts that their husbands may enjoy this luxury! How many children shiver and crawl in the dust to supply their father with the indispensable indulgence! And how small the number of men who appear to possess the power, even if they have the will to deny themselves the gratification for the good of their families.

Writers are wont to dwell with enthusiasm on the merits of tobacco as a luxury to the poor. We should bear in mind that the husband and father is the only one of the family who usually enjoys the luxury. The wife and mother, on whom mainly rests the burden of the family, pursues her round of toil and drudgery by day, and of care and watching by night. For her there is no luxury. That is monopolized by the strong man who spends the day in healthful and not exclusive labor, and the night in unbroken slumber! Penury and privation may pinch the household, and it is all to be relieved, forsooth, by the father and husband abstracting from their insufficient means that he may drown his care in the narcotic fumes! When we talk of tobacco as a luxury to the poor man let us inquire if he would not suffer much less by applying the money it costs to the wants of his wife and children; whether a man possessing the affections of a husband and a father would not choose to share his pittance with his family rather than give the screw of penury one more turn on his wife and children, that he may in some degree smother his own sorrows.—Selected.

PLAIN TALK TO A GIRL.

Your every-day toilet is a part of your character. A girl who looks like a "fury" or a sloven in the morning is not to be trusted, however finely she may look in the evening. No matter how humble your room may be, there are eight things it should contain, viz.: a mirror, washstand, soap, towel, comb, hair, nail and tooth brushes. These are just as essential as your breakfast, before which you should make good and free use of them. Parents who fail to provide their children with such appliances, not only make a great mistake, but commit a sin of omission. Look tidy in the morning, and after the dinner work is over improve your toilet. Make it a rule of your daily life to "dress up" in the afternoon. Your dress may or maynot be anything better than calico, but with a ribbon or flower, or some bit of ornament, you can have an air of self-respect and satisfaction that invariably comes with being well dressed.—Exchange.

BRIGHT TOUCHES.

Rugs are invaluable for brightening up rooms with matting or faded or worn carpets, and are not as expensive as many people suppose. One kind called Smyrna, are very pretty and durable and have the advantage of being the same on both sides. These are quite reasonable in price.

In furnishing, always remember that a tasteful article costs no more than an ugly one, and that no matter how beautiful various articles may be by themselves, they are not so any longer, if they do not harmonize, with each other in color as well as style when brought together in one room.

Have plenty of bright color in your rooms plenty of red, but have it in the little things, in the table covers, in the scarfs and tidies, the pictures and vases. Have a bright fan here and there on your walls, have a colored silk crazy cushion in your

rattan or wicker work chair, loop back the lace or cheese cloth curtains with gay ribbons, and, above all, have plenty of sunshine.

If you have black hair-cloth furniture and wish something different, it is not necessary to buy a new set, for you can purchase very pretty furniture covering in good patterns and colors for one dollar and a half per yard. This is two yards wide, and with a little ingenuity you can re-cover the furniture yourself, if it is not too elaborate a pattern.—The Household.

Question Corner.—No. 14.

BIBLE QUESTIONS.

SCRIPTURE SCENE.

A dearth is in the land; The fields on every hand Show not a promise of the ripening grain; The summer sun looks down From skies without a frown, Without a cloud to herald welcome rain.

Among the herbage scant, That speaks of Nature's want, Wanders a youth who looks with anxious gaze.

At every plant that grows, At every flower that blows, Along the roadside or the woodland ways,

He pauses in surprise; Here, close at hand he spies A creeping plant, whose tendrils twine and cling Round ruder stems; and there, Near earth, but fresh and fair, In rich abundance hangs a precious thing.

Precious to him—his cheek Needs not that he should speak Of famine in this land, or grievous dearth. Precious indeed, for lo, This fruitful mellow glow Seems priceless food fetched out of barren earth.

With eager hands he makes The prize his own, and takes All that his flowing skirt will safely hold; Then glad he wends his way, Secure of food that day, Carrying the fruit worth more to him than gold.

Here burns a glowing fire Of branch, of thorn, and briar; And 'midst the cheerful crackling of the wood, Hangs a capacious pot, Whose savory breath and hot Reveals the presence of some wholesome food.

The youth's eyes dance and gleam, As he inhales the steam; Then stooping down, he shreds into the pot The golden fruit he found, And smiles to hear the sound Of bubbling. Poison! yet he knows it not, "Give the names and verify the facts.

ANSWERS TO BIBLE QUESTIONS IN NO. 12.

- 1. John xv. 10.
2. At Antioch in Syria. Acts xi. 26.
3. In Athens. Acts xvii. 23.
4. Of Moab. Ruth i. 4. She was his great grandmother. Ruth iv. 21, 22.
5. Kadesh in Galilee; Shechem in Mount Ephraim; Hebron in Judah; Bethel in Reuben; Ramoth in Gad; and Golan in Manasseh. They were appointed so that any one who killed another accidentally might escape from the avenger of blood. Josh. x. 1-3.
6. Because of his conduct at the waters of Meribah. Num. xx. 12.

ANSWER TO SCRIPTURE ENIGMA.

- PEAR NOT LITTLE FLOCK.—Luke xii. 32.
1. Felix Acts xi. 24.
2. Elizabeth Luke i. 4.
3. A-rarat Gen. viii. 4.
4. Righteousness (the breastplate) Ephes. vi. 14.
5. N-azareth Matt. ii. 23.
6. O-ili 1 Kings xvii. 14.
7. Timothy 2 Tim. iii. 15.
8. Le-baion 1 Kings v. 4.
9. I-srael Gen. xxxv. 10.
10. T-homas John xx. 24, 25.
11. Tabor Judges iv. 12.
12. L-zarus John xi. 43, 44.
13. E-lisah 2 Kings ii. 15.
14. Faith (the faith) 2 Tim. iv. 7.
15. L-evilte Luke x. 32.
16. O-livet Acts i. 12.
17. Cor-ne-li-us Acts x. 1-5.
18. K-iss Matt. xxvi. 47.

CORRECT ANSWERS RECEIVED. Correct answers have been received from—Ella Moore.

The Weekly Messenger.

SATURDAY, JULY 28.

RURAL RECREATION.

It is to be feared that boys living on farms are not as enthusiastic in the matter of wholesome recreation as would be good for them. Yet they have, or could make, more opportunities for acquiring skill in innocent sports than the youthful people of the towns. At some favorable seasons for outdoor amusement the country lads could, without neglecting duty, devote an average of a day or two a week to games. In the winter season "our country cousins" could get off on sliding or snow-shoeing expeditions by moonlight two or three hours earlier than young people employed in town. Still we never hear of crack cricket, ball, lacrosse or snow-shoe clubs from the farming districts. It may be said that young farmers have more than enough physical exercise in their regular toils. True, they have more than enough in amount, in some cases, but what they require is variety in kind and the jovial intercourse with companions to brighten up their wits and their social qualities. There is a good deal of difference between the exhausting exercise of stowing away hay in the stifling air of the top of a barn and the exhilarating diversion of knocking a ball about in the pure and invigorating breezes of a level hill-top; between the cramping occupation of planting potatoes and the suppling pastime of a game of lacrosse, and like comparisons could be multiplied. Of course most varieties of farm work are conducive to physical development and, when not overdone, to good health as well—certainly all labor is more wholesome, apart from a moral point of view, than idleness. Yet the absence of pure animal sport in a young farmer's life is a serious omission, and although he may be stronger of arm and leg than the town youth, he may be much inferior to him in symmetry and evenness of constitution. Indeed, it is natural that a constant round of certain kinds of labor will develop certain sets of muscles, while others will be neglected, and that this happens in the case of persons inured to toil on the farm from their very early years is evidenced by the considerable proportion of stoop-shouldered, round-backed, muscle-strained farmers to be met with in the noontide of their years. Systematic, physical recreation for farmer lads is becoming more and more a necessity upon other grounds than those we have mentioned. Modern invention has done as much, to say the least, toward relieving agriculture of its physically laborious nature as it has done to save labor in any branch of industry. The cultivators and mowers and reapers, horse pitchforks and steam threshers and cleaners, drain-digging and potato-digging machines, and the rest, are combining in every farming country of any consequence to make the farmer's labor about as light as anything called work. This fact at once makes it necessary that farmers shall find proper recreation for themselves and takes away excuse for their neglect of salutary pastime. Notwithstanding the traditional healthfulness of the farmer's occupation, statistics have of late gone to show that persons of that calling do not stand among the highest in the average duration of life. Other things being equal, living so much as he does in the air and sunshine, with abundance of wholesome food, he ought to stand at

the pinnacle of probable longevity. That he does not, and in many cases breaks down or grows old prematurely, must be due to the facts that the social and playful side of his nature is not, as a rule, systematically cultivated, that his mind dwells too much upon his purely material interests, that he allows himself, through neglect of better mental occupation, to brood in advance over vicissitudes of the weather and that, altogether, he has less human evenness and balance than the typical city man. We would hail with gratification reform in rural life such as is indicated in the foregoing remarks.

BUSINESS AND INDUSTRY.

A new international bridge is being built over the Niagara river.

A distinct improvement in general trade is reported by a mercantile agency of New York, on the strength of accounts from the principal centres.

The Canadian Packers' Association lately held its annual session in Hamilton, Ontario, when the general prospects were represented as very poor this season, on account of the scarcity of fruit.

A company, principally of Montreal, has bought the Spring Hill coal mines and railway in Nova Scotia, an extensive and valuable property, the price being eight hundred thousand dollars.

The Kootenay Railway Company has been organized in British Columbia, with a capital of five million dollars, four million of which is subscribed, and work in building the road is intended to be begun shortly.

Heavy storms have depressed the hitherto cheering crop prospects in England. Rain and hail storms have greatly damaged the crops in the northern part of Italy. The Prussian harvest promises well. Good reports are given of the grain crops in Dakota. The apple crop of Nova Scotia will be a partial failure this season. In Ontario fall wheat is much below, but spring wheat approaches the usual average, other grains are behind, fruit is poor but better than last year, while the hay yield is enormous, and potatoes and roots generally are nearly up to par.

Three hundred horse-shoers in Cleveland have struck for two and a half to three dollars a day, which is fifty cents above what they have been getting. A strike of two thousand rolling mills men in Chicago is threatened, they wanting to be paid by piece-work instead of by time. Ten thousand cigar-makers are locked out in New York, the manufacturers having taken this course to protect a firm that was ordered by the International Union to discharge employees belonging to the Progressive Union. Thirteen hundred cloak and dress makers, men and women, are on strike in New York. A strike of telegraph operators under the leading companies, which took place all over this continent at twelve o'clock Washington time on Thursday of last week, has been one of the most notable industrial events in a long time. Very few operators were available to take the strikers' places, particularly on the first few days, and the companies are still far behind the business requiring to be done. The results to business are very serious, as the telegraph is indispensable to mercantile transactions nowadays, buying and selling being guided by almost hourly reports of the chief markets of the world. Shorter hours and more pay are what the strikers want, but the companies claim that they did not prefer their request properly. Each side professes confidence in its own strength to hold out.

CASUALTY.

The Munro building, Vandewater street, New York, suffered three hundred thousand dollars' damage by fire on Sunday.

John McMillan, a Niagara hotel-keeper, was suffocated by gas in a Toronto hotel. It is supposed he blew instead of turned out the light.

An Irish immigrant named Kate Dunn attempted a few days ago to jump off a moving train in Toronto, and received injuries from which she will hardly recover.

A boy named Marchand and two named Lord were drowned at River du Loup, Quebec, while bathing. Marchand's mother is a widow, whose husband and two sons were some time ago burned to death.

Eight boilers of a smelting furnace near Reading, Pennsylvania, exploded on Tuesday of last week, killing one man and injuring fatally several others, besides destroying many thousands of dollars worth of property.

On Saturday last a very destructive storm swept over Minnesota, blowing down many buildings and causing a large loss of life and personal injury. In one place a train was blown off the track. This storm was also severely felt in Wisconsin, with similar results.

Lightning has more destruction to its credit in Ontario. On Sunday week a building at Stayner, Ontario, was struck and fired, and, together with several adjoining buildings, burned down, causing heavy losses. Last Saturday two warehouses and another building at Kincardine, Lake Huron, were struck and burned, a quantity of freight and baggage, and provisions for the Duck Island lighthouse, forming a portion of the loss. On the same night the Grand Trunk Railway freight shed at Seaford was struck and burned, with heavy loss of freight.

A disastrous fire was occasioned on the Brooklyn docks the other day, by a spark from an engine catching in some jute. A ship and two barks, owned in England, caught fire and were burned to the water's edge. A large number had to jump overboard to save their lives and one man was drowned. On the wharf the roof of a burning storehouse caved in and badly injured a dozen firemen. Captain Grove, of the ship "Lawrence Delap," was on the dock at the time and could not reach his vessel, although knowing that his wife and child and all his valuables were on board. His family were saved, but his trunk was taken off and robbed of ten thousand dollars in money and four thousand dollars' worth of his wife's jewellery, being afterward found floating empty.

CRIME.

Barney Franklin, Philadelphia, has been arrested for fatally beating his wife of three weeks.

Lenrig, a German American who killed a fellow-student in a duel at Vauternburg, Germany, has been arrested in Switzerland.

In a riot among the members of a secret society, while holding a picnic on Staten Island, New York, on Sunday, two men were killed and forty seriously wounded.

John Hechmore has run off to Europe from West Virginia having been discovered thirty to sixty thousand dollars short in his accounts with the Catholic Knights of America.

Another outrage due to the close railway connections of Europe is reported, a traveller between Paris and Lyons having been found

insensible in a first-class carriage, having been stabbed and robbed.

Charles Seitz fatally shot Dr. G. H. Langfelt, near Pittsburg, Pennsylvania, a few days ago. A motive is found in the fact that Langfelt recently broke an engagement of several years with the murderer's sister.

Kaudison, a Mormon bishop in Salt Lake City, Utah, tried to blow two of his wives up in their beds with dynamite, and succeeded in injuring them seriously. He was arrested and there is danger of his being lynched.

Bridget Fox, who lived alone in a house sheathed with iron, Burlington, Iowa, was reported to be rich, and the other day she was attacked in her yard by two men and robbed of fifteen hundred dollars that she had hid in her waist.

A movement to secure the pardon of Charles W. Angell, convicted in Illinois in 1879 of embezzling a large sum of money from the Pullman Car Company, has failed, and Angell must resign himself to the six years yet remaining of his apportioned residence in the penitentiary.

Pollitz, a book-keeper in Cincinnati, absconded with four thousand dollars of the firm employing him, but was tracked to Canada and arrested after a short street chase in Toronto. He returned in company with his employer and a detective, without waiting for extradition proceedings. About twelve hundred dollars was found on him when caught.

A terrible tragedy occurred at Bedford, England, on Wednesday of last week. A young army officer named De Vere with a revolver shot a pretty young lady dead while both were playing lawn tennis, and, before he could be seized, the murderer blew out his own brains. Both victims belonged to respectable society, and the mother of each is a widow. The motive for the crime is said to have been jealousy.

THE CIVIL SERVICE COMMISSION, Washington, have seen, in the action of the Departments in filling up all the vacancies before the day the new system came in force, hostility to civil service reform. Officials of the Departments, on the other hand, say that very few servants beyond the regular demand were appointed and that in every case special attention was paid to fitness. Only twelve persons were appointed in the Interior Department out of two thousand applicants. Vacancies from natural causes are now expected to occur at the rate of one a day, and will be filled, under the terms of the new law, according to merit and not through political influence. The inauguration of this reform is a gratifying step in advance in the conduct of the country's public business.

BLOOD WAS TRANSFUSED from the veins of a Negro in New York named Edward Banks into those of C. F. Okenberg, to save the latter's life when he was partially asphyxiated. Banks sent in a bill of two hundred and fifty dollars for the blood which was at the rate of ten cents a drop. As Okenberg would not pay, Banks brought an action to recover the amount, and judgment has just been rendered in his favor.

Mr. Root, District Attorney of New York, has instituted a prosecution against the steam tug "Mary H. Hogan," for breach of the neutrality laws of the United States, the vessel being declared about to be armed and equipped for the service of the rebels in Hayti.

THE WEEK.

THE METHODIST EPISCOPAL CHURCH have just held a Sunday-school Parliament on the St. Lawrence Central Camp Ground, near Brockville, Ontario.

CHIEF JUSTICE WAITE, of the United States, who is with General Sherman's party in the West, was thrown from his horse in Montana and painfully injured.

ENGLISH CAPITALISTS have just bought ten thousand acres of land, for cattle-raising purposes, from the Manitoba and North-Western Railway Company.

M. DELESSES, the eminent canal engineer, has reported to the Panama Canal Company in Paris that American prejudice against a foreign company doing the work had disappeared.

THE ST. MARY'S Training School for Boys, Chicago, has agreed, at the request of the Indian Bureau, to receive and train fifty Indian boys from the Sioux and Apache tribes.

SEVERAL OFFICERS AND SAILORS of the United States steamer "Lancaster" have been arrested in Hamburg, Germany, for disorderly conduct. They probably put the old enemy in their mouth to steal away their brains.

MR. BENJAMIN, an eminent English lawyer, has been offered a fee of two thousand guineas to take a Canadian appeal case before the Judicial Committee of the Privy Council, but had to decline it on account of poor health.

A CORONER'S JURY in London, Ontario, has found Peter Gowne, an employee on the Port Stanley Railway, guilty of manslaughter, on the ground that his wilful disobedience brought about the collision that caused John Porter's death.

CHOLERA IS SPREADING in Egypt and has appeared among the British soldiers in Cairo. The present infection is said to have come from India by shipping, and to have originated in that country from the unwholesomeness of the "holy food" used by religious pilgrims.

SEVERAL AMERICAN AND CANADIAN CITIES have of late forbidden the parades of the Salvation Army upon their streets. The fact is that funerals, Roman Catholic societies, soldiers and dressees are about the only bodies allowed the privilege of walking the streets of cities upon this continent.

A CLUB OF CUBANS has been formed in Philadelphia to work for the independence of their island. In the meantime Spain seems disposed to act liberally and intelligently by Cuba. Fifty-one colored former insurgents, released from Spanish prisons, were taken back to the island by the mail steamer recently.

EDWARD HANLAN, the champion oarsman of the world, while bathing in the Harlem River, New York, the other day, espied four young men struggling in the water and, jumping into a boat, he swiftly rowed out to them and saved their lives. They had while intoxicated upset their own boat, and after their rescue they made off without giving their names.

THE PROVINCIAL GOVERNMENT OF ONTARIO has sent officials to take charge of the territory in dispute between it and the Dominion Government on the Manitoba border. There is diversity of opinion in Manitoba upon the question, but the general disposition of the people is to allow the Dominion and Ontario Governments to settle the dispute as best they may.

GENERAL E. O. C. ORD, United States army, has died of yellow fever in Havana, Cuba.

THE TESTIMONIAL FUND for Mr. Parnell, the Irish leader, has reached ninety-five thousand dollars.

THE WILL of Louis C. Hamerly, who died in New York leaving an estate of seven millions, is being contested as against his widow, by other relatives.

YELLOW FEVER is raging in Mexico, and all vessels from thence for ports in the Southern States must be inspected at Ship Island. Small-pox and yellow fever are prevalent in Cuba, and cholera has appeared in Mexico.

THE GOVERNMENT OF QUEENSLAND, Australia, is pressing Great Britain to permit of the annexation of New Guinea, and further desires that Australia be provided with a federal form of government similar to the Canadian Confederation.

FIGHTING GOES on the same as ever in Cuba, the recent attempts at peace having apparently proved futile. The Chilians lately achieved a signal victory over the broken and desperate Peruvians, killing nearly a thousand while losing only fifty in killed themselves.

UNDER RECENT LEGISLATION the Dominion of Canada is to have a permanent military establishment, consisting of a troop of cavalry, battery of artillery and three companies of infantry, with schools of instruction connected with the latter, at Toronto in Ontario, St. Johns in Quebec, and Fredericton in New Brunswick. The artillery school will be established in British Columbia.

ARCHBISHOP McCABE has spoken severely in Ireland regarding the opposition shown to the Pope's circular on Irish affairs. As Mr. Errington had his hay ricks burned out of revenge for having misled the Pope into the course he took, the Cardinal himself must look out for his property, as, having supported the circular that his countrymen say was founded upon deception, he is even worse than Mr. Errington.

IRISH NATIONALISM has secured a victory in the election of Mr. Redmond for Wexford against the O'Connor Don. Great disorder prevailed, the unsuccessful candidate being hooted in the streets and having his windows smashed. While driving along under escort he was attacked by a mob, and the police charging bayonets wounded several persons and thirty of themselves were injured, two seriously.

BONES OF A MAMMOTH MASTODON have been unearthed in a gravel pit near Syracuse, New York. Dr. John F. Boynton, an expert in such matters, says the creature to which the bones belonged was about fourteen feet high, and lived from two hundred and fifty thousand to five hundred thousand years ago, in the age of mammals and warm-blooded animals. A piece of the animal's tusk found weighs a hundred and fifty pounds.

DENIS KEARNEY, the noisy anti-Chinese demagogue who earned a brief notoriety on the Pacific coast, was lately asked in New York by note to meet Wong Chin Foo, editor of the *Chinese American*, and hold a public discussion of the Chinese question. In reply Denis chose to be so abusive that Wong challenged him to a duel. The Park Commissioners of New York refused to allow Union Square Plaza to be used as a meeting place for Kearney to harangue the rabble.

A BRITISH CAPTAIN has been arrested for permitting a Chinese ship-carpenter to land in Boston in violation of law.

SUITS FOR DAMAGES in connection with Brooklyn Bridge disaster on Decoration Day continue to be entered against the Company.

THE HON. WILLIAM ELDER, a prominent journalist and public man of the Province of New Brunswick, died suddenly on Monday evening last, aged sixty-one years.

NO FURTHER FIGHTING has occurred in Tonquin. The Chinese Government forbids bullocks being exported to Annam, for fear France may use them for purposes of war.

RELATIONS BETWEEN ENGLAND AND FRANCE, in reference to the Madagascar trouble, have improved. The good sense of both countries was strongly against a quarrel.

O'DONOVAN ROSSA, the blustering Irishman of New York, who delights in talking war at a safe distance, has renewed the insinuation that one hundred thousand dollars sent to Ireland from America was diverted from its designed use, and that Patrick Egan, the League Treasurer, knows all about it.

A GROSS INSULT to the United States has been given through its consulate at Mortrey, Mexico. Doctor Campbell, the consul, having occasion to go to Laredo, left his office in charge of the Rev. Mr. Shaw. A mob of Mexicans entered the office at night, beat Mr. Shaw nearly to death and destroyed furniture and papers. Mr. Shaw, after being beaten senseless, recovered sufficiently to crawl to a hotel and give an account of the outrage, when he relapsed into insensibility and was unconscious at last accounts.

LAWLESSNESS continues to reign in Texas, the assassins of Judge Hough openly defying the authorities. His murder was one of the most cold-blooded and cruel crimes that ever disgraced humanity. Having first shot his horse, the murderers placed the judge on his knees in the road until a match was lighted to show whether he was the right man or not. While he was earnestly pleading for mercy from the ruffians, for the sake of his wife and child, he was remorselessly butchered.

GREAT EXERTIONS are being made in London, Ontario, to clean up the district lately flooded, so that filth left by the retreating waters may not breed disease. A large staff of ladies has been making clothing for the sufferers ever since the disaster, and about four thousand dollars has been expended in relieving distress and as much more is likely to be raised. The Ontario Government gives five thousand dollars, and the commercial agency firm of Dun, Wiman & Co., New York, has sent two hundred and fifty dollars. Work has been begun in repairing damage to roads and bridges in the city, which will cost fifteen thousand dollars.

A BAD STATE of affairs has existed in Zululand, South Africa, since King Cetewayo was restored to his throne by Great Britain. The petty kings, set over the country at the settlement after the last British war with the Transvaal, had been fighting among themselves a good deal, and a revolt sprang up against the old king soon after his restoration. News has been received that Usibepu, the chief of the insurgents, had badly defeated Cetewayo, scattering his warriors and starting after him in hot pursuit. These lines were scarcely written until news came that Cetewayo was overtaken and slain.

LAUGHING GAS.

OFFICER (to timid soldier): "Why Pat, you are surely not going to turn coward?" Pat: "Why, shure, I'd rathyer be a coward for foive minutes than a corpse for the rest of me loife."

TWO SABLE philosophers took shelter under the same tree during a heavy shower. After some time one of them complained that he felt the rain. "Nebber mind," replied the other, "der's plenty of trees; when dis un's wet fru we'll go ter anudder un."

MR. BERGH, the S. P. C. A. man, says it is cruelty to animals to catch fish with a hook. There wouldn't be much fun in fishing if a man had to dive under the water and hold chloroform to a fish's nose until it became unconscious, and then hit it on the head with a hammer.

MANY BUSINESS MEN now use type-writers; and not long ago a wholesale house sent a letter of this kind to a small dealer in the West. The Western man returned it with the indignant comment, "I just want you to understand that I ain't no school-boy. I can read writin' as good as any one."

ANNIE was six years old, and was going to school with a sister of nine. One afternoon when school was near its close, her uncle came by and proposed to carry them home. The elder girl was at the head of her class and would not leave, but Annie said: "All right, Uncle John, I'll go. I am at the foot and can't get any footer."—*Pupil's Record.*

MR. JUSTICE MAULE sentenced a rural prisoner in England in the following words:—"Prisoner at the bar, your counsel thinks you innocent, the counsel for the prosecution thinks you innocent, I think you innocent. But a jury of your countrymen, in the exercise of such common sense as they possess, which does not seem to be much, have found you 'guilty,' and it remains that I should pass on you the sentence of the law. That is, that you be kept imprisoned one day, and as that day was yesterday, you may go about your business."

RESERVE POWER.

IT IS NOT wise to work constantly up to the highest rate of which we are capable. If the engineer on the railway were to keep the speed of his train up to the highest rate he could attain with his engine, it would soon be used up, if a horse is driven at the top of his speed for any length of time he is ruined. It is well enough to try the power of a horse or an engine occasionally, by putting on all the motion they will bear, but not continuously. All machinists construct their machines so there shall be a reserve force. If the power required is four-horse, then they make a six-horse power. In this case it works easily and lasts long. A man who has strength to do twelve honest hours of labor in twenty-four, and no more, should do but nine or ten hours' work. The reserve power keeps the body in good repair. It rounds out the frame to full proportions. It keeps the mind cheerful, hopeful, happy. The person with no reserve force is always incapable of taking on any more responsibility than he already has. A little extra exertion puts him out of breath. He cannot increase his work for an hour without danger of an explosion. Such are generally pale, dyspeptic, bloodless, nervous, irritable, despondent, gloomy—we all pity them. The great source of power in the individual is the blood. It runs the machinery of life, and upon it depends our health and strength. A mill on a stream where water is scanty can be worked but a portion of the time. So a man with but little good blood can do but little work. The reserve power must be stored up in this fluid. It is an old saying among stock raisers that "blood tells." It is equally true that blood tells in the sense in which we use the word. If it is only good blood, then the more of it the better. When the reserve power of an individual becomes low, it is an indication that a change is necessary, and that it is best to stop expending and go to accumulating, just as the miller does when the water gets low in the pond. Such a course would save many a person from physical bankruptcy.—*Herald of Health.*

THE YOUNG SCHOOL-GIRL.

Last summer, down in Maine, several school-girls were among the "summer boarders" at the farm-house where I was staying. Among them were two young daughters of a gentleman well known for his leadership in out-of-doors sports and pleasures. These two pale languid girls set me to think about our young school-girls, and to feel what a pity it is that the growing taste for the brown and the rosy tints in complexion, for roundness and suppleness of figure, and for the strength to do what one chooses and so have "a good time," should not yet have reached school-girl circles.

At present, the fashionable impulse is toward outdoor life; but the average school-girl of fourteen is, it seems, out of its circuit. Her younger sister romps, and is doing well for the present. Her elder sister, too, who is in society, is doing well; takes a three-mile walk with gay friends to a sunrise breakfast; rides horseback across country of a forenoon; she drives, she rows and she shoots; and next season perhaps she will join the Appalachian Club and add climbing to her pleasures.

But our school-girl is largely occupied with becoming "a young lady." She may lose sight of her intention by and by, when she enters Lasell, or Wellesley, or Vassar; but at present, especially if she be a village girl, she does not know even the joyous restfulness of a long vigorous walk, much less would she run. An academy girl run! She does not dream of the origin of the stately name of her select school—that Academe, a wise Greek, bequeathed a great tract of land to the city of Athens on condition that a public gymnasium should be erected on it, and that the gymnasium was called Academia, or the academy, in his honor. Very likely, treasures of flowers, rare plants, minerals, birds, and beautiful landscape views, illustrating the sciences and literature she is industriously studying in-doors, lie all about her, among the hills and woods, within walking distance. But she is none the richer. She and a friend run in arms, frequently "romancing;" she stands about in groups, she returns calls, she goes shopping, she wears high French heels, and wears them, too, as nearly as may be, under her insteps. She has been known to visit the chiropodist.

My two representative school-girls arrived at the farm-house with bad headaches, and were not visible until the next morning. Ferry-woods, lofty points of view, silver lakes with boats tossing at their moorings, water-lily ponds and berry thickets, lay about us, east, west, north and south. Two months of picturesque Maine would balance the account with long recitations and the deadly folly of study-hours after school.

But my pale young ladies, in common with most of the red-checked boarders, rose late. After breakfast, they retired to the sofas, or their hammocks, to read a novel, often they went at once to their rooms and threw themselves on the bed.

They slept after dinner, and sat up late at night for in-door lamp-light fun. They neither rowed nor fished. The light spruce cars stored in the barn, not at all too heavy for a girl's slender shoulders, invited them in vain. Nor did they ramble or go berrying. They sauntered and lounged all summer.

I venture to say that they had heard from parents or teachers not one word of what they ought to get from two months' stay in country air and freedom.

The school-girls are back now in the schools, and no doubt they often dream over their books of the time when they shall be fine ladies and "in society." But, my dears, the fine women of society ten years hence will be, probably, somewhat different from the ladies of your imagination. I doubt, at least, whether so many of them come from district schools and village academies as came twenty years ago. I will tell you, presently, of a village school which sent out some strong, fine women; but just now, without even stopping to say in detail why you need it, I prefer earnestly to ask the girls of the Reading Union to adopt a certain exercise at recess, instead of strolling idly about and chatting. A noble woman, who has employed it in restoring health to invalid girls, assures me it also ought to be used to preserve health. Its intention for you is to rest you from sitting at your desks, to restore the circulation of

the blood, and to render supple the whole body.

The movements which affect the joints are graceful. Perhaps your teacher will come out and "count" for you, perhaps she will play tunes for you; but you may enjoy it just as well should you choose the most determined girl of you all to "call off" for the row of you, and bind her never to "let you off" from going through the exercise once a day at least. It is a pretty sight when a dozen girls in a line go through these ten movements, each moving in perfect time. A handsome wand in your leader's hand, used as musical conductors use their batons, with which to harmonize and beat time for your movements, will add much to the beautiful effect of the spectacle. Cut out the directions and preserve carefully.

The following ten movements to promote general suppleness are furnished by Miss Mary E. Allen, of the "Boston Gymnasium for Ladies and Children."

Position: Heels together (as near as the configuration of leg will permit); hips thrown back; chest forward; head erect, with eyes to front; arms falling easy with back of hand turned slightly to the front.

Exercise: From this position bring hands to hips; thumbs back.

Head: Turn twice to right—twice to left—once to right—twice to left—once to right—back to front; drop hands to side and close to a fist.

Shoulder: Raise right shoulder as high as possible four times—raise left four times—raise right and left alternately four times (left going up as right comes down)—raise both together four times; drop hands to side.

Arm: Throw right arm to horizontal at side (hand closed tight) four times—throw left four times—throw right and left alternately four times—throw both together four times, and bring fingers to tip of shoulders, upper arm horizontal, elbow pointing to front.

Forearm: Throw right forearm to front on the elbow as a pivot, until the whole arm is horizontal (closing the hand at the elbow) four times—throw left four times—throw right and left alternately four times—throw both together four times; and carry arm to side, horizontally stretched out, with palms up, and fingers closed into a fist.

Wrist: Turn right fist up as far as possible four times (elbow stiff)—turn left up four times—turn right and left up together four times; and bring arms to horizontal stretch, front, palms down, fingers together and closed.

Hand: Open right hand and stretch every finger four times—open left hand four times—open right and left alternately four times—open together four times; and bring hands to hips.

Trunk: Turn as far as possible to right (holding trunk firm, turning face at same time, heels firmly planted), twice—turn to left twice—turn to right once—turn to left twice—turn to right once; and back to position.

Thigh: Carry right leg across left (crossing left thigh as far up and as close as possible, knees stiff) four times—carry left leg across right four times—carry right and left across each other alternately eight times.

Leg: Raise right leg as high as possible behind, (on the knee as a pivot) four times (thigh remaining vertical and firm)—raise left leg four times—raise right and left alternately eight times.

Foot: Raise right foot on heel as high as possible four times—raise left four times—raise right and left alternately eight times.

The position is very important, and the leader should insist upon it before the exercise begins. The body should hold the original position—with such changes as are indicated—firmly, so that only certain muscles are in use at once; thus, when the arm is used, the body should be stiff and firm.

Head movements should always be slow, but firm, never with sudden force. Hence they are taken on the first beat of a measure only, or no 1 when counting 1, 2, 3, 4. All other movements are done with a spasmodic action, faster, using every other beat of 2-4 or 4-4 time, or no 1 and 3, in counting 4. That is the movement is made on 1 and the return to position on 3. This exercise can be taken to any even 2-4 or 4-4 time—a

pot-pourri of popular airs being pleasing, or any polka or quickstep.

These movements aid in bringing the muscles under the control of the will, and promote ease and grace of movement; also, as they force the mind and muscles to work together, they are very valuable stimulus to the mental faculties; and, if enthusiastically and earnestly carried out, their influence will be felt in all mental work.—*Health and Strength Papers in Wide Awake.*

FOR MOTHERS.

Do those mothers who bring up daughters in ignorance of the art of cooking realize the injustice they are guilty of in thus shirking a plain duty, and entailing suffering which might be avoided? I fear not.

Many girls in the (so-called) middle class of society, attain to their majority without knowing how to prepare a decent meal. One of my last summer visitors, when urged to stay longer, said: "Oh, I cannot, the folks at home will have nothing to eat if I do not go to-morrow."

I was surprised to hear her say this, for I knew she had one daughter in her twenty-first year and another nearly nineteen; so I asked, "Why, can't your daughters cook?"

She said, "They don't know how. I can't afford to let them learn, for they would waste too much while learning, and I am obliged to be very economical. It will be time enough for them to learn when they have homes of their own."

I pity the girls for I know from sad experience what troubles their mother's mistaken idea will bring into their life, if they chance to marry. I think my own mother must have had some such idea, for I was eighteen when she died, and I had not been taught to cook and the subsequent years of teaching and boarding ill-fitted me at twenty-seven for the position of a farmer's wife. How many trials and tribulations I endured while learning cooking and house-keeping!

Well do I remember the first soup I made, a few days after our marriage! A neighbor told me what vegetables to use, etc., but did not mention the thickening. Cook books were scarce thirty years ago, and I had no resource but to ask my neighbor. I followed her directions, seasoned and put it upon the table. One can imagine my feelings when my husband asked, "What makes the soup look so watery?"

Some one says: "The way to a man's heart is through his stomach." In the first few months of my wedded life I certainly did not reach my husband's heart by cooking well. Indeed, I often found the food unpalatable myself. I must have shed a bucket of tears in those months of toil and trouble, yet one good result. I determined that my three daughters who, as the years went by, came to bless our home, should be taught while young, and they knew more about cooking and house-keeping at sixteen than their mother did at thirty years of age.

I've heard young girls say, there was no need of learning to cook before marriage, they could easily follow the recipes given in a cook book, and I've told them this. "All the recipes ever published—and they are legion—cannot benefit you one-half as much as a year or two of practice under a wise mother's tuition."

Girls are apt to be careless about noticing all the little details of cooking while some one else is doing it and they cannot become proficient in the art except through practice.—*Household.*

THE MOST influential paper in Japan, edited by a native Buddhist, nevertheless had the frankness to say, in a recent editorial on the "Jesus way," as Christianity is called in that land:—"See what blessings this religion confers! Open the map of the world and look at the nations of the earth. There is not a Buddhist nation that knows what liberty is. The weakest and most insignificant Christian countries have more liberty than the most powerful Buddhist countries. Is it not time for Japan to advance?"—*Christian Mirror.*

SUPERIOR JOHNNYCAKE.—Two eggs one-half cup of molasses, one-half cup of sugar, one pint of buttermilk, one-half cup of butter, one teaspoonful of soda, one teaspoonful of salt, one ounce ground allspice, and make a batter with two-thirds meal and one-third flour. To be eaten warm.

HINTS TO TEACHERS ON THE CURRENT LESSONS.

(From Peloubet's Select Notes)

August 5.—Joshua 20: 1-9.

ILLUSTRATIVE.

I. "A modern instance of blood revenge and refuge." A party of travellers, among whom was a friend of the author, had climbed half-way to the summit of Mount Gerizim, and were resting, when an Arab woman was seen rushing down the path. She had passed but a moment, when an Arab man was seen rushing after her in headlong pursuit, with a knife in his hand. The travellers checked and questioned him. Almost breathless, he explained that the woman was his wife, and that for unfaithfulness, or some other great offence, she had forfeited her life, which he was determined to take. Observing that his words had almost paralyzed his hearers with horror, and that they stood speechless, he shot away before they had recovered sufficient presence of mind to prevent it. By this time, however, the woman had gained such advantage as to render her safety within the gates of the city almost certain; the husband would not dare to carry his bloody code thither. The travellers remembered that Shechem was once a city of refuge, and that in the incident they had a picture of that which doubtless often occurred in ancient times, when the fugitive fled, panting, for the gate, closely pressed by the avenger.—*Franklin Johnson.*

II. "The avenger of sin." May be illustrated by the workings of conscience in Judas; in Shakespeare's Macbeth; and in Richard III., where the ghosts of those he had murdered successively rise up in judgment against him, crying "Let me sit heavy on thy soul to-morrow"; in the old Greek stories of Prometheus with the gnawing vulture, and of the Furies, etc.

III. "The refuge." May be illustrated by the story of that captive, in the late civil war in Cuba, who claimed to be an American. In spite of all protests of the consuls, the man was led forth to be shot, when the English and American consuls threw their national flags over him, and said to the authorities, "Now shoot him, if you dare!" But they did not dare, and the man was saved.

PRACTICAL.

1. Every sin has its avenger: (1) in the conscience; (2) in the laws of nature; (3) in the justice of God.

2. Christ is our refuge from sin and its punishment.

3. God has done all that is possible to aid the sinner to escape to the refuge. (1) His salvation is the simplest, easiest, plainest, that is possible in the nature of things. (2) Christ is ever present with all. (3) God ever invites us. (4) Bibles and Sabbaths prepare the way. (5) God's Spirit aids us.

4. We are safe only when we abide in Christ.

5. We should haste to the refuge, and aid all others to come.

6. Note the justice mingled with mercy in God's laws.

7. The wilful murderer should be punished with death; no money or influence should be able to buy him off. Only the sure execution of the death penalty can diminish the crimes of violence.

8. But accidental and unintentional injury to others should be treated with mercy; and yet, even in these cases, culpable carelessness should not go without some punishment.

SUGGESTIONS TO TEACHERS.

This whole lesson is a type, and the subject naturally is: "The cities of refuge, a type of Christ." (1) The avenger (vers. 3-5). Explain the ancient custom of blood revenge; the treatment of murder among the Jews. Their guards against injustice. (2) The cities of refuge (vers. 1-9). Why, and where, the arrangements for reaching them, the trial, etc., as explained under verse 2. (3) Christ our refuge. Show how sin has its avengers, and how the various particulars in regard to the cities of refuge apply to Christ as our refuge from sin.

PRUNE PIE.—Stew the prunes as for sauce, stone and sweeten, and with nice pie-crust I think you will call them good. Be sure and not have them too dry.

THE FORCEPS CRAB.

The strange looking creature represented in the accompanying engraving, says World's "Natural History," is a good swimmer. It roams the ocean as freely as a bird roams the air, shooting through the waves with arrowy swiftness in chase of prey, gliding easily along just below the surface, hanging suspended in the water while reposing, or occasionally lying across some floating seaweed.

The chief peculiarity of the forceps crab is the structure from which its name is derived, the wonderful length of the first pair of limbs, and the attenuated forceps with which they are armed. Though not possessing the formidable power with which some crabs are armed, the forceps crab is yet a terrible enemy to the inhabitants of the sea, for it can dart out its long claws with a rapidity that almost eludes the eye, and grasp its prey with unerring aim.

No one who has not watched the crabs in their full vigor while enjoying their freedom, can form any conception of the many uses to which the claws are put. Their bony armor, with its powerful joints, appears to preclude all delicacy of touch or range of distinction, and yet the claws are to the crab what the proboscis is to the elephant. With these apparently inadequate members the crab can pick up the smallest object with perfection and precision, can tear in pieces the toughest animal substances, or crack the skull of other crustaceans as a parrot cracks a nut in his beak. It can direct them to almost every part of his body, can snap with them like the quick sharp bite of a wolf, or can strike with their edges as a boxer strikes with his fists. As may be seen by reference to the engraving the paddle legs are broad and well developed, so as to insure speed, the front of the carapace is sharply and deeply serrated, and the sides are drawn out into long pointed spines. It is a native of the West Indian seas, and is represented about the size of an ordinary specimen.

PRESENCE OF MIND.

This is a true story, about a real boy. The boy's name is Dick. This is not a very uncommon name, and his last name is not an uncommon one either. I am not going to tell you what it is though, for perhaps he would not like it.

Dick's father died when his son was just able to toddle. After a while Dick grew to be a pretty big boy. Then he began to be anxious to get something to do to help his mother. It was a good while before he found anything;

but he came home one day, at last, and said:

"Mother, I've got a place."

"What sort of a place?" asked his mother.

"In the factory," said Dick cheerfully.

But the mother shook her head. "I don't half like it my boy," she said. "They are dangerous places, these factories. Some day you'll be going to near the big wheels, or the bands, or something, and then—"

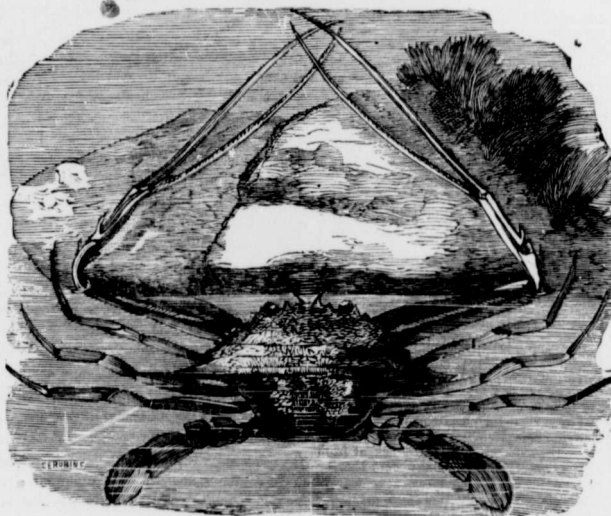
She stopped and shuddered; but Dick only laughed.

"Well, what then, mother?" he said. "What do you think is going to happen to a fellow with a cool head and a steady hand? Almost all the accidents that you hear of happen because the people are careless, or because they get frightened, and don't know what they are about? I'm not

By the time he had been there for a month or two, he had forgotten all about the danger, and even his mother began to think that he was as safe there as in his own house.

That is always the way when you are used to things, you know. People who live under the shadow of a volcano forget that the burning lava ever streams down its sides and desolates the country around. Some day it does so, though, and sometimes accidents happen even to the most confident boy.

Was Dick careless that day? I don't know, and neither did he. He thought that he was doing his work as steadily and as carefully as usual; but suddenly he felt something—just a little twitch at his sleeve; nothing at all to mind if you are playing with your school-mates, but then Dick was not playing with his school-mates.



FORCEPS SWIMMING CRAB.—(Lupa forceps.)

going to be careless and I'm not going to get frightened. And mother, even if anything very bad did happen to me, I should be doing my duty, shouldn't I? You wouldn't have a great fellow like me staying around here idle for fear of getting into danger, would you?"

"Well, no, I suppose not," said his mother, remembering what a bad thing idleness is for anybody, and how surely it leads boys, as well as men, into mischief.

So the next day Dick was at his post in the factory. I cannot tell what sort of a factory it was, nor exactly what he had to do there. Nobody ever told me that part of it. All I know is that he spent the days among the great, whirring machinery, and that he did his work steadily and well, in spite of noise, and confusion, and dust, and fatigue, and danger.

There was no one near enough to give him that twitch, and he knew in an instant what it meant—that the fingers that gripped him were iron fingers, and that the pulse that beat in them was the cruel, merciless pulse of steam.

Most boys would at least have looked around in sudden surprise—would have yielded for a moment to the twitch and then—the horror, and agony, and death. What did Dick do? Quick as a flash the thought came:

"I am caught in the machinery. I can't help that, but I won't be drawn in. I won't! I won't! I WON'T!"

It was hardly a thought, you know, only a swift, wordless instinct. Then he set his teeth, and clenched his fists, and braced every nerve and muscle to stand like a rock, while the machinery did its work.

"Crack! crack!"

That was his shirt, pulled off him like the husk of an ear of corn.

"Crack! crack!"

That was his meimo shirt, and Dick stood rigid and motionless still, with not an atom of clothing from his waist up.

The men around him had not been so quiet as he, you may be sure. There had been shrieks and cries enough when they saw what had happened, but the machinery could not be stopped all in a minute let the engineer try as he would.

It seemed a century to the men though it was only three or four minutes before the great wheels shivered and stood still. Some of the men had covered their eyes, fearing to see—what? Splashes of blood on the floor and walls, and a horrible, mangled mass, tangled and broken in an iron grip.

What did those who dared to look see? Only a curly haired, bright-eyed boy, who looked around at them as quietly and boldly as if nothing at all had happened.

Why Smith," said Dick, looking at the man nearest him, "how pale you are! And Jones is trembling like a leaf, and Brown can hardly stand! Why I'm the best off of you all—if I haven't got many clothes left," he added, as he looked down at himself. "If somebody will lend me a coat, I think I'd better go home and get another shirt."

* * * * *

"So you see, mother," said Dick, "what I told you is true. If a fellow's head is cool, and his nerves steady, there isn't much fear for him. And the good Lord keeps watch in the factories as well as outside.

Now, what I want you to notice about this story is this:

It was not Dick's good luck that saved him, but simply his courage and presence of mind. If he had yielded for one instant to the grip of the machinery—if he had hesitated for a moment what to do—that moment would have been his last.

Don't you think that there is a lesson in all this, if you take it the right way?—*Central Christian Advocate.*

It is the habitual thought that frames itself into our life. It affects us even more than our intimate social relations do. Our confidential friends have not so much to do in shaping our lives as the thoughts have which we harbor.—*J. W. Teal.*

CONDUCT is the great profession. Behavior is the perpetual revealing of us. What a man does tells us what he is.—*F. G. Huntington.*

SCHOLARS' NOTES.

(From Westminster Question Book.)

LESSON VI.

Aug. 5, 1883. [Josh 20: 1-9]

THE CITIES OF REFUGE.

COMMIT TO MEMORY VS. 1-3.

1. The Lord also spoke unto Joshua, saying, 2. Speak to the children of Israel, saying, Appoint you for yourselves cities of refuge, whosoever I place into you by the hand of Moses: 3. That the slayer that killeth any person unawares and unwittingly may flee thither; and they shall be your refuge from the avenger of blood.

4. And when he that doth flee into one of these cities shall stand at the entering of the gate of the city, and shall declare his case in the ears of the elders of that city, they shall take him into the city unto them, and give him a place, that he may dwell among them. 5. And if the avenger of blood pursue after him, then shall not deliver the slayer up into his hand; because he smote his neighbor unwittingly, and hated him not before-time. 6. And he shall dwell in that city, until he stand before the congregation for judgment; and shall the death of the high priest that shall be in those days; then shall the slayer return, and come into his own city, and into his own house, into the city from whence he fled.

7. And they appointed Kedesh in Galilee in mount Naphtali, and Shechem in mount Ephraim, and Kirjath-arba, which is Hebron, in the land of Judah, for the children of Israel. 8. And on the other side Jordan by Jericho eastward, they assigned Bezer in the wilderness upon the plain east of the river of Ruben, and Ramoth in Galad out of the tribe of Gad, and Golan in Bashan out of the tribe of Manasseh.

9. These were the cities appointed for all the children of Israel, and for the stranger that sojourneth among them, that whosoever killeth any person unawares might flee thither, and not die by the hand of the avenger of blood until he stand before the congregation.

GOLDEN TEXT.—Who have fled for refuge to say unto the Lord, I have sinned.—Hab. 3: 18.

TOPIC.—Christ the Sinner's Refuge.

LESSON PLAN.—I. THE LAW OF REFUGE, VS. 1-6. II. THE CITIES APPOINTED, VS. 7-9.

Time.—Pc. 104. Place.—Sinclair, a city of Ephraim, the resting-place of the ark (ch. 18: 1) in the centre of Canaan, twelve miles north of Jerusalem, twelve miles north of Bethel and ten miles east of Shechem.

INTRODUCTORY.

We pass over the remaining history of the conquest of Canaan, the survey of the country made by Joshua and his men, the division of the land, and the giving of the law to the people. These chapters should be carefully read. They cover a period of no less than seven years. Our lesson is a formal appointment of the cities of refuge, according to the instructions given to Moses in Num. 35: 11, 12, and repeated in Josh. 20: 1-9. It is interesting to note that the man who had the right to slay the murderer was not the murderer himself, but a man who had not killed the murderer, but was appointed for the purpose of guarding the slayer if found guilty of willful murder, he was given up to the avenger of blood.

LESSON NOTES.

V. 1. THE LORD SPEAKS UNTO JOSHUA—the tribes had received their inheritances, and the time had now come to carry out the laudric laws long before given. V. 2. BY THE HAND OF MOSES—by means of the medium of a communication. V. 3. UNAWARES AND UNWITTINGLY—to the willful murderer, no place could give protection. He had to take care from the place of the horns of the altar. Ex. 21: 12; Kings 2: 24. AVENGER OF BLOOD—the nearest relative of the person slain. Gen. 9: 5. AND FOR THE slayer of the avenger, see Num. 35. Revenge was checked by giving the avenger sacred character, and forbidding him to slay the murderer. V. 4. THE ENTERING IN OF THE GATE—the usual place for hearing and deciding cases. DECLARE HIS CASE—make a true, honest and exact statement. TAKE HIM INTO THE CITY—made him that he is innocent of willful murder. V. 5. UNTIL THE DEATH OF THE HIGH PRIEST—for protection, and also to show the sanctity of human life in the sight of God. A penalty was to be paid for carelessness, though less than that for crime. The door of heaven is to be judged according to his intention, and yet he is led to the execution for his carelessness—A lesson to all who are entrusted with the care of human life. V. 7. THEY APPOINTED—three of them were on the west of Jordan—Kedesh, in the north; Shechem, in the centre; Hebron, in the south. V. 8. Three were on the east of Jordan—Bezer, in the north; Ramoth, in the centre; Golan, in the north. They were easy places from every part of the country. The roads leading to them were kept in good repair, and guides were placed wherever they were needed. They were Levitical cities, in which the fugitive would have the benefit of the judgment of the authorized guardians of the law. V. 9. AND FOR THE STRANGER—for Gentiles as well as Jews. The Golden Text contains a direct allusion to this our only Refuge. We may flee to him. And, since our High Priest is over us, we must remain in the refuge to which we have fled. There is safety nowhere else, and when we leave this world we are only transferred to a higher, holier refuge.

TEACHINGS:

- 1. Human life is of great value in the eyes of God. 2. Carelessness may do great harm, and deserve punishment. 3. The intention to do wrong aggravates the guilt. 4. The willful murderer forfeits his claim to life. 5. We must flee to Christ and abide in him as our only Refuge.

COMMERCIAL.

MONTREAL, July 25th, 1883.

The grain market this week has been thoroughly disorganized by the telegraphic strike, which for some time cut off all communication with the market of the world. Prices are about the same as last week but are very firm. We quote, Canada Red Winter Wheat, at \$1.12 to \$1.13; Canada White at \$1.09 to \$1.13; Canada Spring, \$1.10; Corn, 60c per bushel; Peas, 55c; Oats, 35c to 38c; Rye, 65c to 66c.

FLOUR.—The market has improved a great deal this week. The demand has been very much better than formerly, prices have improved from 15c to 20c a barrel, and sales have been larger. Superior extra is very scarce being held in few hands and holders want \$5.25. Spring extra is also in good demand at outside prices, in fact all best grades are wanted. We quote: Superior Extra, \$5.20 to \$5.25; Extra Superfine, \$5.00 to \$5.10; Fancy, \$4.14 to \$4.25, Strong Bakers, Can., \$5.10 to \$5.25; do. American, \$6.25 to \$6.75; Fine, \$3.60 to \$3.75; Middlings, \$3.40 to \$3.50; Pollards, \$3.25 to \$3.35; Ontario lags, medium, \$2.40 to \$2.50; do. Spring Extra, \$2.30 to \$2.35; do., Superfine, \$2.10 to \$2.20; City Bags, delivered, \$3.05 to \$3.10.

MEALS ungraded. Cornmeal, \$3.50 to \$3.70; Oatmeal, ordinary \$5.25 to \$5.50 graminated \$5.75 to 8.00.

DAIRY PRODUCE.—Butter.—The market appears to be growing duller every day, and this week has ushered in a state of positive depression. Quotations are: Creamery 19c to 20c, Eastern Townships 15c to 16c, Western 13c to 14c. Cheese is steady at 9c to 9c.

Eggs, selling at 16c to 17c.

Hog Products. Dull.—quotations; Western, \$19.00 to \$19.50; Hams, city cured, 14c to 14c do. canvassed 15c; Bacon, 13c to 14c; Lard, in pails, 12c to 12c; Tallow, refined, 8c to 9c.

ASHES are quiet at \$4.65 to \$4.80 for Pats.

LIVE STOCK MARKET.

The supply of grass-fed cattle is rather large, but the quality is far from what it should be and good butchers' cattle are scarce at present, and some butchers have had to buy shipping steers in order to get first class meat for their customers. Common to good butchers' cattle sell at from 3c to 5c per lb., and lean stock at from 3c to 3c do. A good many hard looking small bulls have been brought to market this week and though their flesh cannot be very savory yet they are bought up at low rates by city butchers, who no doubt find a way of using the meat. Sheep and lambs are in large supply, but there is a good demand for all the best animals; good fat sheep bring about 87c each and good lambs at \$3.50 to \$4.50 each, while common lambs are from \$2.50 to \$3 each. Fat hogs are sold in small lots at from 6c to 7c per lb. The market for milk cows is dull and lower prices prevail, except for fancy animals. There is scarcely anything doing in the horse-market and no improvement is expected until the harvest is over.

FARMERS' MARKET.

The farmers are taking advantage of the favorable weather to secure their hay crop and very few of them are bringing produce to the markets, yet there is no scarcity, as the traders and market gardeners have ample supplies, and some kinds of green vegetables, especially green onions, are in excessive supply, while cabbages and cucumbers are very plentiful for so early in the season. There is an abundant supply of nearly all kinds of small fruits, and American apples are also plentiful. Oranges are about over for the season and lemons are very high priced. There are no changes in the prices of eggs and butter, but poultry are not so plentiful this week as they have been for several weeks past. The supply of hay is rather light and prices are firm. Oats are from 90c to \$1.05 per bag; peas 90c to \$1.10 per bushel; potatoes 30c to 50c per bag for old; new potatoes 50c to 85c per bushel; tub butter 15c to 20c per lb; prints 18c to 30c do.; eggs, 17c to 25c per dozen; apples \$3 to \$5 per barrel; oranges \$13 per case;

lemons \$7.50 per box; strawberries 8c to 15c per box; raspberries 75c to 90c the pail; red currants 50c to 60c do.; hay \$6.00 to \$10.50 per 100 bundles of 15 lbs.; straw \$3 to \$5 per 100 bundles of 12 lbs.

TO OUR YOUNG FRIENDS!

Inducements for your Co-operation in assisting us to increase our Circulation.

August is a splendid month in which to canvass for a newspaper. You can take subscriptions either for a year or for four months; boys and girls are out of school, and many of them like nothing better than to enter on a competition in the public service; the farmers are in good humor and are willing to invest a few cents in a newspaper.

The Weekly Messenger was commenced in January, 1882, and by the end of that year had found its way to the homes of over five thousand regular subscribers. This year, so far, it has made but little progress. Its present circulation is 7,000. It is now about time to stir if we mean to make during this year a stride equal to that of last. The Messenger is not a children's paper, but it is very much prized by young people because it is so interesting, and they always are the best canvassers. The price of the Messenger is FIFTY CENTS a year, or TWENTY CENTS for four months. Anyone sending us FIVE subscriptions for a year may send TWO DOLLARS and keep Fifty Cents, and anyone sending us FIVE subscriptions for the remainder of this year may send us FIFTY CENTS and keep Fifty; The commission is the same in both cases, because in both cases we gain a new subscriber, and we want the work to pay the workers.

In addition to these commissions we will give the person sending us the largest list of subscribers TEN DOLLARS, to the second FIVE DOLLARS, to the third THREE DOLLARS, to the fourth TWO DOLLARS, and to the fifth ONE DOLLAR.

In the above competition every full yearly subscription will count for four, as there is four times as much money sent us.

Still further, to every one who sends us more than twenty five names we shall send a present of the pair of those much-admired pictures, which have always given so much satisfaction to their recipients, "The Roll Call" and "Quatre Bras," and in this every full yearly subscription will count for three, as it will be treble the time.

REASONS AND HINTS.

The above offer is made so as to secure for the Messenger a good start, as we are convinced that it only needs to become generally known to be taken everywhere. If our young canvassers are enterprising

they can secure this end. The paper will only pay with a very wide circulation, and if that is obtained it can be greatly improved. We do not so much look for very large individual lists as for a great many small ones, and so we have arranged the awards so that all will be rewarded irrespective of prizes. Every good worker, however, will have a chance of being published as a prize winner if he only extends his efforts far enough and writes to his friends at a distance. The real prize, however, is the good work accomplished. The country is full of pernicious literature, which is sowing the seeds of wickedness, and it is the duty of all to take their share in the effort to overcome evil with good. When you send in your money tell us how you go to work and how you get along.

Carefully Observe the Following Directions.

Write names and addresses plainly; head each letter you write "For August Competition"; as soon as you get five or more names send them with the money, by post-office order or registered letter (the former preferred), addressed to

JOHN DOUGALL & SON,

"WITNESS" OFFICE,

MONTREAL,

P.Q.

When you get more names to add to your list send them on, and say how many you have sent before. Mail your last letters by the 31st of August. We trust that very many of our young friends will send in good lists, and so materially increase the circulation of the Weekly Messenger, as to, at any rate, make its headway fully equal to that of last year. We know that this little paper is the best, for its price, published anywhere, and we feel convinced that those who, through the solicitation of our young fellow workers, gain an introduction to the Messenger will not be willing thereafter to be without it, but will become regular subscribers.

JOHN DOUGALL & SON.

Montreal, July 25th, 1883.

NOTICE TO SUBSCRIBERS IN THE UNITED STATES.

Our subscribers throughout the United States who cannot procure the international Post Office orders at their Post Office, can get instead a Post Office order, payable at Rouse's Point, N. Y., which will prevent much inconvenience both to ourselves and subscribers.

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