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[^0]Vol. I.-No. 9
TORONTO, APRIL IST, 1896.

## ECHOES OF THE MONTH.

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UR readers will share with me in the thankfulness and pleasure with which 1 am able to record that on reaching Loniuubii 1 have fouizad our beloved friend and chief, Dr. Baznardo, apparently in excellent health and vigour and entering upon the thirtieth year of his work with undiminished zeal and activity. The year that has passed has been in many ways one of severe strain and anxiety, and the burden resting upon the shoulders of the Director of these im. mense and far-reaching philanthropic agencies is one that few men living could support; certainly no one who had not beell specially endued with a burning zeal for the wel fare of his fellow-men, and a capacity of a rare order for appealing to the sensibilities of others and awakening their sympathies and making them share somewhat of his own enthusiasm in the work of rescue and mercy. And this Dr. Barnardo has done for thirty years, amidst evil report and good, with ever increasing success and enlargement, until he is now able to present a record of accomplished work such as the world has never seen the like before.

From the beginning of the work in 1856 , to the 3 rst December, 1895 , no fewer than 28,491 boys and girls have been rescued from poverty and suffering ; cared for ; trained; and started forth into life During 1895, 11,861 separate cases were dealt with and aided ly the Institutions. In addition to these, lodgings were pro vided for the homeless to the number of 52 . 246, and 99,526 free meals were given within the course of the year. 733 young people were emigrated, bringing up the total number placed out in Canada and other colonies since the commencement of the work to 8.043 . The vast amount of good done to humanity at large. the suffering relieved, the vice and crime that have been prevented, the extent to which the world's burden has been lightened, by Dr. Bar-
nardo's efforts, as shown by these facts and figures, will be realized only in that day when "every man's work shall be made known," and when, we believe, indeed that there will be found a great army to arise "and call him blessed.'

This thirtieth anniversary of the work is to be an eventiui year in the history of the Institutions To begin with, the Prince and Princess of Wales have graciously signified their intention of marking their sympathy with Dr. Barnardo's work by being present at the great annual meeting in the Albert Hall on the 24th of June, where His Royal Highness will preside

Princess of Wales, this thirtieth year is to be commemorated by the putting forth of a strenuous effort to raise a large sum of money for the establishment of a Reserve or Foundation fund to extinguish liabilities that have been in curred in the purchase of properties and the erection of buildings for the necessary purposes of the work, and to provide a margin for contingent expenses so that the yearly income of the Home, at present grievously hampered by fixed charges arising from these liabilities, may be set entirely free for the object of aiding the needy and suffering The sum required is a formidable one, $f_{1} 150,000, \epsilon$ qual to $\$ 750,000$, but Dr Barnardo's hopes are great that a generous response will be forthcoming to this special appeal; and his old boys will wish God-speed to his efforts to draw forth from the wealth of England and from the lovers of children the wide world over this sorely-needed addition to our funds

## *** $^{*}$

Apart from these special leatures commemora. tive of the thirtieth anniversary of the inception of the work of the Homes, there seems little of strik. ing interest to record. The heads; of the various departments, whom our boys will remember with interest and kindly regard, are still at their old posts. Mr Odling, Mr. Page, Mr. Fowler, Mr. Lintott, Dr. Milne, and others, are " holding the fort" as of yore, and there are but few changes in the staff of any of the branches of the Home. Mr. Anderson looms large as life before the eyes of the present generation of Stepney boys in much the same way as so many old boys will remember him. Mr. Armstrong seems to have his big lads at the Labour House well in hand, and Mr. and Miss Armitage are still exercising their kindly sway at Leopold House. The Band and Mr Davis, the bandmaster, are as much as ever a credit to themselves and the Home, while from Leopold House there are now three complete musical parties discoursing sweet music in all parts of the kingdom, where they accompany Mr . Wookey, Mr. Mayers and other members of the large staff of able and gifted men who are lecturing throughout the length and breadth of the land in the cause of the Homes.

The good work at the Edinburgh Castle still goes forward, and the services there during the past winter have brought immense numbers within the sound of the gospel tidings and many to a saving knowledge of the truth as it is in Jesus. The work of the Deaconesses of the Copperfield Lane Schools, of Her Majesty's Hospital, of the Coffee Palaces, and in the many and variousother directions within the widescope of Dr. Barnardo's energies, shows nowhere any sign of abatement. Everywhere the watchword seems to be "Forward," and calls are to be heard to more vigorous and self-denying effort. We feel ourselves to be members of a vast living organization ever pressing onward, having arcomplished grand achievements in the past, going forward to wage still more determined warfare in the future against the forces of degradation, poverty, and vice.

Our party is fixed to le.ve on April 2nd, sailing from Liverpool by the steamship Scotsman, of the Dominion Line We shall not be a very large contingent, probably not exceeding 200 all told, and the supply will, as usual, fall far below the demand. There will be another party a lew weeks later, and we are in hopes that most of our "clients" whom we shall be unable to supply with boys from the present party. will allow us to hold over their applications till then. As far as we can judge at present, there is a fine collection of " material "ready for us, and the selection and preparation of the party, which is now going on, is being conducted on the usuai close and care fully drawn lines, so as to exclude anyone who does not give good promise of doing us credit in the future.


## OUR MANITOBANS.

定$T$ is with great pleasure that I accept the invitation of the Manager of Ups and Downs to furnish copy for a page of our popular organ, and, as it were, become the editor of the Manitoba Department. I may say, however, that I would not have taken the responsible post of press representative of Dr. Barnardo's Colony in the Great West had I not felt positive that I can count with perfect assurance on assistancé, in the way of letters and generali niormation from the many capable writers among our young men and lads scattered through the country; and I believe this department can be made of great interest to the members of what I may be permitted to designate as Dr. Barnardo's Eastern Colony, if the information refered to is caretully collected and placed in readable shapebefore the many young men in theEast who are looking for new worlds to conquer. I therefore urgently request all the Manitoba lads to send me letters containing descriptions of the conditions of farming in their particular section of country; the chances for securing free home steads or employment ; and lastly, but not least, a full account of their progress in the past and chances for the future.

We have always realized that few countries in the world offer such opportunities for the poor man who has some knowledge of farming as Manitoba, but we were not prepared for the figures which an examination of our Home reg. ister brought forth, in relation to the number of lads who have become land owners since their adoption of Canada as their home; and as the question has been often asked by people interested in the settlement of the country, as to the numbers of our Colonists who have established
themselves on their own land, I purpose giving in the next issue of this magazine as complete a list as possible of these fortunate young men who are fast placing themselves in positions of comparative independence.

Among the first to avail themselves of the offer of $\mathrm{Dr}_{\mathrm{r}}$. Barnardo to assist the worthy young men of his "Oversea Colony" to set up for themselves, was Mr Henry Pettitt who was for a time employed on the farm of Andrew Taylor, Carlingford, P O., Ontario Mr. Pettitt, whose portrait we have great pleasure in presenting to our readers, already bears the stamp of the well to do Manitoba farmer. For a few years he worked on shares a quarter sec. tion belonging to the Industrial Farm; nanaged, beside getting some stock, furniture and imple. ments about him, to pro. cure and carry a good policy in the New York Life In. surance Company; lay upa nicelittle bank account, and last year he began the op-
 ening up of one of the finest quarter sections of land to be found in the County of Russell. Mr. Pettitt's motto has always been "Nulli secundus". (Second to none), and even his breaking, which was last fall carefully looked over by the writer. carries the im press of the motto given and when his little cottage, to be built in the Spring, is occupied by himself and a cheery helpmate, we look for the rapid development of one of the model farms of the Province.

George Fisher, who ${ }^{* * *}$ will be well known by many of the Ontario lads, and who last worked in Ontario at the Farm of Mr. F. Rundle, Leskard PO, has made even better progress in Manitoba; and,although he has not yet selected his land for purchase, we know that his banis account is coming close to the four figure mark, and we promise our readers a description of his material advancement in some future issue, and when he has been good enough to furnish us with his portrait.

An extensive list of young men of our "clan" could be named to-day who have set upfor themselves. I however, as stated before, propose in a later issue to deal more fuily with this ques. tion and will now devote myself to giving a short account of affairs on the farm.

## farm notes.

Lads who have resided at the Manitoba Farm will know that just at this time of the year the Manager and his staff are kept busy arranging for situations for the lads who are ready to go out into the world, but even they scarcely realize the difficulties which attend the selecting of these situations. There is rarely at this time of the year any want of applicants for our lads. Quantity,however, is not by any means all that is necessary ; quality must be considered,and even with the safe.guard of a certificate from the nearest magistrate or clergyman, I fear our boys' sometimes get into pretty "hot boxes" and have to put up with considerable annoyance. In such cases, and where there has been apparently gross carelessness on the part of the officials recommending the applicant, we always
trust the unfortunate lads will at once notify the Home so that a change for the better can be promptly made

The old hands will, 1 know, be glad to hear that no better winter was ever passed at the Farn. There has been very little bad weather; fuel and feedstored up in abundance, a fine supply of water; and, best of all, perfect harmony has been the order of all the year 1896 so far passed.

Those who lave handled the pure bred bull Trophy, sent out from Scotland some years ago, by Lord Polwarth, will be pleased to know that he still flourishes. The Ayrshire bull,Lord Lorne, however, has not been so fortunate, for letting his angry passions rise one evening lastSummer, he engaged in a most fearful combat with old "Baron," and was so seriously injured that it has been decided to butcher him. If he finds his way to Charles Andrews hands, who is, by the way, very much of a Chef' now, he will no doubt make some pretty sweet beefsteak pies and cause a broad smile of satisfaction to run from one end of the long table to the other. On the 2ist of the month a car load of fat cattle, which have been scientufically fed by Gledhill Harper and his staff, will be on their way to England. Among them is the ox, Bright. Poor old chap; what an end to be eaten by English. men!

Mr. Blythe is now looking forward for the lambing season, and if his expectations are realized, and, as you all know, they generally are in this line of stock, about the middle of April, or by the time most of my readers are looking over this paper, he, and a few of the lads, will have their hands full looking after and nursing on to life and strength, scores of those beautiful little animals which have so fitly been set up as an emblem of purity and innocence.

Large quantities of wood have beengot out from the ravines leading down to the Assiniboine this winter Some seventy tons of ice have been stored in the Creamery Icehouse and very soon the great work of drawing out the large quantities of manure to the fields will begin.

$$
*^{*} *
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It is plain to see that the people at the farm do not believe in all work and no play and we find they have persuaded the Rev. Mr. Gill, of Russell, who is now filling the post of Chaplain to the Home, to give one of his Lantern Exhibitions. We judge from the bill it will be of rather an amusing turn, as the ancient John Gilpin, of London town, is to be shown mounted on "Baldy.' There are very few of the Manitoba lads who have not made the acquaintance of this cranky pony, bought, we should say, by the Manager for the purpose of testing the patience of the boys on the farm. Well, lads, he still exists and is expected at the show on Thursday, March 19th.

A great many letters from old lads have been received this month,nearly all written in a happy vein; and although we should like to publish a large number, we regret that typographical exigencies compel us to defer this until our next issue.

On or about April r th, we expect a small party of recruits, some forty in number, and will try and embody in our next notes. not only a description of the party, but if possible their im. pressions of the Country.


## THE GYMNASTIC TRAINING OF TOMMY ATKINS.

8MONG the many extremely interesting articles in the last number of that excellent English magazine, The Strand, is onc entitled ' Gymmastics in the Army,' and written by Charles Kinght. Knowing what ardent admirers of Tommy $\lambda$ tikins most of our


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boys are, and how interested robust youth a!ways is in all matters of an athletic nature, we are tuking the liberty of reproductng a por tion of the article, "Gymmastics in the Army," together with some of the suap shot photo. oraphis with which it is profusely illustrated. The article commen. ces with an expression of the author's opinion, that "it is not too much to say that the brilliant reputation the british army has attained throurhout the worde, as an efficient fighting force, is cluc, in great part, to the splendidy complete and scientific course of gymnastics through which every individual recruit is required to pass. True, the raw material is of the finest, but this does not obviate the necessity for careful, persistent handling and working up towards perfection.'

A wholly extraordinary improvement is always noticeable in the " setting up" of the men after they have completed the regulation course, which, by the way, extends over a period of ten weeks, with compulsory practice lasting an hour and a hall every day; this, however, is often supplemented-such is the enthusiasm of the men-by the voluntary attendance of many recruits during the evening

Virtually from his enlistment, the recruit (who commences drill at the depot of his regriment) has ample facilities given him for physical exercise in the well appointed military rymmasfum ; and the fact that elaborately fitted estab. lishments of this kind are now alse to be fombd at all depots, as well as at regimental headquarters, is plain proof that the authorities are parfectly sensible of the immense importance of this part of a soldicr's training.

It would be difficult, indeed, to find a more complete military $g$ gmosium than that at Parkhurst, where Mr. Kinight procured his photographs, all faithful snap shots.

The first reproduction in this article depicts what is known as " cscalading practice," which he wituessed at the cast end of the Parkhur.st Gymnasium. Here we see a series of planks, gin. wide and $1!$ in. thick, built on to the wall from floor to ceiling These pitch-pine boards are placed parallel to, but at intervals from, one another, in order to admit of all the men obtaining agripand foothold. In the pieture, eight men
are seen escalading this wooden wall with apparent ease, keeping perfect time with hands and fect as, by word of command, they ascend what does duty for one of the defences of an ellelly.

During all the excreises which were witnessed, it was noticed that the men were continuously exhorted to keep their bodies and their chests well thrown forward, an cxhortation with which most of our boys were familiar in the old drilling days in England.

At the back of the gymmastum at Parkhurst is a very large drill field, and the drill-instructor has lately been furnished with a series of obstacles, more or less difficult of negotiation, and altogether constituting a very novel and desirable addition to the more ordinary apparatus within the building itself. The first of these "obstacles" consists of the hall a tree trunk placed horizontally about three fect from the ground, and this the men are required to clear withont tonching. Having done this, and "negotiated" a second obstacle, the panting pupils, still advancing, are presently confronted by the bridge-like structure, the photograph of which we reproduce. There is a bit of tightrope business about this and the men have to walk across on split tree trunks, of which the comvex. barkless part is uppermost. When the photograph wastaken these recruits hadalready received four weeks training, and yet their frantic endeavours to accomplish this slippery peregranation reminded the spertator forcibly of the scenc on certain festive occasions, when eager rustics attempted to travel along a hori-


andious momexts-crossing the meldie.

zontal greasy pole, in the hope of winning an indifferent joint or a purse containing a wholly inadequate sum. In this illustration it will be seen that one recruit has fallen through - gone under, in fact; yet his fellows are so intent on looking after themselves that mo hand is ont stretched to help the man below, who, no doubt, is womdering where he is and how he not there.

The other obstacles which the recruit has to face, and overcome, if he can, before the "exercise" is over are, a realistic water pump, lacking only the water, and, last and most formidable of all, a solid wall more than 8 feet in height, and with no foothold worth mention. ming. In the pholograph the right files are being helped up by their comrades below, then on being pretty firmly established on the top, they cxtend a strong helping hand to the left files below. The expression, "a strong helping hand," is mild and euphonious. We regret to say that that same hand is almost invariably applied to the scruff of the neek of the man who is to be helped up Naturally, then, there is considerable competition as to who shall be first to sit astride the wall, for clearly it is not a pleasant thing to be dragged up by the neek, or even by the hair, on to a wall cight feet hish.

In descending the only thing to be avoided is reaching the ground too soon, when probably a companion will incontinently descend upon your neck.

After a brief rest, the full squad went through the dumb-bell exercises, this being the

scabing rime wal.
morest child's play after the "up hill and down dale" career they liad just completed. The standing exercises with dumb bells hed in each hand are mainly designed to strengthen the recruits arms. These are very varied, but we imagine it would be difficult to arrange any exercise better calculated to strengthen the arms than the one shown in the next reproduc. tion. The men all appear to be looking anxiously abead, probably awaiting the command to assume another posture; for this kind of thing is not pleasant, especially if the man in front extends himself at great length and places his feet upon the hands of the recruit behind him. It is equally obvious that the most advantagcous position during these exercises -as also cluring a real, lively battle-is in the rear rank."

The dumb-bell, however, is requisitioned for strengthening other parts of the body, including the back and stomach. In the exercise for the latter the recruits are laid out in rows, like so many dead men. They are very much alive, however, and are provided with dumb-bells, which, while in this prostrate position, thicy manipulate in such a way as to strengthen the stomach. Here, again, there is some risk of the dumb-bell slipping from the grasp of one man and alighting upon the nose of his fellow.

The horizontal andi parallel bars play an important part in the physical training of the recruits of the British Army and we regret that lack of space will not allow us to give our friends the benefit of Mr. Knight's graphic description of the wonderful feats he saw performed and many of which are made additionally realistic to the reader by the smap shots talien at the most exciting moment.



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Advertising Rates will be supplied upon application at the office of publication.

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All Correspondence should be addressed. Editor "UPS AND Downs," 214 Farley Avenue, Toronto; and letters intended for publication should reach the office not later than the 20th inst. of the month to insure inser tion in the next issue.

We shall be obliged if subscribers will notify us at once in the event of delay or irregularity in the delivery of their papers.

TORONTO, APRIL IST, 1896.


笵F we had nothing else to remind us of the rapid flight of time, our journal would keep the fact ever fresh in our memory. We are on the eve of sending our minth number to press, and it seems as if but a few weeks had passed smce Ups and Downs first went forth with its words of greeting, and, we trust, of encouragement,to our boys scattered throughout this large country whilher they had come at various times during the preceding fourteen years, prepared by careful training to do their duty alike to thenselves and to the land of their adoption; and here let us reiterate the statement we have more than once made, and of the truth of which we have so much tangible evi dence, that this steady performance of duty has been a marked characteristic of the careers of a preponderatingly large proportion of the young people who have come to Canada under the auspices of Dr. Barnardo.
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During the last eight months the columns of UPS AND DOwNS have contained a mass of solid, incontestable facts, which one would be inclined to think would have done a great deal towards removing the erroneous conception of our boys which existed in many quarters previously; and we have reason to believe that not a little error has been corrected in this respect by the publication in our journal of letters trom, and reports of, a large number of our boys. It could hardly fail to be otherwise, considering that each of these little personal histories is so easily capable of verification or refutation, and that Ups and Downs goes every month into over one hiundred newspaper offices, as well as to the public libraries, Young Men's Christian Associations and kindred institutions in all parts of Canada. Canada is not a country of large cities; these are few and far between; and in all they contain but a mere handful of our lads. No less than eighty-five per cent. of the latter earn their living on the land in country districts; and, as our readers well know, even a farm-labourer's reputation, particularly if it be an indifferent or a bad one, is known to the rest of the community.

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It therefore follows that even if we were willing to make statements, eulogistic of boys, whose names and places of residence we give, whose lives did not bear out our words of praise, it would be the height of folly to do so, as evidence of our lack of good faith would be quickly forthcoming, and eagerly seized and made the most of by
those who love us not, and who are ever on the watch for the slightest excuse for inveighing agrainst a work which, in its far-reaching effects on the uplifting of humanity and in the unselfish devotion of those directing it, is as incomprehensible to them as any honest labour is to the life-long pickpocket.

There is a class of men in all countries who live only for self and in self. Just as an honourable man is predisposed to regard his fellow creatures at large as being as honourable as he is, so will a man of this class nurse the conviction that the whole living world moves in response to desires as debased as those which possess his own soul. To such a fellow, love of mankind, self-sacrifice, and disinterested effort in beljalf of the needy are mere phrases, to be conjured with when an end is to be attained. He knows nothing of the forces within the humanand humane-heart which transform those phrases into living principles, under the inflaence of which lives are ennobled and good works carried on. And-here is the rub-the good works go on and flourish, notwithstandung all that is done to thwart their advance ment by these self-lovers.

To these men the splendid records of the bulk of Dr. Barnado's young people in Canada come as personal grievance; having an effect very similar to that of a red rag on a bull.

In his insensate fury the baffled demagogue adopts tactics remarkably akin to those of the infuriated beast. He bellows, splutters, lashes out right and left, bespattering with mud all and everything within reach, and, finally, exhausted by his battle with the air, he sneaks away, the object of very little sympathy but of considerable contempt.

This number of Ups and Downs will reach our friends at a time when there is a general awakening of activities which have been more or less dormant for the last few months. A winter long enough to satisfy the pride of the patriotic native-born Canadian, and yet not long enough to weary those born in otlier lands, is quickly passing away. Two weeks ago those - and their name is Legion - who were eagerly looking for the first indications of a spring supposed to be close at hand, received a severe shock. A short spell of fine, balmy weather was most unexpectedly followed by a series of storms which paralyzed traffic of all kinds, converting railway cuttings into immense snow drifts through which for three days it was impossible to penetrate. Letters which ordinarily would have reached their destination within a few hours of their despatch were now almost as many days in transit.

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The experiences of Mr . Gaunt and Mr . Griffith travelling through the open country of South Ontario, on their work of visiting the boys, were such as neither gentlemen is desirous of again encountering. A sleigh drive of thirty miles is a common occurrence in the round of duties which a visitor has to perform, and that in sections of the country where habitations are few and far between, and the roads, under the most favourable conditions, badWhat they would be like under the conditions which prevailed during the first two weeks of March, we leave our readers to imagine. All's well that ends well, however, and we must admit that we enjoyed hearing Mr. Gaunt tell of some of the incidents which enlivened the monotony of the long, lonely drives in localities where boys are living many miles away from a railway station. Upsets were anything but rare, and one in particular is remembered by Mr. Gaunt with some resentment.

It was one of those disagrecable days not unusual in February and March when the wind, snow, and cold form a combination essentially hostile to the comfort of the traveller. A blinding snow storm, through which nothing beyond the horses' heads could be seen, compelled Mr. Gaunt and his driver to depend upon the instinct of the horses to keep to the track. But the animals were considerably affrighted by the buffeting they were subjected to from the elements, and after much plunging and stumbling they eventually rolled down a low embankment, at the bottom of which they lay on their backs, their legs frantically pawing the air.

Emerging from their snow plunge-bath Mr. Gaunt and his attendant essayed to right the cutter and free the horses. This was only accomplished after the shafts had been badly smashed. A cheerful predicament, indeed! There was nothing for it but to lead the horses, or be led by them, to the nearest farm house, over a mile away, where they would be able to borrow a pair of shafts or materials for provid ing a makeshift. With fingers, faces, and feet half frozen, they arrived in time at the farm house, only to find that the farmer was away from home and that the farmer's wife would not allow them to warm themselves by the stove or in any way assist then in their difficulty, even sending word that she refused them permission to borrow a rope that was hanging in the barn, whither they had gone for shelter.

Fortunately such instances of lack of charity are very rare in the households of Canadian farmers. It is an exception that a storm-bound traveller is not accorded a right royal welcome by every member of the farmer's family beneath whose roof he seeks shelter from the tempest.

The fears of a fresh lease of winter, engendered by the unusual severity of the weather of only a fortnight ago, have, however, been dissipated under the genial influence of the bright, warm days which have been very much in evidence more recently, and preparation for the coming season's work is the order of the day alike with nature and mankind.
"In the Spring" is an expression that figuras very frequently in the letters from our friends. Naturally they regard Spring as the starting point for another year of actual, active effort. They are feeling the benefit which is derived from the bracing tendency of the clear cold winter and its period of comparative ease. Reinvigorated, full of health and good spirits, they are ready to "pitch in" and take their share of the hard work which falls to the lot of all on the farm during the Spring and Summer.

## $\therefore$

The spare hours of very many of our boys during the past winter have been spent in a most profitable manner. 'Their letters tell of well-sustained interest in various kinds of church, mission and kindred works, efforts at educational improvement, and so forth.

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While much of the active work on these lines must necessarily be curtailed during the busy months, we very earnestly trust that the effect of what has been attempted and dons will remain with our friends for all time, and we would no less earnestly urge them to keep continuously in touch, so far as they can do so without neglecting their duties, with those agencies, which, they have learned by experience, will add to their strength, mentally, morally and spiritually.

We have been particularly pleased to notice the great influence one of our boys has acquired over a number of lads stationed in the same locality, and whom lee visits individually as
often as he can, proffering counsel and encouragement, both of which he is competent to give, for by his own efforts he has placed himself in a good position. He is very actively identified with the mission work of the church to which he belongs, and is recognized by all who know him as a thoroughly upright Christian man, unostentatious in his piety, but ever ready to help others to the path he himself is travelling.

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If in each locality where a few of our lads are stationed the eldest among them would but feel that on him lay the responsibility of an elder brother, that to him the younger ones were looking for example and counsel, much per. manent good would be accomplished for all. We have evidence of this in the instance we have been alluding to, as well as in others, where boys have striven to exercise in a quiet way a brotherly waichfulness over those more recently arrived in their midst.

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In a letter recently received from Thomas $H$. Newton (of the April, '88, party), we learn that Thomas, who attained to man's estate four years ago, has been doing. a considerable amount of traveiling in various parts of the United States. The result of his observations in the land of the Stars and Stripes is that he returns to Canada with a higher opinion than ever of this country. Thomas intends to settle down here, and has a comfortable balance in the bank, as well as considerable experience, with which to face the future.
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Peter Eppy is another boy of the ' 88 party from whom Canada receives warm commenda. tion. Peter is 18 , and working steadily at Dalston.

Cornelius Albone recently made a trip to England to see his friends. He is back again, however, in his old situation, at Carp. Our friend, who is ig, has made good use of the nine years he has spent in Canada, and has received the long-service good conduct medal.

After speaking of the journal, Paul Stargratt, I 8 , says:-
"I have had some ups and downs myself, but they were my own fault, and I am trying to do better."

We very earnestly trust that Paul's efforts may be crowned with success, and that the "ups" without the "downs" will prevail in future. Half the battle in life lies in realizing one's own mistakes. Paul does this, so our hopes for his future prosperity are high.

Richard H. Hallam. 16, writes from Red. wing:-
" I read with joy of my friends' success, and I intend to succeed myself. I have heard people say we are a shame to the country, but in good time they will say different; there are now five boys from the Home here, and they are well liked and doing well."

Very earnestly do we hope that God's blessing will fall on Richard as he manfully strives to climb upward. Those who now say that such boys are "a shame to the country" will undoubtedly " say different" in "good time"; but that time will not be until the hearts of the evil. speakers have been cleansed from the "envy, hatred, malice, and all uncharitableness" which at present possess them.

This is perfect contentment, surely! "I guess I have got about the best place for boys like me." So writes Wm. Davies, who, we are pleased to see, possesses the cheerful, hopeful spirit that a healthy boy of fifteen ought to
have He is indeed very comfortably situated at Norwich, and his employer, Miss. Carroll, speaks in warm terms of William's desire to do his best. From our young friend's letter, we perceive that he takes a keen interest in his various duties.

Fred Page, 15, writing from Port Hope, speaks of some happy days spent in England with Wm. A. Farr, Jacob Singer, and Thomas Newell, who were fellow-boarders of Fred before they came out to Canada in June, '93. Fred has located his old chums, through UPS and Downs, and is greatly delighted thereat.

Fred Evans' three years' work in Canada has resulted in a balance of $\$ 75.00$ recently being placed to Fred's credit in the bank. We have other evidence of our friend's steadiness and perseverance, his employer informing us that he has engaged him for another year.

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Henry Offord, 18, in sending a dollar for the Homes, says:-
" I would be willing to work for the Home until I was 2I years of age, and give all I earn to the Home, if you will only say the word. There is one thing I shall always remember, and that is that the Home was the means of making a man of me. I shall have been here a year to morrow. and by God's help I hope I shall serve my time faithfully, that I may win a good name for mijel! and the Home I came from.
and I am always proud to say I came from that Home."

We will not say "the word," for which Henry asks, but we do say, and say it very earnestly, that his letter is a source of intense gratification to us. It tells how fully "faith, hope and charity" have entered iuto the heart of our friend, and to all so minded we know that the A!mighty Father will ever extend His richest blessings.

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Herbert Ransom, 16, a boy of the year '93 party, writes cheerily from Brampton:-
" I like my place all right. I am going to school for four months this winter."

A chatty epistle reaches us from William Wood, a little thirteen-year-old lad, who came out last summer and is now at Thomasburg. We are told a great deal about the depredations of four dogs, who have a weakness for mutton and seek every opportunity of providing a supply for themselves out of the sheep owned by William's emplover. We also have the comforting assurance that if we were on the spot with William "you would have all the apples you could eat."

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Thomas Greenwood, 14 , writing from Kirby, expresses his pleasure at the receipt of a copy of Uis and Downs. He is much concerned to know if Dr. Barnardo has recovered from his illuess. Thomas was not a subscriber to UPS and Downs until recently or he would have read Mr. Owen's statement at the end of the fall that he was thankful to say that Dr. Barnardo had so far recovered as to be able to again assume the direction of affairs in connection with the Institution. Late as the information reaches our young friend we are sure it will be eagerly welcomed by him. We are hoping it will be slipplemented by a report of Dr. IBarnardo's further advancement towards perfect health and strength, in "Echoes of the Month," for the arrival of which from Eugland, where Mr. Owen is at present engaged in connection with this year's first party for Canada, we are very patiently waiting.

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There is something of the philosopher about Alfred Gouge, I8, who writes :-
"I am glad to read in the last issue of Ups and Downs how well boys and girls are getting along. I have not done very much to blow about myself, but I hope in a few years to do better."

It isn't always the boys who "blow" most who do the most. In fact, "blowing " is rather suggestive of wind, and wind only. We are sure that Alfred's reputation for good purpose is, and always will be, of a more solid character.

We have an interesting letter from William Pickering telling how affairs are prospering, not only with him, but also with Charles Mott and William Abbott, two '95 boys, aged 16 and i 7 respectively, who are fellow-workers of William. Of Charles Mott, our correspondent says:-
"He is getting to be a regular stock man. He can feed every 'hoof' in the stable, and he is getting to be a sturdy young man."

Of William Abbott we learn he is getting along very well. Their friend says little of his own capabilities, but we know from other sources that William Pickering has used the time he has been'in Canada ( $4 \pm$ years) wisely and well. He has been in one place all the time and has recently received the long-service and goodconduct medal. His present engagement is a yearly one, and considering that a reduction of wages is the rule, William is not dissatisfied that his remuneration for the year is $\$ 125$. We are sorry to learn iof the loss; of the little finger of his left hand, occasioned by being placed in too close proximity to a cog wheel. William informs us that the wound has healed all right now, and he does not suffer much inconvenience.

From Ullswater comes a bright, cheerful letter from Edward C. Domaille, 17:
"I am quite well and contented in'my place. I am having it pretty easy this winter, doing nothing else but eating and sleeping and going to school. . . . I thank Dr. Barnardo for taking good care of me in the Home and sending me out to Canada where I can start up in life. I am in a good home. . . . and I calculate to stop as long as $I$ can. I go to church and Sunday school, and I am learning ali I can."

Edward's lot has fallen on pleasant lines, and he evidently appreciates the fact and is determined to make the .best of his opporturities. With his letter came one from his employer, Mr. John Young, in which warm praise is bestowed upon Edward. "In fact, we think "as much of him as of our own son," says Mr. Young.

We are glad to hear again from our friend, George Gilderson, who is still at Strathroy, in the same situation to which he went five years ago. "And I believe I shall continue bere for another five years," he writes. George is enthusiastic about the Literary and Mutual Improvement Society, and we hope to find in him a constant supporter of that feature of our journal. Incidentally he mentions that the day on which he writes is his 24th birthday: Though rather late in proffering him our wishes for "many happy returns," we do so none the less heartily.

Charles Grilfin (April, '88 party) sends an interesting account from Oil City of the duties he has to perform. The winter has been any. thing but a season of idleness for Charles, who has been busy chopping, cutting, and hauling wood most of the time. He says:
" I thank Dr. Barnardo very much for giving me a start in life, and when I am well up in years, so that I can earn my living easier, I would like to help others, to give them a show."

After nearly four years' experience of the country and its advantages, William Henry White writes from Uxbridge :

"I like Canada and I am going to try and stop here, which I think I can do. I thank Dr Barnardo for bringing me out of poverty, and planting me in a finecountry where there's lots to do; and I intend to do my uttermost to do what is right, and earn my bread by the sweat of my brow, and to be
honest in the sight of all men, and trustworthy."
Fortified with these good resolutions and a four years' trial, which he has met manfully and bravely, William, who is 16 , has a future full of bright promise.

From Alfred J Watkins, 18, of June, '9r, party, we hear of an engagement at Mono Mills for the forthcoming summer, with which our friend seems well satisfied. In the fall he is to return to his previous employer, and has arranged to attend school during the winter.

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AN EMPLOYER'S OPINION OF FRED. W. PURKISS (APRIL, '9I PARTY!.
We have before us a letter from Mr. Darius Conkey, of Adelaide, which is as follows:-
"The boy you sent me is getting along nicely. I fike him splendid, and ilhave futad him so far to be a smart, truthful, and honest young fellow. He says he is satisfied and I have engaged him for a year: and if he continues to do as well for the year, there is no fear of him ever being out of a bome."
How exasperating it must be to our vindictive traducers that those who know our boys and have them in their homes will not join in the hue and cry against them. But, then, honourable, right-minded people don't indulge in that kind of pastime.

Edwin Rose (Iuly, '94) sends us word from Napanee that he is getting along well, and that he often drives over to see his brother Charles, who came out in 1886, and is working about ten miles away.

Nathạn R. Stringer says many kind things of Ups and Downs, and tells us that he has acquired a fair knowledge of practical farming, which we can well believe, as Nathan, who came out in June, '92, and is fifteen, has put in three years of stead ${ }_{j}$ work in his present situation at Chesley.

Many of our older boys will remember Henry Jos. Scates, whose portrait we present herewith. Henry has been a very determined worker from the first and enjoys in an unusual degree the confidence of his employ. er and of others with whom he has come in close contact during his nine years in Canada. He is still in the
 ada. He is still in the same situation at Bethany to which he went upon his arrival in Canada in March, ' 87 , and, it is almost unnecessary to add, has received his long service and good.conduct medal. Despite two prolonged visits to the hospital-a serious drawback to any man-Hemry is the fortunate possessor of a substantial balance in the bank.

George Careis. 15 (March, '93, party) is very enthusiastic about his place, Ups AND Downs, and things in general. He says :-:
"I am very glad you are printing some of the giris' names, for I am looking for ward to when I shall seemy own sister's name."

This portion of George's letter will doubt. less meet the $\epsilon$ ye of Miss Code; and then-who knows what may happen ?

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It is very evident that a large number of our boys take a keen interest in the portion of Ups and Downs devoted to our girls, which indicates a proper spirit of appreciation on their part. Each month from twenty to fifty boys send in answers to the puzzles which form a feature of "Our Girls."

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Fred Baker, of March, ' 87 , party, is glad to see accounts of so many boys prospering, and sends hearty wishes for a safe and comfortable voyage from England for Mr. Owen and his party.


Of Wyndham H. Fitch, who came out June, '95, we hear the most encouraging reports. He is alluded to as a "good-looking, healthy, growing lad." But olgreater import still is the announcement that he is "truthful, trusty and generally well-behaved." We have considerable pleasure in publishing the portrait of our little friend who, although only fourteen years of age, has already done so much to establish for him self a good reputation.

## DO NOT LET US FALL BEHIND.

There are two paragraphs in this issue to which we specially wish to draw the attention of our boys. One is in " Echoes of the Month," where Mr. Owen tells most interestingly of the tremendous effort that is being put forth by workers in England to raise a large sum of money, to be devoted to wiping out existing liabilities and to the establishment of a fund for a special purpose.

The other paragraph forms a part of the article "The Girls' Donation Fund," in which Miss Code speaks of the loyal manner in which Dr. Barnardo's girls in Canada are supporting that fund, and of her hopes of being able to forward a sum of $\$ 150$ to Dr. Barnardo very shortly.

Let us point out that there are over four times as many of Dr. Barnardo's boys in Canada as there are girls. What, then, should be the ainount of the donations from "Our Boys?"

We are sure our boys would be sorry that this should be less than usual in theyear which members of all classes in England, from Royalty downwards, are striving, by united, active effort to make the most successful in the history of Dr. Barnardo's work for suffering childhood If such a regrettable contingency is to be avoided, a large number of our friends must be heard from within the next few weeks.

Since our last issue, the following donations have been received:-Bowles, Jas. F., \$1.00; Folley, Chas., $\$ 1.00$; Kibble, Jas, R., $\$ 2.00$; Offord, $\mathrm{Hy} ., \$ 1.00$; Orpwood, Francis, $\$ 1.00$; Press, Benj., \$1.00; Ransom, Herbert, \$1.00; Rowe, Alf., $\$ .100$; Sandiford, Wm., \$1.00.

## AN EASTER MORN ON THE GASPE COAST.

## (Specially written for Ups and Downs by Faith Fenton).

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(4)HE fishing season had opened earlier than usual down on the Gaspe coast. Already the ice in bay and inlet had disappeared, and the gray, cold tide of the Atlantic swept up in icy washings on the beach of the little fishing village of Percé.

The sun fought strong for victory over the bitter winds in these early April days; the snow had resolved into pools, submerging the village roadways; but Mount Ste Anne still wore her garment of winter whiteness, save where the clustered pines stood out darkly upon her steep sides.

The Patron Saint of the Gaspe villagers is this Mount Ste Anne. It rises in its steep ascent of thirteen hundred feet behind the little strip of level land, half a mile in width, on which the cluster of cottages constituting the village stands. A brave little storm-beaien settlement is Perce, as are many of the villages upon the Atlantic coast. The steep mountain guards it in the rear; the grey ocean waves lash upon it in front, broken only by the famous Percé rock, which stands out like a giant wall in the waters-a relic of pre-historic times

Lonely is little Perce village also, save for the brief summer months when the fishermen are busy, and night and morning sees the shacks spread with fresh, dryi:!g cod; while the fishing smacks come and go, and twice each week the coastal steamer pauses to drop a boat and send the mail, or perchance some rare passenger, ashore.
Ay, the summer days are fair and invigorating with their sea breeze and sense of wild, remote beauty; but they are soon past, and autumn brings boisterous winds that beat the sea into great breakers and wrap the clouds in low sullen masses over the mountain top, hiding the tall statue of their patron saint which the villagers have erected, and to which they climb in many a toilsome pilgrimage, for petition and thanksgiving on the momentous occasions of their simple lives.

The open water had come fully two weeks before its usual time, and activities had begun in the big fishing establishment which gave employment to the population of the village. Seines were being mended, shacks repaired; the cutting and drying houses cleansed, and the boats freshly painted. There was an odor of tar, the sound of hammers, and a general stir in the little white settlement on the shore, albsit the wind whistled keenly down the mountain side, and the waves washed broken crusts of ice up on the beach.

It was Holy week and the fishermen account it an auspicious omen for the season's success if they were able to start out upon their first "catch" on Easter day ; while to see the sun shine upon the water on Easter morning is the best possible omen of good luck. Very anxiously therefore they watched the grey sky and greyer waters, and busily they made ready to start out.

Peter Duval, the bravest lad in the village, and a member of the poorest family, was especially eager; for this season he was to go out as one of the men-in receipt of a full days wage for his work. Certainly Peter was young, as the "master" said, but he was strong, active, and fearless-steady too, and with thorough knowledge of his craft.

Peter could run a buat ashore, or come alongside of the coastal steamer better than most men twice his age, he knew how to take advantage of every rise and fall of the waves, every turn of the wind; and many a school of storm-tossed craft had he guided skillfully into the shelter behind the great Pérce rock, that
would else have been dashed to pieces against its outer wall.

So now this slender lad of fifteen was promoted to man's place and man's pay in the cod-fishing.

Good Friday was observed as a holy-day and fast-day in the village. The bells of the two little churches-Roman Catholic and Pro-testant-rang out through the roar of wind and wave, and the population turned out for the services, joining in the petition uttered alike by the white-robed priest and the black-cnated minister for the safety of "these Thy servants who go down to the sea in ships," and beseeching a blessing on the season's labours. Afterwards the men stood about the shore in gronps, smoking and casting an occasional glance up to the mountain top
"Ste Anne has her night-cap on," remarked one, as he noted the low grey clouds enveloping her brow. "That means foul weather, I take it.'
"Not for long, lad; not for long" said an old veteran, after a keen look from the blue deepset eyes, in his weather-beaten face. "Her night-caps on, but she's no' tied the strings. When she does that it means three days of storm, sure. But from the shape of it," indicating the cloud upon the mountain top, "I think she'll not be tying 'em this time. We'll yet be seein' the sun dance on Easter mornin'."

All day Saturday the work of preparation went busily on, and towards evening the grey cloud on the mountain top lifted, showing a rift of blue, and a glimpse of the white woman-statue. It was only for a brief moment, then the greyness dropped again, but the veteran fisherman had seen it and nodded in satisfaction. "It 'ul be a bad night; but the sun'll dance in the the mornin'," he said.

Peter Duval lived with his mother and three young brothers in a time-defaced cottage at the far end of the village. The Duvals had lived on the Gaspe coast for several genera. tions. Peter's great-grandfather had been a signieur, and twenty-five years ago the Duvals owned the largest house in Percé and the fishing establishment at Bonaventure-that large island which lay nine miles across from the mainland But for two generations the men of the family had been shiftless; sickness had come, and misfortune, until within Peter's remembrance at least, cold, and often hunger had beset them. True, the neighbours had been kind; but none of them were rich, and each had his own household to supply. So the delicate mother and little brothers had often gone without the necessaries of life, although Peter had striven hard to secure them.

All the odds and ends of work, hard and toilsome and poorly paid, that might be gath. ered up about the village, Peter had done. In summer he had watched and turned the drying cods and washed out the fish sheds; in winter he had cut wood on the mountain side; yet all his young earnings were insufficient to keep the look of hunger from the faces of the little brothers, or bring the color to his mother's cheek. It was not to be wondered at that he waited impatiently for his man's place in the boats. and counted exultantly upon the success of his first " catch."

It was early in the alternoon that he remembered the splendid new seine lying in the fishing shed over on Bonaventure islanda seine that had been left there by a couple of wealthy young sportsmen from Boston, in the late fall, who had told him that they might send for it within a month, and if not he could keep it " to use when you're a man," one of them said laughing, all unaware how early manhood comes to poor fisher laddies. They had not sent for it; the seine was still safely locked up in the drying shed on Bonaventure;
he could see the island with its dark pine tints ; he could almost see the fishing sheds.

The ice was well broken on either shore, and the day was early. Peter thought he would venture across. He resolved to take Jacques-the sturdy little brother of ten-and to tell no one of their going, since the older men might try to dissuade him; and his mother would be sure to worry.

Peter went up to the shabby cottage
"Mamman," he said in the French, halfendearing speech, "Jacques and I are going out for awhile ; we'll be back before dark.'
"Well, don't stay up the mountain too long," answered the mother in calm unconsciousness. "I like you home early. Did you get your father's old seine mended, Peter ?"
"Yes; at least, not very well," answered the boy, confusedly. "But I'll manage somehow.'

He paused a moment. He was devoted to his frail, slender mother. Then he paused beside her chair, and put his large, muscular young hand on her grey hair. "We may be a little late, but don't fret, mamman," he said. And whistling for Jacques, who followed him about like a faithful spaniel, the two went out together.

The afternoon waned, darkness came ; and Madam Duval, having given the little boys their supper and put them to bed, stood by the window looking up the mountain road for her sons The wind had risen to a gaie, and the night was filled with blackness and scurrying clouds; but she was not alarmed. "Thank God, my boy is not on the water to-night!" she murmured. "They are late, but I suppose they have stepped in at widow Lamont's on their way down, an' she's sure to keep them I shall not wait up, for I want to be bright tomorrow."

The mother stirred the fire, put the tea-pot on the hub, and covered the plate of fried cakes. Then she stepped again to the window and looked out and up to the mountain outlined in formless mass against the background of night.

As she looked, the scurrying winds drove the enshrouding clouds apart, and she saw stars darkling in a narrow band of blue above the canopy, beneath which stood the statue of Ste. Anne.
" Protectrice de voyageurs," she said involuntarily, clasping her hands; "ora pro nobis"; and then she went peacefully to sleep.

And out in the open waters-wild with icy waves,-out where the wind whistled in bitter hurricane force, wedged between loose ice floes, was a boat that seemed, amid the angry elements, like a delicate shell in the grasp of an angry giant.

The boys had made their way safely across to Bonaventure, the wind being in their favour. There was more ice about the island shore than Peter had expected, but skilful steering had brought them in. They had secured the new seine, had a warming meal at the one inhabited house on the island-that of the caretaker of the fishing sheds and shacks-and started on their return journey.

But the wind had changed; the ice had shifted and packed, the currents were hard to find, and it was growing dark.

Little Jacques got numbed. with the icy wind. Peter wrapped the child in his own coat, and worked with set muscle and straining nerve to pilot the boat through the floating ice masses. He accomplished it at last, and pass. ed out into the open.

But here the fury of the wind beat upon them; the great waves washed across their bow, their was no landmark to guide them; and Peter could only keep his boat righted and long for light. Suddenly the rushing wind lulled. The wild grey clouds were borne apart,
and there in a rift of blue upon the mountain top stood the white image of Ste. Anne.
" Protectrice de voyageur, ora pro nobis" cried little Jacques fervently. It was but for an instant, yet it was sufficient to show Peter his bearings. He righted his boat, put back toward Bonaventure and lay in a sheltered cove that he had noticed in the early afternoon free of ice.

They were shielded from the worst fury of the wind, and fortunately the boat held a stock of tarpaulins which the boys used for coverings.

But the night was bitterly cold and little Jacques, who fell asleep, moaned piteously, when his brother fearful of results, roused him.

After midnight the wind fell, the evil grey clouds dropped towards the western horizon; and with daybreak a yellow gleam flashed across the heaving waters.

Presently, with benumbed hands, Peter again roused little Jacques.
" Look," he said, " it is Easter morning, and the sun is dancing on the water."

Half an hour later, a second boat manned by six strong fishermen put out from the little village and came swiftly across in search of the missing boys; " not that we looked to find ye after such a night," said the veteran, as he rubbed little Jacques numb limbs and poured liquor down his throat. "Its by the favour of Ste Anne ye weren't driven out to sea, or smashed like an egg shell between them ices. But," with a giance at the water, now sparkling with reflected sun rays, 'its good luck for you that the sun's dancing on the water on this blessed Easter morn."

## OUR LITERARY AND MUTUAL IMPROVEMENT SOCIETY.

IT is now our duty to " report progress," to adopt a parliamentary phrase. Not infrequently this expression is decidedly misleading as a tale of going backward instead of advancing is told under the heading of "reporting progress." We are thankful to say we are not called upon to perform such an unpleasant task.
"Considerable progress made, and the prospects for the future bright." This, in brief, is our position at the end of the first month in the existence of our Mutual Improvement Society.

The evidence of our progress is found in the number of boys who have already entered into the work with considerable zest, and the still larger number who have written expressing their eagerness to participate, but who, withshall we say ?- the bashfulness of youth, are waiting for others to lead the way. Of those who have " screwed their courage to the sticking point," and told in an interesting manner " What I Remember of My Native Land," or "What I have Seen and Done inCanada," there are nearly a dozen-a very respectable number for a commencement, especially when we remember what a bashful lot of fellows most of our boys are! Let all bashfulness now vanish, however, and let each of those who have said they would " wait for others," as well as all who feel an interest in our venture, fall into line with the active workers.

For the essays that we have received we do not claim the highest degree of excellence attainable, or even that degree of excellence which will be attained by these same contributors during the next few months; for we are confident that we are going to make progress, not only as a whole, but individually. But we do unhesitatingly say that every paper reflects credit on its writer. Some are better than others, but all are good. In not one single instance is there any sign of hurried, careless work. On the contrary, there is abundant evidence that our pioneer contributors have gone
very earnestly to work, and have done their best in all respects, and for this they are entitled to be warmly commended. There are occasional inaccuracies in spelling, violations of grammatical regulations, and sentences inclined to be ponderous; but to expect there would be none of these would be unreasonable. If there were no shortcomings there would be no need for improvement, and "improvement" is our watchword.

The "youngsters" lor whom, it will be remembered, special provision was made, are well represented in numbers and in quality. They as well as the older boys show that they possess excellent memories; scenes with which they were acquainted in England, incidents which occurred some years ago, when they were quite little fellows, being very interestingly and connectedly described, often with considerable detail. It is somewhat remarkable that in choosing one of the two topics selected for this month, our essayists have been almost unanimous, only two choosing "What I Have Seen and Done in Canada," the others preferring "What I Remember of My Native Land."

Sir Walter Scott wrote :-
Breathes there the man, with soul so dead,
$W$ ho never to himself hath said:
This is my own, my native land!
Whose heart hath ne'er within him burned,
As home his footsteps he hath turned
From wandering on a foreign strand.
Such an individual certainly does not exist among Dr. Barnardo's boys in Canada, although neither they nor we regard this country as a "foreign strand"; nor are our boys wanderers; they are here to stay, to become a source of strength to, and power for good in, Canada; and this not the less so that their hearts do at times turn towards England, and burn with the thought that

> This is my own, my native land.

This, however, is leading us away from the work we have immediately in hand. It is obvious that we cannot undertake to publish all the essays we have received or shall receive. Such a course would soon leave us without space for other purposes. This month we publish three, with the names and ages of their respective contributors, whose work we present free from any "doctoring" Among the contributions which are not published, but which, did space permit, are by their merit entitled to publication, and which, be it remembered, will bear fruit when we come to the end of the session, are those of Harry E. Cooper, Frederick G. Bennett, Albert E. Young, Fred. Broster, Harry Bobbins.

Our circle of friends and well-wishers comprises others besides our boys. One of these friends, evidently of the gentler sex, has recently gone to considerable trouble to send us several carefully selected extracts from the writings of leading men of various epocis, of which we hope to make use from time to time. We extend our very sincere thanks to this lady who subscribes herself "M. A. V.," and beg to assure her of our appreciation of her kindly interest in the welfare of our journal, and, it is no less evident from the nature of her selections, of our boys.

## WHAT I REMEMBER $\stackrel{\text { * }}{\text { * }}$ * MY NATIVE LAND.

ALFRED JOLLEY; Age, 19 years and 6 months; Party; June, 1890.

My native land is England. I was born at Denford, a small village of about five hundred inhabitants. It is situated on the river Nen, in the County of Northampton. The people are mosily farm labourers and shoemakers.

I removed from Denford to Rushden, a larger town, of about ten thousand inhabitants; it is in the same County as Denford. The greater part of the people are shoemakers, there being eight large shoe factories in operation. It is a very pleasant place to live; the
country around is studded with woods, where hazel nuts grow in plenty. It was at Rushden that my mother died. I was then seven years old.

Soon after my mother died we removed to Bedford. It is the County Town of Bedfordshire; it is a large town situated on the river Ouse. There are some fine buildings at Bedford; among them are St Paul's Church, the Grammar School, and Bunyan's Statue, and several others. There are several large market gardeners on others. There are several large market gardeners on
the outskirts of Bediord, who employ a large number of the outskirts of Bediord, who employ a large number of
people; it is a pretty sight to go and visit these gardens people; it is a pretty sight to go and visit these gardens
in the summer time. During my stay at Bedford, I had the pleasure of visiting Elstow. the home of the great John Bunyan. It is a small village situated about two miles from Bedford. After staying at Bedford a few months, we removed to Woburn Sands, a small village situated a few miles from Bedford. This place is noted for its fine white sand. There is also a fullers earth well here. There is a large estate close to the village; I always liked to go and pick huckleterries in the woods on this estate. The public were allowed to go through the woods as long as they did not shoot any game or injure woods as
the trees.

From Woburn Sands we removed to London, the great metropolis of the world. My father could not ob. tain employment in London, so he decided to place my brother and I under the care of Dr. Barnardo It was on the 10th of December, 1889, that we entered the Home at Stepney Causeway. During our stay there we went to school, and on Saturdays we were allowed out on leave, from 10 clock p.m. till 6 p.m. On these holidays we had an opportunity to see the city. I visited the Tower of London, also the British Museum, and other places of note. After staying at the Home for seven months I decided to go to Canada, under the care of Dr. Barnardo, We sailed for Canada on the 2oth of June, i8go. Since that time I have been in Canada, but I shall never forget that England is my native land.
WHAT I HAVE SEEN ${ }^{*}{ }^{*}{ }^{*}{ }^{*} D$ DONE IN CANADA.

## SAMUEL RELF, Age 18. Party, July, 8894.

I have been out in this country a year and eight months, and in that time 1 have seen and done a great many things; which would take a great deal more than five hundred words to tell them in. The first piece of work I undertook to do was to hoe a patch of turnips consisting of about an acre; I was a long time over it, but my master told me the job was done well. One day I was sent to hoe potatoes, and among the potatoes were planted pumpkins, which I pulled up for weeds, not knowing they were anything but weeds. From hoeing I went on to learn haying, but the first year I did not do much at it, only just driving the wagon around to the cocks of hay and helping on the stack a bit. The second year I loaded, and run the sulky rake. Of course harvest is the next important thing after haying course harvest is the next important thing atter haying
is over, and in that I shocked the grain, pitched it on is over, and in that I shocked the grain, pitched it on
the wagon at drawing in time and mowed it. The first year, after harvest was over and the fall wheat put in, my master went to the Exhibition for three days leaving me to gang plow. I did not make much of a job at it, so my master set me plowing with the big plow. When I had been at it about a week, I began to get on fine, and that fall I did the biggest part of the plowing on the farm; I had just been at my place about three months when I started to plow. Last fall I did all the plowing, except one day which my master did. The first winter I was at my place I just did the chores, split wood and helped in the bush a little, but this winter I have done quite a bit of teaming such as hauling wood to Stayner, which is eight miles from our place. I also hauled rails and stakes from a place three or four miles distant. I have done a little sawing at logs and a little skir g out. Of course all these things I have seen done are all new to me, for I never saw a farm implement before nor lived in the country till I came to Canada, and I think farming is first rate work. and I also think mixed farming is the best kind of farming to go in for, because if a man farms at one thing only and fails at it that leaves him in a pretty bad fix, whereas, if a man goes in for mixed farming he is not so likely to fail in everything. In conclusion farming is made very easy to what it was many years ago by the wonderful machinery that has been invented during late years.
WHAT I REMEMBER ${ }^{*}$ OF MY NATIVE LAND.
ALBERT E GREEN, Age 14, Party; July, 1892.
I was born in Northampton in the year 1881. This town is situated about 68 miles from London. It is greatly noted for boots and shoes. When walking along the streets about every 50 yards you see a large shoe. faclory. Just come along with me for a visit into one of these lactories. The first thing that we hear is the ring of hammers. Here we find the main part of the work going on. Get on the elevator, go to the next floor, here we find the offices where young men and women are busy keeping track of supplies that are being sent to all parts of the country. Take the elevator again, go to the
next floor, here again we find young girls busy ewing the tops of boots. These tops are then sent down to the machine sewers, where they are securely fastened o the soles. Then they are sent to the finishers and there made ready ior use. Then the boots are handed over to storekeepers in large hampers. Then they arc taken out, put up in pairs, put in small cardboard boxes, and then put up for sale.

Also in that town are large buildings where a great deal of drapery. crockery, grocery, and tailoring business are going on. We can take the tram car and go to a beautiful green spot called the race course, about six miles in area, where, at a certain season of the year great races take place, which last two or three days. Quite well I remember a beautiful place called Market Square where every Wednesday and Saturday a great market is held. Also in the middle of the square stands a large fountain where once a week the firemen of that town come to practise by turning the hose upon it. The firemen were jolly fellows, and we used to have fun with them by running under the hose, and letting them squirt the water upon us, and then go home like drowned rats. Then used to come the worst part of the fun, waiting till mother got the strap.

We are sure all our friends will join us in congratulating the writers of the foregoing essays on the way they have acquitted themselves in their first efforts. We shall, nevertheless, look for improvement each month.

One point, in particular, to which it is desirable to call attention, is the arrangement of paragraphs. The writer, either of an essay or, an ordinary letter, should aim at imparting his information in such a manner as to enable his readers to grasp the full meaning of his remarks without being comspelled to submit them to a tedious process oí disseciion This requires not only care in the selection of words and their proper arrangement into sentences, as was pointed out last month, but also the arrangement of sentences into paragraphs.

A paragraph is a series of sentences relating to the same subject, and no sentence should be admitted into is which does not relate thereto.

The opening sentence should indicate, though it need not formally announce, the subject which is more fully explained in the follow. ing sentences of the paragraph.

As all sentences in a paragraph relate to the same subject (or division of a subject), they should be arranged so as to carry the mind naturally and suggestively from one to the other. Upon this the excellence of a paragraph mainly depends.

Our friends might test their mastery of the foregoing points by noting where the essays we have published are weak in the arrangement of paragraphs, or in fact in any feature. They can then send us the results of their observations. topics.
The topics of the next two months are:

NOTE.-ESS IYS ON TOPICS FOR MAY MUST BE POSTED NOT LATER THAN APRIL 2OTII, THOSE ON TOPICS FOR JUNE NOT LATER THAN MAY 2OTH.
The following instructicns must be adhered to:-

Write on one side of the paper only.
Do not add anything except your name and address to the paper ou which the essay is written. If you wish to write a letter or make any remarks do so on separate paper.

When no letter accompanies an essay, the manuscript will be carried through the mail at a rate of one cent for four ounces, provided the package is not sealed.
The envelope should be endorsed "MS. only," and The envelope should be endorsed "MS. only, and
addressed Editor Urs and Downs, 214 Farley Avenue, Toronto.

Do not send two months' papers together.
A paper or essay must not contain more than 500 words. It need not necessarily reach this limit but it must not excecd $i t$.

For other particulars and conditions we refer our friends to their copies of our last issue.

MING events cast their shadows before them." In a letter from Florence Frances, lately received, she writes: "Why don't you write to Mr. Godfrey and ask him to send you a picture of the dear old village, which I love so much, to put in the Ups and Downs? It would help to make it brighter, and also to tell us a great deal of what is going on in the village now. I am sure he would willingly."

Well, Florrie, here is the letter from Mr . Godfrey, and as we cannot give all our good things at once, we have some pictures of the village, which we shall hope to present at some future date. We think our minds must run in the same direction, for long before this letter came, we had sent over our request to Mr. Godírey, aind also had asked him for pictures of himself and Mrs. Godfrey, as we felt sure our girls would like to look on the faces of their friends again.

GIRLS' "VILLAGE HOME"
Ilford, Essex.
To all "Ilford Girls" in Canada :
By the kindness of the editor of Ups and Downs, Mrs. Godfrey and I are permitted to send you in this way our hearty greetings, and a message of loving remembrance and earnest good wishes which we hope each one of you will accept personally for herself.

Specially we would like to thank the many girls who have written to us, and to whem, not for lack of will but for lack of time, it has been impossible to send a separate reply.

We trust there may be room in Ups and Downs occasionally for a picture or two of the village which will help to remind you of scenes and times that are past-but by many of you never to be forgotten.

If you could take a peep at us now most of you would find comparatively little altered here. The trees and shrubs have grown bigger, and the pcople have grown older since you saw them; but the general aspect of things remains almost unchanged, and I think you would easily find your way back to the cottage where you "belonged" in the by-gone days, and where in many eases you would still find the "mother" whom you remember and who remembers you with such loving interest and prayer.

There have been, however, several important additions to our buildings lately, and to some of you the most notable would be our new church, which is, indeed, a boon and a blessing to us after the many years of crowd-

mr. and mrs. J. W. godfrey.
ing in the school-room. I am sure you can recall the school room services, and I trust are not altogether forgetful of the truth you so often heard there; but I wish you could join us in one of our services now in our spacious comfortable cburch, where you would hear us still praying for our girls who have left us and who, we feel still belong to us though they have passed beyond the sea.

The old school rooms will soon be superseded, even for week-day purposes, as a fine new school is being built close ${ }_{\text {, by }}$ the old one, and we expect to have it

viLLAGE HOME, ILFORD.
finished in a month or two. Mossford Lodge is also being rebuilt and greatly enlarged.

I wish there were room to mention the names of all your old friends amongst us, of whom I know you would like to hear.

Miss Fargie still reigns paramount at school, labouring hard to fill the heads of a new generation of girls with the knowledge which once she did her best to get into yours, and none of which I hope you have yet forgotten!

At the laundry, which has been considerably enlarged and improved, Miss.Ottaway still holds sway and keeps all in order as of old. Miss Westgarth is as active as ever in searching out likely girls for Canada, and speeding them on their way thither.

Space would fail me to tell of all the "Cottage moth ers," but for the interest especially of those giris who have been long away from us I must just mention Miss Clayton, Miss Southgate, Miss Loveys, Miss Patterson, Miss Parker, Miss Clarke, all of whom, with many others whom you know, continue in the village where for so many years they have laboured.

You would also like to know that Philips still drive, bis donkey round the village with the " stores;" Barker does his daily journey to Stepney; Mr. Church presides over the machinery, and Hawkins guards as vigilantly as of yore the sacred precincts of "Mossford Garden" from lawless marauders!

I know that if I were to ask for them I should have a host of loving messages to send to you from here, but you must take them all for granted, and believe me to be, always your sincere friend,
J. W. Godfrey.

## GIRLS' DONATION FUND.

You will remember what we stated in our March number about the people being restrained from bringing their offerings. When we wrote that we nad hardly expected our words to be as literally fulfilled as proves to have been the case, although, as it happens, it was before our March issue was published that we received the following from Emily Griffiths:
"I am so glad that Dr. Barnardo's picture is in the paper, I was hoping it would be in it some time, I did not take the paper when it was in before. It is so nice to see Dr. Barnardo again, even in a picture. I hope he will come to Canada some day. I like the paper very much. I see some of the girls I know, and I am so glad we can hear about each other so easily. I like Miss Templeton Armstrong's story very much and would like her to continue. I like reading if I can get nice books and papers to read, and I think Miss Armstrong's will be very helpful to us girls. I think the girls ought to do as the boys do, and give a dollar a year to Dr. Barnardo. It is not very much for all he has done for us, and we would not miss it at all. I have been out here three years, aud I want you to take $\$ 3$ out of my bank book and send it to Dr. Barnardo, and I will send him $\$ 1$ every year now."

We wrote and told Emily how kind and warm-hearted it was of her, but we hardly liked to take advantage of such generosity, and just took the $\$ 1$ for the G. D. F.

We now give the list of contributions already received: Annie Morrish, \$2; Jessie Steers, $\$ 2$; Emily Norris, 75 cents ; Mrs. Galbraith, Port Hope (Mary Twist's mistress), \$1. The rest are all gifts of $\$ 1$ from our girls: Louisa Goulding, Sarah Speller, Mary Mills, Gertie James, Marion Prentice, Ellen Ventriss, Eva Sherwood, Ruth Adams, Lizzie Hatcher, Annie Ware, Emily Griffiths, Jane Lingard, Elien Noke, Annie Addison, and Emma Sharpe.

We are waiting for our list to be increased; the sooner the better. We are very anxious to make up the hundred and fifty dollars during the month of April, and as the ocean consists of single drops; so this sum has to be composed of single dollars! Don't put off till tomorrow what you can do to-day.

RAILWAY CONDUCTORS.

## a vote of thanks to them.

We have a very friendly feeling for the railway conductors, because they are so kind to our girls. We were very much struck by it lately. We had sent off a little girl, Wildhelmina Buckham, to Thornbury, and shortly after had occasion to go down another morning to the Grand Trunk station, Peterborough. Here we were greeted first by one and then by another conductor on the $8.25 \mathrm{a} . \mathrm{m}$ train, and heard of the anxiety that had been experienced on behalf of our little lassie. Very carefully she had been looked after and directed when chang ing trains at Toronto, and yet she seems to have been lost sight of afterwards in some way; giving even the station agent himself, at Toronto, some anxiety, so that he went to the trouble of despatching a telegram on her behalf. As it happened we had heard of our little girl's safe arrival, so that when we were told of this we were 'not troubled, for "All's. well that end's well."

The incident, however, impressed us more than ever with what we had already realized, the extreme kindness of the railway officials to our little girls, and we would like to say to them, one and all, "Thank you, very heartily."

It must be a trying life, sometimes, through snow and cold, up and down, round and round, on the railroad, but it has not frozen the kindness out of their hearts.

There are differences of opinion as to the various excellencies of old-fashioned and Old Country trains, and New Country "cars"; for ourselves, without a doubt, we prefer the long open cars of the new country, for our little girls. We believe it is infinitely safer for them in travelling, and the conductor, as he walks up and down his cars, is " monarch of all he sur. veys," and takes a personal interest in his perecious cargo of living souls. Indeed, we hardly think we could send our little ones unattended the same distances, were not travelling arrangemints such asthey"are.

A " little bird," tells us that the boys have been taking an interest in our "Puzzle Corner" which we are very much pleased to hear. For ourselves, we are much interested in reading the boys part of Ups and Downs. How well some of these boys are doing! We have noticed, too, their boy-like, and at the same time chivalrous, remarks, about our corner of the paper, and appreciate their approval.

We must confess we are feeling a little envious over their Literary and Mutual Improvemont Society, so much so that we are hoping by our next month's issue some scheme may be set on foot for the girls. For we. do inot"quite agree with the old rhyme about woman :
" Be to her faults a little blind,
Be to her virtues ever kind, Let all her ways be unconfined, But clap a padlock on her mind."

## NURSING.

"Oh, woman, in our hours of ease, Uncertain, coy, and hard to please, And variable as the shade.
By the light quivering aspen made. When pain and anguish wring the brow, A ministering angel thou."
We are glad io see some of our girls turning their thoughts to that, to our minds, most womanly of all woman's occupations, nursing. In these days when so many doors of employment are open to women, there is a diversity of opinion as to the suitability of some for "the gentler sex," but we should think, here, at least, all men agree that woman is in her proper sphere.

A woman should have a patient mind, a tenderness of heart and gentleness of hand ; all of these are invaluable in nursing. It is, we might say, preeminently a mission of doing good; and it is one of the most likely to develop the unselfish part of the charaster.

Therefore, we say to those girls who have already entered; or are contemplating entering, on this path of work, we bid you Godspeed. Of course, it would be a signal mistake for any to think of undertaking it who would be totally unsuitable, but we think there need not be any undue exercise of mind in this direction, as surely in the rules for admission to the training schools for nursing, the entrance of applicants is so wisely fenced about that we have a right to conclude those who enter through the honoured portals of the hospital, must be examples of "the survival of the fittest."

We think of one of our girls, now head nurse in a hospital We think of another nurse, a bonnie Irish lassie, with rosy face, who left the hospital finally, however, to take up another vocation, that of wife, and who shall say she did not make all the better wife from the fact of her previous calling? We know of others who are contemplating the same profession, and, always providing they are going to be the right girls in the right place, we wish them all good success.

## $*^{*} *$

## OUR MONTHLY TEXT.

"God setteth the solitary in families."-Psalm lxvii, 6.
There was a lady once, very rich, and in a good social position. She had one little boy who died, but still her husband was left to her ; and then he died, and the brokenhearted widow went and lived out the remainder of her days with a family to whom she was much attached, leaving her nice house and grounds unoccupied, for they gave her no pleasure now that her loved ones were gone, but rather stirred up sad thoughts. This was the text she so pathetically spoke of as just suiting her case. Alone as she was, yet living with a family, where she seemed to feel God had opened a home for her.

But solitary does not always mean lonely; it may just mean being alone, or being, as it were, just one, and that is the way we are going to consider our text this month Some of us are alone, in that sense, in this country, and is it not very true we are set in families? And is it not sometimes said, "She is just like one of ourselves?' That of itself is something to be thankful for.

Some people when they get older do live alone, but one feels sorry for they, for it does not seem a happy way nor a good way, for it is rather apt to to make people cranky and selfish. Let us learn the good it may do us solitary ones, being set in families, and also the good we may do in that position.

If we throw in our interests with those of the family with whom we are living and do our very best for them, how, after all we are repaid ourselves, by the respect and even love we may win by feeling we are valued and by the consciousness that we have a little corner in the world to fill, and where we are wanted; and don't forget every one of our girls should be able to do this.

It is something worth considering, too, that we may be real blessings in the families in which we live, or we may not be; we are adding to the happiness of the family or taking away from it. Shall we not determine by God's help to be real helpers and blessings? for it would be sad, indeed, to be living in a family and not be this.

Sometimes when things go wrong we feel inclined to say, "Oh, that I had wings like a dove, for then would I fly away and be at rest,"
but, after all, may not the daily rubs of life do us good if we take them aright? Is there any. one reading this who has the care of silver? Don't you know that rubbing it makes it bright? Let us take the rubs of life in that way as in. tended to do our characters good, and also to rub off corners

Finally, let us remember, as we think of our text, "No man liveth to himself;" and no girl either.

Maud Smith has sent us a nice packet of papers (" Happy Hours") for the girls. We thank her very much for her thoughtfulness We have one or two invalid girls at the Home just now, and hope some of the papers will be specially cheering for them.

Maud mentions being pleased to hear that her little friend Isabel Jones has got a home; and Emily Adcock, who came out in Septem. bert, 1895, asks about two of her young friends of the same party; we, therefore, think that some will be interested in hearing of the following little girls who have left us for new homes during the course of this month :

Janie Langford, Alice Hornsby, Lizzie Hamblyn. Polly Robinson, Matilda Brown, Sarah Butt, Keziah Smart.

Tell any nice people that you may see that we still have some nice little girls ready to go out, ages under 14.

"I know a bank whereon the wild thyme blows,
Where ox.lips and the nodding violet grows."
How perfectly delicious these words are! How full of suggestion of happy golden days !

Somehow as our " Wild Thyme Girl" speaks to us again, these old, old words from Eng. land's great poet come to our mind almost involuntarily, and English country days, and green grass-covered hills and banks rise up in our memories, and a fresh, sweet, healthy breath of the fragrant wild thyme seems almost wafted on the air

Even so healthy, fragrant and bracing let the words of our young friend be.

## friends and their influence.

One of the most important things in the choosing of our friends is to select only those who we know will be true to us; those who will help us on in our efforts to live good, pure lives. We cannot have those who are coarse and vulgar for our friends, and not be influenced in the same direction, any more than we can have good, true friends and not be influenced by them to be good and true also. We are all judged by the company we keep: how careful this should make us in our choice!

Perhaps you might ask, What is a friend? A friend in the truest sense of the word is one who loves us and seeks only our good, one who can see faults in us, and in a loving, friendly way point them out to us and help us to overcome them There are many of us who do not like to have our faults told us; but if we love our friend and know we are loved by the friend, I think we would thank that one afterward. Then we, too, should deal with them in the same manner.

When we think of the mighty influence friends have over each other for good or evil, it should make us very careful about those with whom we form friendships. We all know that many a good, pure girl has been dragged down, down, down, by those whom she once thought were her friends, and many a boy has been led into a life of sin by so-called friends; but it is better to turn away from that side of friendship and look on the brigit side, and think of the friendships that have helped us upward and heavenward. There are many examples of true
friendship in the Bible，which we can study at leisure， and let us ask the＂liriend that sticketh closer than a brother＂to guide us in our choice of friends，and above all let us all make a friend of Jesus．

I＇S．－I was so glad when 1 read William liyan＇s letter，to know my last letter was a belp to him，and I pray that God will help Will to keep his noble reso－ lution． A Wils Thint：Giri．

## WHO IS THE oWNL：K？

Did yon ever play at forfuits，when you had to kneel down with closed cyes and answer the question，一
Itere is a thing．and a very pretty thing．
What is to be done to the owner of this pretty thing．＇．
Instear of that we would saty ahont the picture here siven，＂Who is the owner of this＂－shali we saty？－＂very pretty thins？＂．

Some time ago we hat a photo．，from which his cont is


WHONG： laken．sent 10 Is．IV＇moty beverystupid －－．indecel，we feel we must appeat so－ bun think and lhink as we willwecanmot evolve ont of our memoties nor out of our intadiantiouiss， whothe own． er of it is． Newish any． holy who re． cognizes the face would just write and tell us．for we feel we most appear very montatefnl as we have never even been able to write and thank the lind donor for her eiff．The photo was talien by Mr．P．II（itcen．l＇elerlorongh．It is just possible that it is so fores since we saw the orisinal．that she has changel so that we hardly＇ recomnize her

Dear me！it is just wonderful how quickly the promising bud untulds into the summer flower！ Lake Mildred Conllngs，whose portrat cones

next！Although Miklred has quite a warm place in our heart：and we were very familiar with the litte girl，Mildred，of some years ago ：still we really must confess that if left in our unaided ingenuity we think we should have been bafled in tracing any collluection between the little fricond of old days and the young woman before us．For，indeed，before we know，

[^1]Milded is living in Bownanville now，and we have heard of her as an Active member of the Christian Endeavour Sociely．

GOOD WISHES FROM a＂BURWTEL LARK＂ （：llil．
Annic Ilnbbard，who writes the following．is adopted by a kind Christian farmer and his wife，Mr．and Mrs．Gibson．of＂Maple Brac＂ farm，of Maple Valley．Here she has been carefully brought up and well tramed in her good，comfortable home，which we are glad to know she valnes：－
－I haw：received a few copies of the Urs asor low：s，and am just delighted with it．I feel since I got the paper like a different girl：it makes mefeel like orying to be such a good girl，and a credit to the llome．I am very pleased to see the picture of our dear friend，Dr． Barnardo ；and alsoone of the girls．Adelaide Hutch ngs When 1 read the paper it makes me feel as if the boys and pirls oughte ery and be a credit to Dr．Warmardo for his kudacss to us．I have got a good natne myself， and I mean，by dol＇s help，to strive to keep it．I have been in Canada more than six gears；I hase been living on this farm for nearly four years，and I hope to stay another foar．I atways look forward to geting the paper． 1 am preatly in favour of baving Miss Armstrong write pieces for our paper，for I dhank she would write some noorl pieces．It would be nice to hate the：n to read
＂That the llas an bews may prove a great suc． success，and be as much help and comfort to all my bro． thers and sisters as it is to me，sa the true wish of an old


## FROM A＂LTTTIE WAE＂

The following letter is interesting as being wrilten by a arey little person，Selina Harris， ared nine years：－

I send you my best love，and all the other chibdren． I fot the afe I am poing to school every das．I will enclose dily reports so you catn see I ame getling along well．Mr Bovair is getting better，but he is not able to work get． 1 go $w$ Sunday School，and I was at a tea party at the church．The two broys were there，and we hat a good time．I have not been to church for two Sundays I have a courh，and so has Ma．One little girl poes（1）the same Sunday School as 1 do 1 go out for a drive sometimes in the cutter：it is l＇a＇s own，and we can go when we like．I have a cap and a boa for Sumaliy，and a new cap for every day school， and you would think that！was a Canadian．The folks think I am the prettiest litte E．nglish girl in brace． bridge．
＂Please excuse all my mistakes．Hoping to do better next time I atm，Yours eruly，Selma Hakens．＂

We have before us Selina school report for the two months of January and lechruary：she has only missed two half days in that time．

## SUNDAY OBSERVANCE AND SUNDAY TRAVELLING．

－Wh day most calm，most broght， The week were dark but for thy lig！a！！＂
One of our older girls，who has lately rene to the states，writes regardin，her feelimges on the Sunday question．We Think her words stould make us thankful for our privileges in this land：
－！＇erlaps many of you know about city life，and the con－ stant hurry and bustie and norse there is on entering a city．Olt，so much difference from that of a town！but on Sunday you find that the hurry and noise is all stopped．I must tell you that the Americans give Canada great credit for their respect of the Sabbath Day．And I often wish as I sit and think，on a nice Sabbath morning，and look out of $m y$ window and see the cars going．and the boys selling papers，and the noise．＇$⿳ ⺈ ⿴ 囗 十 一$ ， 1 wish 1 was in ＇Joronto to－day，how much I would like to see Sunday！

But no Sunday comes to a Canadian who is in America． So I hope that my sister girls who read this may thmk of one stray member of the tlock of Dr．Barnardo＇s large family，who is often thinking and wishing for one Sabbath like those our good Canadians only know．So，girls， always appreciate the Sabbeth，and remember one，in this busy city of liberty，who tries but cannot
＂A Mruthe Cotracie Girt．

## $*^{*} *$

## ANNIE AND GEKTKUDE LAW

It is rery pleasant to see two sisters together in this way：Amic Law started in her present place near lirampton on August 15 ，91．Ger－ trude went to visit her sister on May $1+, 92$ ， and hoully it was arranged that she shond stay on，too；so both have been in one home ever since，and both are doing well．Miss Gublis

says of them．after her last wist in November． 18y5：＂Of these two girls I hear no com－ plamts，and they are，no doubt，thought a seme deal of．＂Then she tells us about Annic having a nice little sum of mones sared in the hank， and of Ciertrude still atcendines school，and thoth sisters having had a visit from their brother who is also in Camala．

## A PROPER ART．

Every girl should be tanght to dam，with all the danty stitches of the art．There should be instilled into her a sense of the diserrace of wearin！a stocking with even a broken thread， while at datn weli put in has a homelike，respect． able look that in no way deteriorates from the value of a srood stocking．Darming is a lady＇s occupation．akin to cmhroidery in deftness and gentleness of wach．It requires skill and judis－ ment to select the thead．which should be but a trifle coarser than the web of the stocking，or， in case of cloth，than the thread of the grods． Where a cloth may be easily raveled，it is het－ ter to darn it with the ravelings，unless it is in a place where more than ordinary strain comes on the goods Thick cloth should le darned between the layers，and．when done by a skill－ ful hand and well pressed，the worl becomes praclically invisible．A darning case，fitted out with a pretty olive－wood egeg to hold under the stocking，a lons，nartow cushion of darning needles，cards of various colored wools and cottons，and all the necessities for the complete outfit of a darner，is a usceful present for a grirl， and one that she should be instructed to use faithfolly．－Cintral Prestorcian．
＂Think that today shall never dawn again．＂－1）ante．
＂Life is not so short but that there is al－ ways time for courtesy．＂－limerson．

ROB'S SISTER JEN ; OR, SHINING FOR JESUS.
"Jen! I say Jen!" shouted Bob, as he rushed indoors

His mother always said Bob's voice was enough to rouse the seven sleepers.
"Jen, I want jou here ; come, quick!"
Jen had just put baby into his cradle, after walking about with him for nearly an hour, trying to get him to sleep.
"Hu-sh!" whispered Jen, watching the cradle for signs. Baby threw up his arms with: a cry: he was wide awake! Poor Jen burst into tears, she had so much to do, and it depended on baby's sleeping, whether or no it would get done, and here Bob had awakened him for the afternoon.
"Be off, you horrid, useless boy!" cried Jen

She felt defeated: everything seemed to have gone wrong to day, while yesterday had been such a happy, successful day. She had heard such stirring words from the minister about living every moment for Christ and working for him in the commonest of every day duties. Before she went to bed that night she had settled in her own mind that, by Gods help, she would hegin to morrow; early on Monday morning she would get the children ready for school; then she would help her mother with the mending for the wash, and she would rock baby after his bath and get him into his first morning sleep
" Oh, morning make haste and come!" said the poor child.

But when the morning came it brought disappointmer t.
"I will see to the boys this morning Jen;" said her mother, "you must attend to the beds, because Mary has had to go to her brother who is ill; and then I want you to go out."

Jen had said nothing, but Oh how she disliked bed-making! and when she had had to go into town for her mother, it seemed as if her good resolutions were melting away.
" It is hard " said Jen to herself, " after I've planned out things so as I cart he!p, to have to give them all up!"

Conscience had not yet told her that in doing cheerfully these new duties she was still serving the Lord Christ.

On reaching home she had found her mother suffering from neuralgia: there was no mend. ing. The breakfast table had still to be cleared and she did that, but all the time her mind was pushing on to those self.appointed duties. Baby was fretful and she had to go now and tlien to soothe him. But the morning wore on at last and the boys came home to dinuer.
"I shall have the afternoon" said Jen, "then baby is asleep."

And now Bob had started him out of his sleep, and there were the dinner table to clear, the dishes to wash, the dining room to be put to rights, for Mary might not return for two days and Jen's mother was lying down, in pain and could not bear the noise of the baby's crying. Was this how all her fine resolves were going to end? Jen asked herself. No, she must not be conquered like that. She took baby out of the cradle and, with a humble little prayer for patience, she sat down and prepared to rock baby for another hour.

But he was tired and in twenty minutes was fast asleep. Jen bravely set to work and soon finished all she had to do. She heard Bob and Lulu talking outside. Lulu was saying, "Bob don't you wish mother had no pain and could come down stairs ? $I$, do; Jen's cross enough to eat us this afternoon."
"Yes," agreed Bob, "she calls herself a Christian. but she's not much of a one. See how she fiew at me because baby woke up! I didn't know he was asleep and I was going to tell her I was sorry, but she looked so I
couldn't. I don't believe real Christians get into such a wax for a trifle like that."

Poor Jrn! she felt broken.hearted. Bob's words haunted her; that her own brother should have to think such things of her was terrible; she had wanted to show she was a Christian and Bob had said seriously, "But she's not much of a one!" "Oh dear," cried the poor child, "only yesterday it seemed so easy and I did want to shine for Jesus! There. it's no use trying; I may as well give it all up. for I do more harm than good. "But I dare not," she thought, "Bob would make open fun of me then, and there's Jesus-Oh, I can t give it up! "
"If the light has gone out," whispered a little voice within, "let Jesus light it again. He is the light of the world; youl can only shine as you walk in His light."

She looked round at her completed work and then, being tired, she went up to her own little room.
"Youknow what you ought to do," whis. pered conscience. "Oh, I can't ; he would make such fun," answered Self. But after a struggle Jen rose from her knees and went at once down to the children Baby was awake. and Bob and Lulu were making him crow with delight; they were indulging in the forbidden pleasure of tickling him to make him laugh. Jen would not notice this
"I know I was cross to you Bob,' she said putting her arm round his neck," l'm sorry and want you to forgive mo:"

Bob had expected a scolding but he felt masterful now. "There are other things besides this morning's temper," he said "Well, dear, I want you to forgive me everything, if you can," said Jen simply "I know I've been cross with you often and Im sorry; I asked God's forgiveness and help before I came down to you, Bob."

Bob began to look ashamed; he felt uncomfortable. "Oh, as to that I've been horribly, mean to you," he said "I ve teased you lots of times to get your wax up"
" Well, Bob, let us all pull together, shall we? Let us try to follow in Jesus' steps Things have turned out to day differently from what I had planned; but I had no right to make plans: we've to do our duty as it comes to us, or we shall not be shining for Jesus."

Bob held out his hand, "You re a brick, Jen!" he said. "Now then," said Jen, "I'n" going to give you a treat before you go to bed, I made some hot biscuit for you: here it is."

As they went quietly to bed, Bob said to Lulu. "I was wrong: Jen must be a Christian. or she couldn't have begged my pardon-a cheeky chap like me!"

And Jen, betore she slept, prayed from her heart, "Dear Lord, help me in Thy light to see light, and to shine for Thee!"

When adverse winds and waves arise,
And in my heart despondence sighs-
When life her throng of cares reveals,
And weakness o'er my spirit steals-
Grateful. I hear thy kind decree,
That as my day, my strength shall bc:
M. B. Gerds.

## A PRESCRIPTION FOR THOSE SUBJECT TO FITS.

The following prescription has been sent to us by Annie Boultoa. We do not know where she found it; but it contains some singularly good, sound advice:

PRESCRIPTIONS FOR FITS FOR GIRLS AND BOYS.
Though no doctor, I have some prescriptions, and I charge you nothing; so you need not grumble at the price. We are all subject to fits; I am visited myself with them.

First, for a Fit of Passion - Walk out into the open air; you may speak to the wind without hurting any. one.
clock. Do this for an hour, and you will be ready to pull your coat of and work like a negro.

For a Fit of Folly.-Go to the workhouse.
For Fits of Despondency.-Think of all God's mer. cies and how many good things He has given you, while others are poor and needy

For Fits of Doubt and Fear, whether they be of the body or the mind, I would give vou what I have tah en from the Great Physician: "Cast thy burden upon the Lord, for He careth for you."

## IN LEISURE HOURS:

Daisy Baker sends correct answers to our last month's "Buried Cities," except the 4 th. Answers to Buried Cities in February num-ber:-
1.-Leamington
2.-Brighton.
3.-Dover.

4 -Bath
5. York
6. - Leicester.
7.- London.

Hannah Saxton gives the answer to our first puzzle:-" I understand you undertake to overthrow my undertaking.'

Annie P. Ware and Maria Spencer send the answer to the second puzzle, beginning, "Within a marble dome confined, etc "-An Egg

## puzzles.

1.-What is that from which, when the whole is taken, some will still remain ?
2.-The beginning of eternity, the end of time and space.
The beginning of every end, and the end of every place.
3.--In my first, my second sat, my third and fourth, I ate. What's that ?

> WHAT IS IT?

Written expressly for Ups and Dowas by Mrs. Haultain,
Peterborongh.
If you lose it in the morning.
Pity mistress, pity maid,
For without a word of warning. See the trouble it has made.

We can do without our butter,
Without spoons or knives and forks,
But we're quickly in a flutter.
And how fast the loser talks,
If she has not kept this treasure Sweet and cool, yes, all the time : It will spoil her every pleasure. Can you guess my simple rinyme?
She may say she does not mind it,
And is sure to say ton much.
While she takes no pains to find it, Or to keep it within touch.
I may tell you, little maiden, If you keep it, life is sweet, But when lost, you're heavy ladenTired hands and tired feet.
But I want you now to guess it, If you lave not guessed before ; And may Heaven's sunshine bless it, While you guard it more and more.
[Owing to an oversight, which we very much regret, the above contribution, and answers to the puzzles which appeared in the February number, were omitted from last issue.-Ed.J

Here is a puzzle for some of our younger friends. It is specially interesting, as being written by a very young lady, aged only eleven years, living at Cardinal:-

## My rst is in little. <br> But not in big: <br> My and in orange. <br> But not in fig

My 3rd is in vizier
But not in Czar;
My 4th is in stage.
But not in car:
My whole. they say,
Makes the world go round.
And I hope in everyones heart

## NURSERY RHYMES.

AN ENTERTAINMENT GIVEN BY LR. BARN. ARDO'S BOYS AND GIRLS AT THE ALBERT HALL. LONDON.
> " Sing a song o' sixpence.
> A pocket-ful of rye.
> Four and iwenty blach-birds, Baked in a pie.
> When the pie was opened, The birds began to sing, Was not that a dainty dish, To set before the King ? '"

Some of our readers know about the Young People's League, an association of children to help Dr. Barnardo's work among children ; we believe they will be greatly interested in reading the following extracts from Night and Day, telling of a meeting held in London, England, when Dr. Barnardo's boys and girls gave an entertainment in connection with the League. Should we not have liked to have been there? and to have seen the little boys, or rather the "Four-and-twenty black-birds" when they jumped out of the pie?
safe will be Brıtain's navy and mercantile marine in the near future. Verily, the best use of a boy is to make a man of him !

Our Chairman struck the note of patriotism in an admirable recital of Tennyson's "Charge of the Light Brigade "; and later on hee charmed the children by the laughable story of "The Bootblacks," in which we hardly knew whether more to enjoy the fun of the short history, or to admire the careful elocution which could steer safely through such verbal pitfalls as were involved in the refusal of the bootblack to black the other boot of the white bootblack, unless the white bootblack, whose boots he, the black bootblack, had undertaken to black, should pay another halfpenny to the black bootblack.

There was an "Atalanta Race," in which the little girl contestants bad to pick up a trayful of wooden balls, which would fall down. There was a first-rate game of Association football, seven aside, in which both Blue and White did wonders. There was a splendidly bustling game of Bell the Cat, in which the blindfolded girls fairly succeeded in wearing down Mr. Gelling, one of the most agile of cats. What was there not ?

But there were two very special items. One was a series of "Nursery Rhymes of the Olden Times," in which, to our delight, we had the co-operation of some of Dr. Stephenson's cblldren from the Home in Bonner

King counted bis money in state; the Queen ate her bread and honey with mighty gusto ; and the maid prepared to hang ap the clothes. At this juncture, who should come in but Father Christmas, armed with a yardlong knife and fork ? Slowly be proceeded to the pie, mounted three steps, and cut it. At once, from the inside came the sound of singing, and then, with absurd gravity, out hopped one by ons, flapping rudimentary wings, four and twenty blackbirds. Very deliberately, after circling the huge pie, they flapped across the arena and disappeared ; all save one who stayed behind to snap off the maid's three inches of nose. Meanwhile the choir was singing the old song with spoken comments to a fine swinging tune. And so, " God save the Queen," and a busthag stampede out of doors.

## UNDER THE ROSE.

"Goodness me!" cried the Violet to the Sunflower, "I wish you would move!"
"Why so ?" queried the Sunflower.
"Because," replied the Violet, "you cast me completely in the shade."
"Hello," cried the Pink, as a Hyacinth burst out from the ground, "where did you come from?"
"I'm an old resident,"
It is no small lask to turn the great Albert Hall into a Coliseum ; jet the "Young Helpers' League" did it on Saturday. IIth January, 1896. It was their Fourth Annual Entertainment. There were " no speeches," and the Press has assured us that there was not a dull moment from beginning to end.

We had a choir six hundred strong (the boys in white sailor sui.s and the girls conspicuous by their straw hats with rib. bons of military scarlet) whose bright faces and pretty dresses lighted up the great Hall like flowers in bloom. It was a small choir compared with the crowd of choristers at our Annual Meeting ; but the voices were sweet and tuneful, and the young people were more manageable under the careful conducting of Mr. J. Frank Proudman, F.R.C.O., who, to gether with Mr. J. C. Turvey at the organ, was responsible for the musical part of the pro gramme Boxes, stalls, bal cony, and gallery were well filled with spectators and auditors, and the appearance of the House spelted not success merely, but enthusiasm.

On the platform, our gracious President, H.R.H. Princess Mary, Duchess of Teck, was represented by Lord Rookwood, while our Chairman of Council, Rev. Canon Fleming, presided.

The opening hymn, well sung by the choir, struck the dominant note of the Young Helpers' League: love to the children because of Christ's love to them. And then the tide of song and of spectacle flowed smoothly along.

Ninety little lads marched bravely into the arena, and, led by the bugle, did all sorts of wonderful things under the name of battalion drill. It was but a small detachment, and its display was a special one as an object lesson on the value of an ordered life. In reality it meant the arts of peace, and not the rigour of war, just as much as-the extensions, and bending, and leaping of Mr. Gelling's young gymnasts later on. The girls from the Village Home emulated their brothers in a pretty flag drill, in which the notable point was not so much the smartness of the little maidens, as their healthy faces and fine physical development. Then ninety young bluejackets, commanded by an exceedingly self-possessed comrade, went through their paces so as to show how

interion of the royal albert hall. london.

Road. It was a pleasure to listen to their fresh young voices, admirably trained, and accompanied by their own orchestra. Each rhyme too was illustrated in the daintiest fashion in the arena. We had "Ride a Cock. Horse": "Mary. Mary, Quite Contrary": "Jack Horner ": Pussy Cat, Pussy Cat" (with "Miaow" obligato) ; "Simple Simon"; 'Jaci and jill "; "Little Bo-Peep," and " Little Miss Muffet," who did run when her indispensable spider made his appearance. Finally in the little series came "The Little Old Woman who lived in a Shoe," a Brobdingnagian shoe, which was dreadfully overcrowded.

And then came the pilce de refistance of our own children. This was an illustrative setting of the old rhyme, "Sing a Song for Sixpence." In the middle of the arena was placed a pie, a pie of immense and glorious proportions, made in a willow-pattern dish, a pie which, in two gigantic halves had been tantalising the audience all along by its mystery. At one side a table was set covered with money bags and account books; on the opposite side was a table laden with honey, and on the third side was stretched a clothes line. No sooner were these preparations made than bebcld the King, and Queen, and the Maid, each proceeding to perform his or her historical duties-the maid, be it known, having a nose three inches long, the very thing to tempt a blackbird. The
nd planted as a Sweet-pea and has come up an Orchid, and every thing will have to give precedence to him."
"I like the Pansy very much," whispered the Gladiolus.
"I don't know," growled a weed masquer. ading as a Violet; "there are too many varie. ties of them"
"Well," said the Gladiolus, "I like them very much-they always have such a pleasant smile on their faces."-Selected.

## SHORT SAYINGS.

## BY GEORGE HERBERT.

"Not a long day, but a good heart, rids work."
" Better the feet slip than the tongue."
"A cheerful look makes a dish a feast."
"Think of ease, but work on."
"He that riseth first, is first dressed."
"The river passed, and God forgotten."
"Jest not with the eye, or with religion."
"A child's service is little, yet he is not a little fool that despiseth it."
" Gossips are frogs that drink and talk."
"Loving well is the best revenge."

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no reaular business advertige. MBNTS will be inserted in the Exchange and Mart except on payment of our ordinary adthat such advertisements are business notices.

NO CEARGE, however, will be made to our subscribers for advertising their personal wants, whether buying, selling or exchanging, when the advertisement does not exceed twenty four words. Over twenty four words we shall make a charge of five cents for each additional line of eight words

Subscriberc using the Exchange and Mart may have REPLIES ADDRESSED to our office if they desire, but in that case stamps should be sent us to cover the cust of ferwarding any letters we may receive.

It must be distinctly understood that we assume NO RBSPONSIBILITY in regard to the articles which may be advertised in the Er. change and Mart, but we shall always be glad to give all information possible as to the reliability of the individual to an intending purchaser residing at a distance from an advertiser when his address is hnown to us, and vice versa. When information of this kind is asked for a stamped envelope should
be enclosed for reply. be enclosed for reply.
REPLIGS TO ADVERTISFMENTS whan sent to the office of UPS AND Downs should be addressed "UPS, AND Downs, 214 Farley avenue, 'Toronto." ON THE TOP LEFT HAND and Mart," or abbreviation, together with the reference number given in the advertisement.
To ensure insertion, advertisements for the Exchange and Mart should reach us not later than the 20th of the month prior to publica. tion.

CAUTION.-Never send any goods on approval unless the individual you are dealing with is known to you or supplies references.

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GEO. NASH, Gravenhurst 1P.O., Mukkokn.
-OR SALE-First elass (atrad model) Violin, with plete, 816.00 . Adiresa: ""UPs AND Downs." M. 24.

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[^0]:    A monthly fournal published under the auspices of dr. BaliNardo's homes.

[^1]:    ＇Morning rises into noon，
    May filites onward into June．＂

