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# Northern Messenger 

Tonnine xxminy, Ho. 12.
MONTREAL AND NEW YORK, MARCH 25, 1898.
2e cta. Per An. Post-Pald

## Our New Superintendent.

## (By Henry Lewis.)

The Sundayschool at Bryn had never taken any active interest in examinations, and seldom, if ever, did a scholar express a desire to join the church. All the work it did was to make a collection once a month toward the annual. Whitsun treat for the youngor soholars. To make this treat a succeas was the only ambition of the superintendant as well as teachers. In cme sense the school simply labored for the bread that perished, and made no effort to arouse the interest of the scholars in higher and nobler things. The Whitsun treat was the summum bonum of the whole school, and the natural result was that this treat was always a great success.
The superintendent would invariably call a committee of teachers the first Sunday after the treat, in order to receive suggestions how to improve the great annual feast. This treat was the inspiration of the school, hence no effort was spared to make'it a complete success. But naturally enough, though the treat was a complete success, the school was not, for the boys and girls, though they. would flock to the school in great numbers a few weeks before Whitsuntide, would also cease to attend the school soon after the treat. The average number of attendants during the yoar was something like two hundred, but-at. Whitsuntide the number would increase to three and sometimes four huindred.
One or two of the teachers would protest against permitting these 'strangers' and, 'stragglers,' to accompany the school to the fields and to partake of the enjoyment for which they had been laboring so hard during the year. Of course, the proiest was quite. natural, but the superintendent argued that nothing could be done, for he hoped that these strangers would some day, for the 'loaves and fishes,' join the schoch.
Tom Pritohard, a young man of tweutytwo summers, the son of a minister, having come to Bryn to practise as a lawyer, felt a desire to join himself to the Bryn Sundayschool; for he had been taught at home to respect the Sunday-school and labor for its success.s He was a bright; keen fellow, and what is not very common among lawyers, he was a very spiritual young man; yet no one at Bryn, not even the minister, thought it advisable to invite young Pritchard to their Sunday-school; for one thing, they had no class thoy could ask him to join, and they had no class they could ask him to toach. However, imagine the school's surprise one Supday afternoon when they saw the young.: man taking his seat beside the minister and making himself quite at home. The superintendent was in a fix, for he must find something ior the young fellow to do. His first thought was to ask him to commence the school, and then leave him to perambulate. the chapel rith the minister. Now, Bryn Sunday-school had no class-rooms; they had a small vestry behind the chapel, and there the younger groneration were taught A B O; or as the Wolsh pronounce them, 'Ah, Boe, ek.' Bryn was nominally a Welsh schcol, and so the wee ones had to learn the Welsh alphabet, and then they were taught to read the Wolsh Testament.
But very few of the younger generation at

an awkward visitor at a mailway station in india. - 'Home Words.' 'Tiger jumping about plattorm, men will not work; please arrange.' - Extract from "Telegram.'

Bryn could either speak or understand the Welsh language, therefore, the school, though nominally a Welsh one, was practically English. As it happened the vestry teacher was absent that Sunday and Pritchard volunteered to teach the young ones the 'Ah, Bee, ell.' Old Griffiths, as he was called, the superintendent, was a monoglot Welshman, but he could manage just a few words in English; and knowing Pritchard was a lawyer, he thought it would be more polite to speals to him in English, though Pritchard was a pure WGlshman.'
'You be not to tach the shildren, Mr. Pritchard, I will do that; you will kindly look after the solhool, you be more competant than me.'

The young gentieman refused to become the superintendent in that manner, but the old superintendent called the minister and a few of the chiof teachers together, and the matter was there and then unanimously de-
cided. Pritchard should be the new overseer, and Griffiths took the children.
'I thanik you,' said the young man, 'for the honor, but I would like to emphasize the fast that a good teacher with the litlle ones, in many respects, is far more important than oven a good superintendent. The children have their characters to make, and the kind of characters they will become dopends to a great extent, upon the kind of teaching they, now receive.'
When these words wore uttered the minister, thino was thmself a comparatively. yourg man, had hard work to keep the tears from showing themselves in his eyes. He had often longsa, and even prayed for sicmeone to come to Bryn to move the school to seek something higher and nobler than a grand annual treat. The treat was very. well in its $\begin{gathered}\text { lace, but to malse the treat the }\end{gathered}$ cne creat object of their efforts, the thought was too low and carnal an end for a Sunday.
school. He anw the answer to his prayer in the young man who had just undertaken the office of superintendent. For three years he had been striving to get the school to take ur the International Lessons; and to enter the examinations, and though be several times attempted to start a training-class, his efforts had altogether been a failure. : The only thing thät would bring a number of the teachers and older scholars of Bryn togother was the announcement of a picnic or a soiree.
Young Pritchard and the minister of Bryn soon became great friends, and the old people at Bryn began to doubt their ohoice. Great cinanges were constantly taking place in the government of the school, and a now spirit was manifest in the teachers. The International Lessons were adopted by the younger classes, and a special class was conducted by the minister to prepare for the examination. This innovation was regarded as a sign of heterodoxy on the part of the new superintendent and the minister. 'For,' argued the ex-superintendent, these Internashoonal Lessans be not teaching our doctrines and principals. You can venshure, brethren, that this will be the dath-blow of our school.' He laid emphasis on the words $\rightarrow$ our doctrines and principles, and there was a loud assent to his words from the oldor members.
'We shall see how many it will kill during the next twelve months,' replied young Pritctard, 'and we shall see how many it will make alive. Let it be judged according to its practical results.'
But it was hard work, terribly hard, for some time; for even the children were taught at home to take new lessons just the same as they took medicine. Honvever, in less than two yeans the old Bryn School had doubled its number of scholars, and over thirty of these had joined the church. What the loaves and fishes failed to do,' said the now superintendent in a teachers' conference rocendly, 'we have been able to accomplish by sound teaching of the word of God and by prayer. You congratulato me for the recent. success of our sohool; but, brethren and sisters, all I did was to show you the way. You have been kind to the scholars; you have taught them faithfully the simple word of God; you have prayed for their salvation, and by these means you have taught the children to love you, to love the school, and to love the religion you profess.'-'English Sunday-school Times.'

## In Darkest London.

In one of the darkest and most dismal quarters of London there is a bright and cheerful refuge where men and boys are always sure that they will be welcomed. . It is in Shoreditch, ono of the most densely populated districts of the city. Every night it is thronged with poor boys, who are allcwed to amuse themsolyes in their own way.
Thore are tables where chess and checkers are played. There are magazines and books for those who care to read them. There ars vaulting-bars, swinging-rings, dumb-bells, and other gymnastic appliances.
A hundred or more boys may always be seen in this cheerful refuge up to ten o'clock at night. They are under no restraint, and are not reproved when they raise their voices and shout hilariously, from sheer excess of animal spirits and youthiful vitality.
There is no policeman in attendance at these nightly revels. A clergyman greets his guests with quiet dignity when they enter the hall, and his presence suffices to secure the maintenance of good order. When the bour for closing strikes the boys shate hands with their host, and return to their squalid

Lecmes with faces aglow with healthful exercise and youthful pleasure, and morally benefited by the influence of the 'refuge.'
But the clergyman's work has not ended. After ten o'clock the rooms fill up with men who are homeless and without money to pay for' a night's lodging. They are admitted if: they are sober, and are allowed to sleop in bunks with a blanket over them. The doors are closed at midnight, and the clergyman remains in an upper room where he can overlook the swarm of tramps. In the morning they are expected to wash themselves, and then are suffered to go, with a kind word from the minister in charge.
The man who spends his days and nights in laboring among these poor unfortunates is a well-born university graduate. He preaches on Sundays in an upper room, which is fitted up as a chapel, and he has sick people to visit and all the details of a great mission work to supervise. He devotes his life to the service of the poor, and is cut off from companionship with people of elucation and refinement.
He has his reward for his labors and selfsacrifice, when he hears, as he often does, of the rescues from crime which are effected through the agency of his work. Sometimes he receives letters from India stating that the writers owe their redemption from sin and shame to the kind words which he has spoken in that play-roam and lodging-house. Or, again, it is from Australia, or South Aprica, that the boys whom he has befriended send him word that they owe to bim their chance of making an honest living.
It is a degraded section of darkest London, but it is illuminated with the purest light of practical Christianity. The educated gentleman who buries himself alive there embodies in his life the divine spirit of self-sacrifice, and his reward is found in the approval of his Master.- 'Youth's Companion.'

## The Life of Walking on the Water.

It is the life of abiding peace and power. It is the life of constant victory in Gad's service. It is the life in which we are more than conquerers through him who loved us. The possibility of this life was revealed to us by the Lord Jesus. Peter did not think that it was possible to get across the sea otherwise than by toiling at the oar, until he saw Jesus walking an the water. That was a revelation to him of a possibility hitherto undreamed of. We did not know that a life of abiding peace, and joy, and holiness, was possibla on this earlin until we read the life of Tesus. And there we saw it realized. - It. was something entirely different from the life we were living. It was a life, the meat and drink of which was to do God's will. It was life altogether without backsliding, a life that grew more and more in beauty till the perfect day. So now we know that there is another way of doing God's will, and getting across the sea of life than by toiling at the oar.
'But,' you say, and the voices of some of you quiver with feeling as you say it, 'is this life for me ?' Is it pessible to flesh and blood, or possible only to phantams? Is it possible to flesh and blood beset with sin, or only to the sinless Son of God ? It is possible! Jesus was man, fesh and blood, and he did it! Peter was nian, flesh and blood, and a sinner like ourselves, and he did it! That shows what is possible:
But, you ask, if this life is possible, how is tt to be attained?
It begins by an absolute surrender of He robs us of morals and health.
everything to Christ, and a venturing wholly upon him.
If you would have the power over sin Which yout seek, you must surrender everything to Christ, and venture wholly on him

> Venture on him, venture wholly,
> Let no other trust intrude,
> None but Jesus, none but Jesus,
> Can do helpless'sinners good:

This life of victory, this experience of fulness of blessing, which is begun by surrender, is continued only while we look to Jesus.
This answers the question whether this experience may be lost or not. Certainly it may, and-alas! even by those who know it best-sometimes is. Begun by surrender, it is continued only while we look to Jesus. This is the life, dear reader, which God means for you; this is the life to which God calls you; will you not enter on it now? Will you not say, as you give yourself utterly away to the Lord,
'Over the waves to thee, dear Lord,
Over the waves to thee,
At last; at last, I come, I come,
Over the wayes to thee,
I know thou cans't not fail,
I know thou cans't not fail,
I trust my all at thy dear call,
And give myself to theo'?
-From Booklet, 'Toiling, or Triumphing.'

## A Prayer Heard and Answered Out of Old Ocean's Depths:

In November, 1866, I was capsized in an open boat in Galveston Bay. Being something of a sailor, I tried to right her. I took out the mast and ballast, then, placing myself at'the stern, I tried to roll the water out of her. The sea being very high, I could not succeed, and beooming exhausted by my efforts to savo myself, I got into the boat, and sat down, or kneeled down, holding a gunwale in each hand. At this time I was quite exhausted, and seemed to have lost presence of mind, through great foar of loss of life, etc. It was a dark night, miles from land, and no possibility of human aid at that time and place, a heavy wind, and waves running high.
Stripped to my underwear, spray flying over me every moment, I was being chilled to death, and, as $I$ thought, about to perish. I thought of God, and, as I had been taught in youth, I believed that all things were possible with him, I prayed: I asked him to save me from a watery grave. I don't remember just the words I used, but God was there and answered as soon as I asked him, without a moment's delay, He saved me! Who else could have done it? Remember the situation. Kneeling in the water, waist deep, with wind and spray flying over me, chilled near unto death, paralyzed with fear, no humans hand near to help, God, in his love and mercy; sent into my body a glowing warmth, wonderfully warming me up, restoring my presence of mind, and casting out all fear, and giving me his thought,'Who wishes God's help, must help themselves.' So I seized a paddle, which I had secured by jamming under a thwart, and worked with it all the long night, and until I was picked up by a Houston steamer next morning and carried to Galveston. Yours sincerèly, Wm. E. Parker, Denison, Texas.-Ram's Horn.'

Alcohol is a foe', twe very well know,
To enterprise, business, and wrealth;
But what is still worse tham taking our purse,

The Elephants of Kings:
(By Charles Frederick Holder, in Prank Lesiio's Magazine.')
In ancient times in the East the elephant was considered indispensable, the huge animals being amployed to bear the king, queen or other royal personages on ceremonial ocaasions and as ornamental and dignified at-
loudly at the charge. The bogus animals stood on wheels, and, when surrounded by men, looked from a distance very much like living elephants.
The King of Ternassery had some eiephants of remarkable size, which on ceremonial occasions te dressed in magnificent coats of mail. Ctesias, an old writer, tells us that the King of the Indus had over ten


KING PERSEUS'S WOODEN ELEPHANTS.
taches of the court and temples. For these purposes thie very finest elephants were selected. In India elephant sales have been beld from time immemorial, and Stanepoor, on the Ganges, is to-day a famous place for the sale and exchange of the great creatures. Here the agents of potentates meet and buy especially fine animals. Another location is at Dacca; near the forests of Sylhet, Cachar and Chitagong.

Royalty uses but one variety of the elephant, this being known as the koomeriah, or, literally, the first class. A koomeriah is an elephant over nine feet in height; of great girth; legs short and colossal; chest massive; the trunk broad at the base; the bump between the eycs prominent, and skin sofit and inclined to fold. Splashes of pinkwhite shin add to the animal's value-very materially, Such an elephant usually has a good disposition, is very intelligent, and will cost from one thousand to ten thousand dotlars, the latter price often being paid by the rajahs. Such a purchase is fortunate indeed, as it means a life of ease and comfort, in sharp contrast. to the working ele phants, which are used in the toale yards all over Indta.
The elephant is transported to the palace of the king or rajah, as the case may be, has its own apartments, especially if it be a pink-splashed elephant, men to attend it, and rich robes and trappings to be used on various ceremonial accasions.

Nearly all the kings and emperors of ancient times were the owners of elephants, some of whom are famous in the annals of lustory. Perseus, the last king of Macedonia, appreciating their valuo, but not passessing them, had wooden elephants made, in the interior of which he concealed a soldier, who blew upon a trumpet which led into the trunk, and which was sounded
thousand elephants; but the historian was deceived, and the way in which the deception was carried out is well known to-day. A king having five hundred clephants would form them in a procession and march them liefore a guest in an endless chain, occasionally ohanging the trappings, so that the observer might readily count several thousand
olephants before discovering the deception.
The most magnificent displays in which elephants have taken part have been seen in India King Aurengzebe had a sister named Rochinara Begum, whom he deltghted to honor; and when she went to ride the entire populace turned out to witness the magnificent pageant. She appeared mounted on an enormous Pegu elephant that was caparisoned with cloths of gold that gleamed in the sunlight with the scintillations of gems of tha greatest value. The elephant was conducted to the palace of the princess by a guard, and appeared, by its dignifiod demeanor, to understand the responsibility of its position. The mik-dember, or canopied sadale, which the princess entered as the elephant kneeled, was of blue enamel, ornamented with gold and gems. The rider's dress was a cloth of gold, and the cloth that hung from the huge elephant was heavy with gold. Surrounding this elephant were others bearing richly adormed attendants, each bearing a cane of ivory; and about them in turn a troop of beautifully attired female servants from Tartery and Kashmire, mounted on beautiful horses. Among them were their attendants, some on horseback, who were followed in turn by their attendants on foot, all bearing canes and dressed in the rickest costumes, whose duty it was to warn off the populace, and keep the way. clear for their masters.
Following the elephant of the princess came one almost as fine, with royal trappings, bearing the chief lady of the houselold; and at a certain distance behind walked another elephant; and so on, until sixteen or moro elephants had passed, all with magnificent trappings, and harness proportionate to the rank of the rider. In all there were sixty of these elephants in the line of marah, all graded in their magnificence from the princess down to the lowest personage in the household. If this splendor was seen in the retinue of the sister of the monarch, what should we expect of the king himself?
One of the grandest displays of elephants ever seen was at the Vizier Ally's wedding, when twelve hundred elephauts of the king,


Queen semiramis's camel-mlephints.

THE MESSENGER.
all richly caparisoned, and many with silver howdahs, were drawn up in line, like soldiers, to salute His Majesty and do honor to his friend the Grand. Vizier. When the line of march was taken up the Vizie: was surrounded by the elephants, and sat.in a castle of gold inlaid with precious stones. The brilliancy of the sight is said to have been leyond description.
The wooden elephants of castern potemtates were remarkable, but a herd manufactured by the illustrious Qucen Semiramis probably created more excitement than any
workers of Queen Semiramis were the first taxidermists. Finally the skin elophants were ready, and were placed upon the backs of camels, and as these animals hold their heads much higher than elephants, a most remarkable creature was the result. The mock elephants created shouts of laughter wherevor they went, and so terrified horses that they did much damage.
Wcoks were spent in familiarizing the horses and men with them, but finally the vast army started. The first battle was on the banks of the river Indus, where Semira-

a princess of india on her travels.
recorded in history. Hearing that the Indians were very rich, she decided upon a war against them. Stabrobates was the king, and Semiramis, hearing by her spies that he had a vast army of elephants, trainI to beat down men and horses, was at first puzzled where to obtain ais opposing force. Finally it occurred to her that she could imitate the elephants, and produce so strange and monstrous a creature that it would strike terror to the hearts of the soldiers of King Stabrobates and demoralize bis elephants. With this view she ordered three hundred thousand oxen killed, and for two years, according to the ancient his. torians, her artisane sewed the skins together and stuffed them out into the shape of elephauts. So far as we know, these
mis was victorious. Then the troops ware transported over and lined up belore the army of the Indian king, who had his ele phants in front, while Semiramis also lined up her hogus elephants, and they presented a remarkable appearance. The queen had in every way endeavored to leeep her secret but some deserters to the army of the king told hini that the elepbants were imitations. When the batule began the elephants of the Indians charged violently at the camels, but so strange and weird was the appearance of the bogus elephants that the real elephants became demoralized, and with the horses marched baek upon their own army.

Secing this, Queen Semiramis ordered her elephants to advance; but tine opposing forcess recovered from their panic and charg-
ed again, this time with terrible effect. The camels being utterly helpless, turned aud ran, and were rolled over and over by the now enraged eiephants, and soon the ground was covered with them, while the forces of the queen were routed and put to flight. The battle, were it not for its sanguinary side, would have been one of the most laughable sights recorded in ancient history; and it is safe to say that the elephants of Queon Semiramis were the most remarkable ever seen on the field of battle or anywhere clse.

## 'On Earth as it is in Heaven.'

(By M. Jennie Street, in 'S. S. Times.')

## He did God's will; to him all one <br> If on the earth or in the sun.'

'For this is the true faith in a man, namely, to die from himself . . . and in all his beginnings and designings to bring his desire into the will of God, and arrogate the doing of nothing to himself, but esteem himself in all his doings to be but a servant or minister of God, and to think that all he doth, or goeth about, is for God.'-Jacob Boehme.
In a dingy office, overlooking a narrow court, a man sat writing busily. Softened murmurs of the great city's roar came through the opened window, and lingering sunbeams made a patch of glory on the wall. Hall turning from his desk, the man gazed for a moment, at the sunshine; then, with a murmur of impatience, he bent over his work once more; but wearily, for he was tired in body and in brain after the vexations of a long, hard day. It had begun badly, for he had risem later than usual, in the irritable mood that comes so easily to overworked men, and every trifle had provoked him. He was generally an indulgent father; but, hearing some childish clamor in the nursery as he passed on the stairs, he had gone in among the little ones and startled them with sharp reproofs and hasty blows, Then, being vexed with himself when he looked at their frightened, tearful faces, he blamed their nurse for mismanagement and scolded her into sullenness. He had found fault with nearly everything provided for his hurried breakfast, and when his wife excused herself and complained of the servanis, he answered her with reproachos that were more bitter than he knew, sothat the comfortless meal had ended with something like a quarral, from which he went away angry and rescontful.
He found more cause for annoyance at his oflice. One of his clorks was late, another had blundered in an important duty. He heard of some serious losses, and two of his clients had been dissatisfied and complaining.
In the afternoon he had spared some precious bours to attend a committee appointed to arrange for the re-building of the old-fashioned church in whioh he had worshipped since boyhood, but the time had bsen worse than wasted, for nothing but vexation had come of the meeting. His plans had been criticized and opposed, there had been usoloss discussion, and he had been drawn into a hot dispute with an old friend. Now, as het toiled over arrears of work, he was vexed and disheartened, as well as weary, and, most of all, discontented with himself, Presently a great blot fell on the white page before him, and an angry efaoulation sprang to his lips.
'Nothing but hindrances,' he said. 'Life is all of a piece, and things big and littlo go wrong together. I am a fool to strive for I never win success or joy, and my longings after the higher life ocaly put me at a disadvantage among other men. Even my rellgious life a failure. Yet Ged knows I have loved and sought better things.' His face
grew very wistiul." "I would willingly die to-day that I might taste the life of the better world, and find my earth-worn spirit free and strong for God's happy service.' There was a lenock at the door; one of his clerks wanted some instructions, and he answered -not like one who had just been longing for the higher life and aspiring heavenwards, but roughly and impatientiy. When the diccr closed again he sneered at himself: 'I am a fool; my religion costs me something now and then, but it has not made me better than other men.'
Then he wrote on. He did not know that an angel was bending over him-a beling so fair, so strong, so radiànt with holy' joy that a mortal could hardly look upon him without envying his bliss. The angel's face was very sweetly grave, and his clear eyes were full of tender pity.
'Brother!' he said, at length, in tones of music, that opened the ears and heart of the man beside him, 'brother, fear not! I am like thes, one of the servants of God; and but now, as I sang in myplace in the chorus of heaven, his word came to me, bidding me seek thee, because thou art very weary, and having shown myself to thee, tell thee that if thou art willing we may change our service. We shall be ourselves uncinanged in heart, and character, but changed in all beside. Thou shalt dwell in this angellic body, and I will tabernacle in thy mortal flesh. Thou shalt watch me, if thou wilt, as angels have many times watched thee; or, if thou choosest so, thou shalt soar heavenward and join the celestial chorus. All the powers and privileges of angelhood shall be thine while I dwell here in thy place, wearing thy form and fulfilling thy duties. What sayest thou? Art thou willing?'
'More than willing, oh, blessed angel!' the man answered eagorly, his voice broken with a sob of joy. 'How could I be other than willing to resign this humdrum life, with its sordid cares and ceaseless toils for things earthly, for joy and glory, holiness and 'happiness like thine?' As he spoke a strange gladness thinlled every nerve; he closed his eyes for a moment. Then he looked again toward the angel, and lo, he saw instead the outside of himself. Yet, on the careworn face of the man, with its early wrinkles and premature gray hairs, the angel's sweet, grave smile shone strangely; and even in the first amaze of glancing down at the glories of his new exterior, the man felt that he was not all angel.
'Am I as thou wert?' he asked, doubtfully and half afraid.
"Thou hast all I had that could be taken from me without robbing me of myself,' answered the angel. 'As thou seest that I am truly become as thou wast, so completely art than become like what I was. Thon wearest the glories of the life celcstial; thon hast the form and privileges of a heavenly servant of the King of kings. Will thou rise heavenward and taste the joys from which I came, worshipping in my place?'
'No,' faltered the man, 'not yet. I fearI fear I know not what. Old burdens cling to me and I dare not go heavenward; my heart faints at the thought of it. I am not happy; I am not at peace; how can I venture among the blessed? Let me stay here and watch thee!'
'As thou wilt,' answered the angel, 'Thou shalt be invisible to all, even to mo, till thou desirest otherwise.' And turning to the desk he began to write, like the man he seemod, and worked diligently, and swiftly, with intent, smiling face, until his pen scratohed. and a heary blot fell on the clean page bafore him. Then, as he paused long anough to take away the spoiled sheet, a low, sweet song burst from his lips: 'Worthy art theu, our Lord and our God, to receive
the glory and the honor and the power, for thou didst create all things, and because of thy will they were, and were created.:
Then he wrote on till someone knocked at the door. He responded cheerily, and turning a kind, bright face toward the clerk, ans wered his inquiries pleasantly, and busied himself among the papers again. So he wrote until it was time to go to the man's house. He went through the busy streets with a happy face, singing in a low, sweet undortone. He did not lose his serene smile in the bustle and throng of the crowded railway station; it rather deepened as he guided a weakly old man down the stairs, and helped a frightened woman and her little ones into the train. Men who sat in the carriage with him forgot to read their evening papars as they watched his face, wondering at its look of exceeding gladness, and following his eyes as he gazed at the sky, glowing toward sunset. One after another spoke of the beauty of the evening, the loveliness of the lang bright days, and the sweet glimpzes of summer that came even to the noisy city; and, somehow, as they went to their homes, they felt strangely happy. It seemod, indeed, that he carried an atmosphere of joy with him, for as he enterad the house smiling, the children ran to meet him, and clung round him in eager welcome. When he sat down they climbed to his arms and whispered baby confidences, and listoned eagerly to the tales ho told them till their mother came, with apologies for delay, and more complaints of the careless maids, to call him to the evening meal. She was hale timid, hall resentful, and her eyelids were reddened with unconfossed tears. But he smiled on her.
'There is no need to trouble,' he said; 'it is all very well if thou wilt be happy.' And those few words, uttered in the gentlest of tones, nade her more eager to serve him than all the harsh reproaches that her husband had spoken in the morning.
The meal was a very happy one, and when it was over she lingered near, with tear bright eyes, till, turning from the little ones, he talked with her, and they spoke together of many things.
Fresontly she said, 'It is long since we have talked like this; how is it you are more kind than usual?'
'Am I?' the angel askod, smiling. Then she blushed, for though there was no hint of reproach in his words or his tone, she could not help remembering how often she had been cold and unresponsive when her husband meant to be kind. Kissing the bright, hair of her youngest ahild, she vawed in her heart to be more gentle and loving from that hour.
That night there was to be a meeting at the old church, when the members were to hear the report of the special committee, and vote upon the plans for rebuilding. The man had dreaded it, as likely to be a stormy, disputatious gathering. The angel went to it singing, and greeted the members he met so kindly that they whispered to one ancther their wonder at the change in their old friend. And the meeting was curiously peaceful. In his opening remarks the minister had nervously depracated unseemly strife, for he feared a confliot among his strong-willei helpers, but for once there was no disagreement; it seemed as if everybody was mare auxious to decide on the best plan than to recommend his own, and one after awother spoike of serving Christ rather than seet or creer. The closing hymn was a shout of praise, and the ministers prayer was full of gratitude, while many eyes were dim with wholesome tears, and many hearts felt a new softness. There was a hush upon them all, as they went out into the summer nignt. Some one whispered to the angel.
'It has been a strange meeting-more like ono for worship than for business.'
And the angel answered,
'Worship is our business, and all our business is worship; if we are the servants of God. What he cleanses cannot be common or unclean.'

For many days the man in angel form watrahed the angel who had taken his place, and saw how he met life's difficulties. Worries and annoyances, trials and temptations met him in the house, in the office, in the church. He was often weary, yet he never seemed vexed or troubled or sad; he neyer complained or shöwed impatience. Steadfastly and faithfuly he went through the round of commonplace duties, and partly because he did then so well, partly because of a nameless something in, his look and word, he had power over all whom be met. The children wero ashamed to quarrel or be disobedient in his gentle presence; the men who served dared not bring neglect or unfaishrulness before his clear cyes; men and women who came to his office greedy of gold, and unscrupulously eager to win it, were humbled and sobered as they talked with him. And always in the pauses of business, as he walked through the busy streets, while he watched the children at their play, ho sang low and sweet a song which had for its burden 'Thou art worthy; 0 Lord!'
The man, listening enviously, was not surprised to hear many praises of the angel. One morning the children whispered together that 'father was such a dear now,' and their mother asked him, 'Do you notice what the 'ohildren are saying? And they are not the only onos. The servants say it is a pleasure to wait on master now, and yesterday, as I was shapping, I heard-,
But'something in the angel's face checked her, and she fell" into reverent silence, while he saing low as he went away to the dingy office, 'Thou are worthy 0 Lord!'
When ho entered it the splendor of his angel shape flashed upon him, and the man's voice cried, 'Let me speak! I can bear this no longer. Let me aisk thee some questions. Art thou happy?'
'Yes, overy day and all day long, the angel answered heartily.
'But art thou content? Thou art far from heaven now, and thy life is full of common tasks and petty toils. Instead of angels, thy neighbors are men and women, erring and often sinful. Some of them praise thee, but some of them misunderstand and daspise thee. Thou canst not be happy! Dost thou not loathe this life and long for heaven?'
The angel's smile glorified the plain, worn face through which he looked as he answored, 'I am content, I am happy. I love this life, for it is heaven to do the will of God, and I would not leave heaven.'
'But it is impassiblo that thou art content here!' the man protested passionately. 'Thy angel powers are wasting. Dost thou desire nothing better? Hast thou no longing for God's nearer presence, for more worthy service?'
I long for nothing better than to do God's will. I desire no better sarvice than he given me. He cannot waste what is his own, and what he uses is very near to him,' the angel unswered steadfastly.
Then the man burst into bitter weeping, and the angel glory which he wore was strangely dimmed with the passion of his tears.
'Alas!' he murmured, 'I am weary, troubled, lonely. I cannot tell why thou art so haypy!' Not even thy angelhood has brought me joy. I dare not seek heaven, and I have no gladness here. Give me back my manhood again.'

The angel's glance was infinitely tender as
he replied: 'Yes, it is time for thee to return, thou shalt have thy own place once more.'
But thou hast made it very hard for mohow shall I come after thee?' wailed the man. 1 shall grieve and disappoint those whom thou hast made glad. Oh, angel, tell me the secret of thy bliss!'
| 'The angel's smile grew' more radiant.
'Yes, it is time for thee to return; but first I will tell thee the secret of the-Lord, which is with them that fear him. When thou comest again into this body of thine, consecrate it with thyself to God. Remembe: always that thou art altogether his, and he will make thee dwell in his heaven. We too, we angels, can $\sin$ and be sad, as some of us have done; and thou, too, brother, with all men, mayest obey and be happy as the angels are, utterly blessed because utterly resigned to his will who is Peace and Love and Joy. When any heing is the servant of sin he is kept back from heaven and God; but when any being turns the very centre of his mind into the will of God and obedience to him he straightway enters into the heavenly and the divine. Be thou the servant of God, then all thou dost shall be for God, and God himself shall dwell in thea and gladden thee.'
The man still wearing the dimmed glories of the angel bowed his head.
'By the grace of Christ,' he said, 'I surronder myself to him whose I am, whom henceforth I serve.'
Eren as he spoke a thrill that was almost pain passed through him, and the man was a man once more, while the angel glowed beforo him, a smiling splendor. Brighter and more glorious than ever he seamed as he epoke in tones of music, Blessed art thou, my brother, heaven is in thee, for Gord is With thee. Thou shalt be as the angels who do his will, hearkening unto the voice of his word: nay, more; thou shalt be as the King, who loveth thee, before whose glory the angels do homage now not more than when they watohed his lowly life which manifested his Father among men: and evermore thy heart shall have its share of the music of heaven, praizing him who is worthy to roceive the glory and the honor and the power!'

The glory paled and faded out of sight; the angel-song melted into an exquisite silence that breathed uniearthly peace; and the man bent forward in rapturous prayer.

Then he started and glanced about him in amaze. The room was dark; the cool night breeze poured through the open window. The caretaker, holding a fickering light, was exclaiming and apologizing at the door. Was it possible that he had but slept and dreamed?
Yet God speaks to men in dreams, and from that nisht there was a change in the man, so that, though he never heard them, his clerks and associates commented upon it as in his droam he had heard them speak of the angel, and one day when his children tried to fancy what an angel could bo like, the eldest said, 'I expect an angel would bs something like our papa!'

## Our Little Home.

Our little home, my darling,
Oh, whaterer wind may blow, The south, with its quiver of sunbeams,
The north, with its flakes of snow.
Our little home, my dearest,
Is under the dear Lord's care,
And we fear no ill nor sorrow,
Lovingly sheltered there.
-'Sunday Hour.'

First Mate Pitman.

(By Grace Livingstone Hill, in 'Presbyterian Banner.')
The good ship 'Chasca' was doubling the Cape of Good Hope for India one Christmas Day. She had on board twenty-eight souls. The captain, the first and second mates, cighteen sailors, and seven passengers-missionaries and their wiyes, bound to their several flelds of labor. The air was clear, the sun bright, Just an ideal Christmas sky overhead, and the beautiful seas beneath.
The scoond mate was on watch on the deck. The captain and the missionaries were in the cabin at their sumptuous holiday dinner, trying to choke down and forget the sadness that would arise at the thought of former Christmases and loved ones lept far behind.

Captain Merrill was a coarse, rough man, ignorant, overbearing and jealous. He professed to be an atheist. The sailors were forbidden to have any conversation whatever with the passengers. The missionaries were not even allowed to hand a tract to one of them. His tyrannical manner was a great trial to his passengers during the four months' journey. He loved a dispute, and would talk loudly and beligerently against religion.
Sometimes when the sea was smooth encugh to permit, and he himself could be present, he would allow a service held on board, but it was thought by the earnesthearted passengers that he only allowed it for the purpose of securing fresh butt for his ridicule:
He was getting.off some of his rude jokes now, laughing coarsely, perhaps really trying to be a little agreeable for the sake of Christmas day; and the good things on the table were vanishing rapidly.
Thore was another Christmas dinner boing eaten on bcard, but in solitude and silence. In his small state-room, dismal, hll-smelling, and close, sat Finst Mate Pitman eating his portion; no fowls, or meats, or dainty sauces, only a scanty supply of ship's biscuit, and water.
He was a powerful man; six feet and three inches in height, and finely proportioned. His grizzled hair had here and there a streak of silver. His face had a look of high nobility, uncultivated. There were hard lines on his brow, and marks of dissipation, but a sort of tender gravity seemed to have overspread this, and tried to hide the story of his former life. By his afde lay a new bible, a few of its pages already worn and creased by usage. As he ate, ho looked at it, and thought of all that had happend since the beginning of this voyage. Then he was profane and wicked, perhaps more than any of his companions. But for this book he might now be out in the cabin yonder at dinner with the rest, his the loudest laughter, his the wittiest jokes, and on deck the longest stream of oaths. But not a shade of sadnesi passed over his face at this thought. He reached his hand and turned a leaf and read again a sweet new verse he had just spelled from the pages; 'Be not. afrald, neither be thou dismayed, for the I-ord thy God is with thee whithersoever thou goest.'
Early in the voyage First Mate Pitman had boasted one' day: 'There's nothing that any man over done that First Mate Pitman can't do.'

One of the missionaries said: 'I'm afraid you are mistaken. I have lnown men who left off swearing.'
He looked the missionary steadily in the eye a moment, and said: 'If any man has done that, First Mate Pitman can do it. How much'll ye bet?'
'If you'll leave off swcaring for a week, I'll
give you the most valuable article I possess, for a present,' sald the missionary.
'I'll do it!' said the mate, and so he had dome.
But when at the ond of a weak he was presented with a bible he looked disappointed. 'The trouble with it is,' said he, shaking his head, good-naturedly, 'it ain't no use to me. I lived with my mother in Buston, and went to school a spell when I was ten years old, but I ran away to sea, an' ain't never seen her since, and forgot how to read. But Ill put it away and keep it to remind me $0^{\circ}$ ynu.?
The gentleman hazarded an offer to teach the old sailor how to read, and to his surprise it was cagerly accepted. So, after that, in the presence of his sneering companions and scornful superior officer, First Mate Pitman sat day by day spelling out words from his bible, and learning with the words the truth of the Christian retigion. He left off swearing and changed his conduct in many. ways. He became a favorite with everyone except the jealous old captain. The more others liked Pitman the more the captain hated him; umtil, on pretext of some violiation of the ship's disciplne; he arrested him, and put hirn in confinement in his state-room. Pitman meekly and quictly took his bible with him and submitted. And so he sat alone on Christmas day, in disgrace and forbidden intercourse with any of the ship's company, instead of eating bis dinner with the rest.

Out in the cabin the whole table were laughing over one of the captain's stories in which he figured as a double hero, when in rushed the second mate his bronzed face ashy grey. He spoke a few hurried words in a whisper to the captain, who arose hastily and drew his subordinate officer into his state-room. Two or three minutes passed full of anxiety to those left behind; and then both men returned, the captain's face overspread with a look of absolute terror. He held in each hand a revolver, and strode through the cabin out to the deck without saying a word. Dinner was forgotten. Everyone followed to the deck.
There, gathered in the forecastle, with determined looks and darkened brows, stood the sailors; cighteen ferocious, powerful men, each gripping his glittering knife, mutiny written in every face. They were just ready to make an attack; resistance upon the part of the hand-ful on the quarter-deck scemed utterly useless-insane. The only hope was in mercy-where mercy was little to hope for in hearts burning for revenge against a long series of insult and injustice -not the least of which was foul and insufficient food. The sharp contrast between the Christmas dinner fore and aft, between forocastle and cabin, had precipitated the storm long brewing. The passengers looked for their captain, but he had disappeared. Where was he? Someone came striding up the deck but it was First Mate Pitman, not Captain Merrill. Pitman, como from his bible. In his hand the two revolvers of the captain; on his brow the helmet of salvation, his face wearing the courage born of the promise he had in his heart, |'The Lord thy God is with thee.'
Without waiting for others to help, ho walked straight up to the surly, maddened mon, and without an oath, but with an allthority and coolness that few experienced officers could have shown, he said: "Men, lay down your knives. I will give you unthl I count ten to lay them down:' And then he began deliberately to count: 'One-two three - $\therefore$ One by one the knives were lald at Pitman's feet, the lowering brows relaxed, and the mutiny was quelled.

Those who watched and waited anxiously. for the result, breathed freely once more,
and their hearts were raised in a prayer o thankfulness. Thon ail eyes, even the old captain's, turned in gratitude and admira tion toward Eirst Mate Pitman, who walked away as it some one else were the hero, and took a long breath of the fresh, salt air, from which he had been shut away so long.

## Sunday.

## (Mrs. Christje, in 'The Presbyterian.)

King Athelstein forbade all merchandizing on the Lord's Day, under very severe penalties.
Henry VI.-No fair or market shall be held on Good Fridays, or any Sunday, except the four Sundays of Harvest.?
Charles II. - 'No tradesman, arlificer, or workman is allowed to do any of their ordinary calling upon the Lord's Day-work of recessity and charity only excepted-on pain that every person of fourteen years so offending, shall forfeit five shillings.'
Blackstone.-With much else about Sunday, Blackstone, who wrote 'Commentaries on the Laws of England,' goes on to say: 'It imprints on the minds of the people that cense of their duty to God so necessary to make them good citizens.
It is well known that no one can toil week after week, without a break, and not be injured by it, On this account, the Austrian government has been obliged to enact that no work be done on Sunday. The French are trying to get a weokly day's rest for the workmen employed upon the exhibition buildings now going up. Though these days are not by any means like our Sunday, still, it is a step in the right direction, and in time these peaple may remember the Sabbath day to keep it holy. It is one of the marks of a noble mind to keep God's day holy. George Herbert, a sweet paet of the seventeenth century, says:-
'The week were dark but for thy light, Thy torch doth light the way.'
The words of Sir Matthew Hale, a pious judge of Cromwell's time, have come down to us as household proverbs:-
'A Sabbath well spent brings a week of content,
And joy for the work of the morrow;
Wbile a Sabbath profaned, whate'er may be gained,
Is the certain beginning of sorrow.'
The late Baron Polloak had a bible-class in his house on Sunday afternoons, and so had the Countess of Lathom, who met her death so sadly a few weeks ago, and was carried to her grave by four of her sornowing pupils. I have read that Mr. Gladstone on Saturday nights puts away newspapers and all pamphlets of a secu'ar nature. Would tt not be well if yoa copied the example thus set you, and put away your books and toys of every day, and have only those of a sacred nature for Sunday?
When you are older you will often hear it said: ' Oh, Sunday is not intended to be kept by us, it is only for the Jews.' : In this way many, to-day, are trying to do away with the sanctity of Sunday, and even sood people in ather respects wish to make it a common holiday, rather than a holy day. It is because of this that, young as you are,. I hope you may be impressed. with a sense of its obligations, and God will bless every elfort you make to honor his holy day, for he has said: 'Them that honor me I will hanor.'
'Thine earthly Sabbaths, Lord, we love!
But there's a nobler rest above;
To thee our laboring souls aspire,
With ardent hope and strong desire.'

## The Children's Fountain.

Lady Henry Somerset unveiled the other day, an interesting little fountain in the Temple Gardens, the little patch of green on the Embankmemt, apposite the School Board
offces.: This latest addition to the artistic adormments of the Embankment is a simple little tribute from the temperance children of England. They call it the Child's Fountain, and it stands in the gardens close by where John Stuant Mill sits in the majesty of thought. The fountain is of bronze. It is a replica of one which was set up in Chicago by the temperance children of America. It cost not less than ome hundred and fifty pounds. T'he money has been collected by the children, and Miss Hilda Muff, of Bradford; Yorkshire, the little lady who collectel more than any other, supported Lady Henry Somerset in the ceremony of unveiling the fountain and-hamding it over to Mr. J. S. Fletcher on behalf of the London County Council.

## Correspondence

Utica, Montana. Dand the little girls and boys have been writing leiters to the 'Messenger,' and mamma said that I orught to write too. I am eleven years old. My birthday, was on Feb. 10. Papa is herding shcep now, and likes it very much; last year when he was herding he could not get a dog that would stay with him, but this year when he startel to herd, a little black dos came to our house. We kept her, and called her Susie. She is an excellent sheep dog.
My grandmother lives in ontario, and sends us the 'Messenger,' and we are glad to seo it come. Sister and I go to school at Utica. We have twenty-five pupils in the school, and have four months' scheol at a time. We have gone to school altogether a year and a half We have no Sunday-school here, or church service, only ance a month Your Montana friend

LINA.
Ottawa. .
Dear Editor,-We get the 'Northern Messenger' for our Sunday-sohool paper, and I like it very much. We get the 'Witness' at our house, and I like the 'Boys' Page' and 'Children's Corner.' I have never been to Montreai, although it is so near Ottawa, but when I do go, I will go and sea the 'Messonger' getting printed. I have a good many friends there. It must be a nice place. I go to the Christian Endeavor, and when there was a convention we had a boy from Montreal, and he told me about it, and what a nice place it was; and he said Westmount was a very pretty place. Yours truly,

WILL.

## 'The Robert Jonas Convalescent Fume,'

Mon:rcal.
Dear Editor, - I am a little girl twelve years old, I have been sick wilh rheumatism for five years, but I am gelting beiter now. I stay in a whecling chair all day. I was in the hospital for a year and a balf. I got a lot of presenis on Christmas. I have no brothers or sisters. I have read a lot of 'Northern Massengers,' and I like them very much. I am fond of reading. I only went to scliool for a little while. I used to go to the kindergarten and I liked it very much. Wishing you every success, from your twelve-year-ald friend,

## FLORENCE.

Grand Pre Farm, Grenfell, Assiniboia.
Dear Editor,-My letter is about one Sunday whon my two brothers and I were going to Sunday-sohool, and we had to go through a prairie fire. My father and brothers were fighting fire, and my mother said it was too bad not to have any of us go to Sundayschool. I said if Fred and Andrew, my ittle brothers, would go with me, I would go, so we started out, thinking that the fire had gone out. We walked as fast as we
could until we saw a haystack burning, and then we thought the fire must be burning. We had three and and one-half miles to go, and we were only three-quartens of a mille then, but when wo got one-half of a mile from the school we met the fire. It burned up to us. We turned and ran, but little Fred got tired, so we wemit on a little slower, and we had to go a mile out of our way. And when we got there, the fire was there, and we had to back fire, that is to sit a fire back towards it. If we had not done that the fire might have burned the sohool. Then coming back we had to go five milez around to get home. And when we were very near home we took off our shoes and stockings, and went home in our bare fest. We had gathered flowers the Sunday bofore and left them on the trail, and we saw them burning, but of course they were. wishered. My letter is getting too long, I remain your eleven. year-old reader,

EMILY.
Tolêdo, Ohio.
Dear Editor,-I was very much interested in C. H. L.'s letter, which appeared in one of the February 'Messengers,' as he proves to be my own dear cousin Charlie, and I know all about Robbie and Hazel. . But I want to tell you alout a Japanese Missionary whom I saw, heard, and had the pleasure of shaking hands with. Mr. Ikehara, said that tuere were two words very dear to his heart and those were 'Jeasus' and 'Japan.' He became a Christian in Japan, and came to this country to be educeted. He is spending a month with our Sunday-school superintendenit. In the month of June he will attend the World's Sumday-school Convention, held in Lendon, England, Then he will sail for Japan, and work there for Jesus in the Sun-day-school
Mr Ikehara always wanted to visit Ohio as he had heard the word (Ohio) ever since he could remember, for thiat means. 'Goodmorning, in Japan. He told about a New Englaul gentleman, who wras visiting in his counitry. One morning he called on a Japanese gentleman, and remembering that gocd-morning was the nam3 of one of our states, he shook hands with his host and said 'Pennsylvania.'
I like the 'Messenger' very much. I am eight years old. Yours truly,

CLARENCE
New Albany, N.S.
Dear Editor,-As you wished for more letters on missions, ead as I have an uncle a misoionary in Southern China, I will tell you about him, and the work there. He has been there five years, was stationed first at beeindu, but is now at a place callel Man Kaylne. , The seaport Kheu Liang, a place inland. all his insil where he rander, and where all post-ofices goes, is swatow. inere arl mail is carried nn we interior ore messengers. Ho is having nland come sul he hat fartizel fourtee and was 15, 1897, he hal wrould be more before the expecting the year The ohinamen do net close of the yily to anything introducel by bake very readily to anything inhey call ail oreigners into oreigners foreign devils, so are veary hang in twon. Litule boys keep the evil spirits their cars. That is to keep the evil spiris from taking them off; thinkeng believe wil take them for girls. They believe evi spirits do not care for gir!s. They worahin their ancastors, and bura clothes, shoes, azd ather things that they think they will reeed upon their graves, beting are too yoor to them in the sume. get real clothes, they whi make paper ones and burn them. In this wat hey hone to of blessings will io sent to them in return, of blessigs wite and health. If they have nusiness pronper or other misfortune it is a business failure, or ouner misfortune, it is a sign that their ancestors are disp.eased win this time wishing you prozperity your truly,

FRANK.

## The Sparrow.

I am only a little sparrowA bird of low degree ;
My life is of little value,
But the dear Lord cares for me.
He gave me a coat of feathers-
It is very plain, I know,
With never a speck of crimson, For it: was not made to show;

But it keeps me warm in winter, And it shields me from the rain:
Were it bordered with gold or purple,
Perbaps it would make me vain.

Though small, we are not forgotten; Though weak, we are never afraid;
For we know that the dear Lord keepeth
The life of the creatures He made.
And I fold my wings at twilight Wherever I happen to be;
For the Father is always watching, And no harm will come to me.

I y through the thickest forest, I light on many a spray ;
I have no chart or compass,
But I never lose my way.


I have no barn or storehouse, I neither sow nor reap : God gives me a sparrow's portion, But I know the Father loves me : But never a seed to keep.

If my meal is sometimes scanty, Close picking makes it sweet;
I have always enough to feed me, And 'life is more than meat.'

I know there are many sparrows: All over the world we are found; But our Heavenly Father knoweth When one of us falls to the ground.

I am only a little sparrow-
A bird of low degree;
Have you less faith than me?
-'Happy Hours.'

## Aunt Kathie's Story. <br> (By Margery Dane.)

Bobby was, oh, such a cross, discontented little boy one bright October morning.
To begin with, he had a sore throat and a bad cold and a deep, loud cough. And I suppose perhaps, that was the reason of it all!

Aunt Kathie felt very sorry for her little nephew, and so she tried to amuse him. But Bobby didn't want to play, and he didn't want to look at books, and he wouldn't cut out his paper soldiers. He wanted togo out and gather acorns, and he didn't want to do anything else ! No, not one single thing !

Two shining tears were rolling down Bobby's fat cheeks, and then Aunt Kathie took him up into her lap and told him a story.
'Once upon a time,' she said, 'a tiny acorn came tumbling out of its pretty brown cup and fell down, down, down on to the grassy ground below.'
'An' I was going to get some this very day! interrupted Bobby
'And by and by,' continued auntie, 'a little boy came running along right under the big, old oals tree, and stopped to fill his pockets full of acorns.'
'An' that boy is Jakey!' said Bobby with a sob.
'But this tiny acorn,' said auntie, 'had fallen beside the stone wall, and so the little boy didn't see it. "Oh, dear, dear, dear!" it sighed sadly. "How I wish I could take a ride in that nice boy's pocket! How I wish that I could travel and see the world! Oh, dear, dear, dear! I don't like to live in this wood! I'm tired of looking at this green grass. I don't want to stay here another minute!"
"This acorn was a very sunall acorn indeed. It was much too small to grumble aud growl. But it did, all through the long winter, until one bright spring day something happened!
'Out of this tiny acorn's blachered shell came a little light-green sprout. Then two green leaves uncurled. The little acorn Eelt so proud of all these things that he burst his dark-green jacket right down the middle and he never grumbled about it at all.
" "Never be discontented," whispered the Wind as he came by. "Some daj you will grow to be a great, tall oak tree like your father; and your brothers and sisters, whom you envied, were eaten alive long ago!"'
Bobby's eyes were big and brigat. 'Do you s'pose I ate any of them?' he asked earnestly. 'I don't believe that that acorn was ever discontent-
ed again; do you, auntie?' he added thoughtfully.

Auntie shook: her head. 'I don't believe that it was,' she said
'An' I guess I won't be either,' whispered Bobby as he gave her a kiss.

And just then Jakey came into the sitting-room with what do you think? A tin pail full of acorns! - Mayflower.'

## Thea's Faith.

## (By Hazel E. Foster.)

Thea's book and slate were on the table before her, but she was not thinking about lessons just then; she was wondering how her friend Beth's father could be persuaded to allow. Beth to go to Sun-day-school with her.
But Mr. Cumford was a slieptic, and would not let her go, though he dearly loved his motherless little girl, and she teased and teased him in her pretty way for the coveted permission. He said he 'did not see that Christianity benefited any one 'specially.'
Thea thought and thought. She became discouraged. Finally, she prayed for an opportunity, and it came in an mexpected manner before the close of that week.
Saturday Beth and Thea went out skating with a couple of girl friends on the pond near by.

Suddenly, Beth, who was in advance of the rest, gave a cry of dismay, and to the utter liorror of the girls she disappeared beneath the ice. They were so frightened that they could not move.
And when they did recover (excepting Thea) they just shrieked. But she, realizing Beth's peril, offered a prayer for help, and flew to the rescue. She lay full length on the strongest ice near the hole and seized Beth's clothing, just as she rose to the surface.

She called to the other girls, but they were afraid to come near. So with great difficulty and risk to herself, she managed to get Beth out, and then half carried and half dragged her from the trembling ice. Then, to her great joy, she saw several boys coming from the other end of the pond.
They carried Beth, apparently lifeless; to Thea's home, as it was nearer than her own.
There Beth stayed, and when she was ready to $x$ o home her father.
who came to her, said tenderly to Thea, 'You saved Beth's life my lit-
tle girl; I can never repay you.'
'Oh, yes, you can,' Thea replied, eagerly.
'How?' he asked.
'By letting Beth go to Sundayschool with me,' was her answer.
'W-well, but-'
'It won't do her any harm,' interrupted Thea's mother.
'No, I suppose not.'
'Please let me, papa,' said Beth, coaxingly.
'Why, yes, if you want to,' he said.
'I knew jou would let me go,' Thea said, joyfully.
'How did you know, Pussy?' he asked.
'When I talked to Jesus about it I felt sure 'twould be so,' Thea replied.
The conversation getting too warm for lim, he observed that 'Beth ought to get home before the air became damp.'
So they said 'Good-bre.'
Beth lives to see her father an earnest Christian worker.

The girls are great friends still, and are doing a great deal of good. -'Union Signal.'

## The Forgotten Birthay

## Speech.

(By Chaplain George Saaderson.)
Grandma would be eighty-five years old on the morrow, and her grandchildren had planned to give her a birthday surprise. In Germany, where grandma and the children lived, they make a great deal more over a birthday event than we Americans in our country.
The children had consulted mamma, and she had not only given her cordial sympathy to their plans, but her hearty co-operation as well. First, there was to be a lovely, large sugar birthday cake, with beautiful ornaments of frosting on top. Then there was to be an extra large loaf of rye bread, filled with lots of caraway seeds and other nice condiments, of which grandma was very fond And mamma had promised to pick and arrange a nice bouquet of flowers. Chris had composed a little birthday speech which Gretchen had committed to memory; and would recite on the morrow.
The sun rose clear and bright on grandma's birthday. The children formed in line and started for
grandma's room. First came Lena carrying the lovely birthday cake; then little Louisa, struggling to keep her arms around the huge loaf of rye bread. Gretchen carried mamma's bouquet, and Chris brought his book with the birthday speech written in it, so as to be ready to prompt Gretchen if she should fail to remember.

Grandma was sitting in her accustomed place, in the easy chair by the fire-place, reading the Bible. It was a merry party that lined up in front of her chair that beautiful November day. Even Fritz, the lit tle white dog, who had followed the children in wore a more than usually liappy look on his face. Grandma looked from one to the other, and wondered what it was all about. Chris nudged Gretchen to begin her speech, and in a timid, trembling way she commenced:
'Dear grandma, we bring you-, and then she hesitated, and finally stopped. Chris whispered the words of the next line in her ear, but she was so nervous by this time that she didn't really know what she was saying, and before she was aware of it she repeated the first line:
'Dear grandma, we bring you Our offerings of - ,
and stopped again. At this juncture little Louisa, who was having great diffculty in keeping the large loaf of rye bread from falling to the floor, toddled forward and lisped:
'Dear dranma, I'se bring 'ou rye bread.' Whereat they all laughed.
Louisa's interruption restored the missing lines to Gretchen's memory, for she made a third atten?pt and acquitted herself in a creditable manner. Here it is:
'Dear grandma, we bring you Our offerings of love, And try, by this act, Our affection to prove.
'We wish you great joy, And sincerely pray
Our dear Lord will bless you On your happy birthday.'
'Tord bless the dear little children,' said grandma, as she gathered them in her arms and kissed them. May they always scatter sunshine in their pathway through life.'-'Buds of Promise.'


## Catechism for Little Water Drinkers.

(Julia Coleman, in National Temperance Society, New York.)
LESSON IV. - BEAUTIFUL APPLES.

1. What is this? (Show an apple.)

One of the apples we have been talking about.
2. Why do you admire such apples?

Because they are large and fine and good for us to eat.
3. How do they come to be so large and fine?

The warm rain makes them grow and the sunshine gives them color.
4. What co-ors do apples have?
(Voluntary replies from the class and apples shown by the teacher.)
5. Should they be well ripened?

They should, for unxipe apples are not fit to eat
6. What else makes them good for us?

The rich juices brought to them by the big trce make them just what we need.
7. Whom should we thank for these nice apples?
Our Heavonly Father, who gives ius so many good fruits to enjoy.
S. How do some people abuse the kindness of our Heavenly Father?
By making the juices of these fruits into poisonous drinks.

## Scientific Temperance Cate= chism.

(By Mrs. Howard Ingham, Secretary NonPartizan, W. C. T. U., Cleveland; Ohlo.) LESSON IV.-HOW MAN GROWS.

1. How does man begin life?

As a little, helpless chilu, weighing only a few pounds.
2. How does he grow large and strong?

By the food and drink he takes.
3. How does the food make him grow?

It is changed into the very substance of his body; so that the mill, or bread, or beef, a person eats, becomes after a while bone or muscle or teath, or some ather part of the body.
4. Can the body be built in this way of all sorts of material?

No; it must have food that can be changed into the substance of the body.
5. What def we call the substances that can be so changed?
We call them natural food and drink
6. What thinge can you think of as natural food?
Beef, potatoes, bread and butter, and fruits, are natural food.
7. And why do you call them so?

Berauso they are fitted to the needs of the brdy, and are easily changed so as to bocome part of the body itself.
8. But suppose you eat something that cannot be so ohanged?
Then it cannot be called a food at all, since it does not make the body grow in size or strength.
9. Why do srown-up people need to eat?

Because their bothes aro all the time wearing out, and have to be mended by new matertal.
10. How long a time does it require for the whole body to wear out?
It is said that once in seven years the whole body is nade over, just a little bit at a time.
11. Is it wearing ourt every day?

Yes, every hour and minute. Every time We move, or even think, a little bit of our body becomes worn out and dead.
12. What becomes of this dead part?

It is carried out of the body in many prays; through the tiny holes or pores in the skin; through the lungs, which breathe out the dead matter into the air; and in other ways. 13. Then do you see why everybody must cat?
Yes; if they did not the body wourld waste away.
14. What sometimes happens in a long illvess?
The sick person cannot eat, and so the
dead matter passes away withoar any new matter taking its place, and the body becomes very thin.
15. Is it neceseary, then, to be careful what we eat?
Certainly. We might eat many things which would be of no use to make the body grow, or to repair it.
16. If we find, then, that some things that have been used as food or drink really do not build up the body, what should we do with them?
We should refuse to take them, because if thoy do no good they certainly do harm.
17. How do they do harm?

If in no other why, they weary the body in vain efforts to make use of the useless substance.

## Hints to Teachers.

This lesson is intended as the simplest possible introduction to tine study of the digestion and circulation and the whole subject of body-building. It is not to be supposed that the children have any knowledge whatever of anatomy; but they will at least see that something must be employed to develop an infant into a strong, full-grown man. They will at once grasp the truth that that something is the food and drink taken, and tho necessity that this food and drink bo carefully adapted to the end in view. $\because$ That much learned, we have a basis on which to build a knowledge of the positive harm of alcohol, which is no food.

## Tobacco vs. Morality and Manhood.

Mrs. Mary D. Olsen, principal of the McCash public school, in Chicago, before the public school principals,said in part: 'Lajt October, after my transfer to McCosh Sohoiol, I found that ont of three hundred and fifty boys in the school, eighty smoked from two to twenty cigarettes a day - of these eighty, only six were able to do good work in their classes - I found that elghty-three percent of them smoked cigarettes. Of all these boys whe were especially hard to discipine, only three did not use tobacco. Twenty-five of these boys told me the reason they could not study their lessons, was that they were overcome with drowsiness. Thirty of them said they did not feel well and were dizey all the time. Twenty of them said they could not write well because their hands trembled when they tried to write; several said they felt shaky when they walked, and their nerves fell weak. A large number said they were unable to run any distance-nearly all complained of incessant headaches. They had lost their power to memorize anything. I made a special investigation of the cases of ten boys, who were from four to five years old, and I learned they had a grade a year up to the time they began to smoke clgar ettes, and that then all procrees stopped. Mrs. Olsen learned that many boys stayed away from school ontirely, and others left at recess, because they could not go half a day without a smoke. She said these boys confessed thay would lie, steal, or do any
other wicked thing to get their smoke, that these boys would be honest and truthiua under other circumstances. I suppose I have gathered up a hundred other state ments from Chicago teachers, which are in harmony with those of Mrs. Olsen.
A short time since a cominittee was sent out to look after the men who sold cigaret tes to school children, and they reported 15, 000 places where cigarottes were sold in. Chicago. Chicago is the devil's headquarters We now learn from the many reports in regard to Chicago's school-war on cigarettes, that the tobacco industry is a curse of curses to all the people of this world, and that it is distinctively the devil's own, and designed by him to lead men, women, and children, on to physical; mental, and moral ruln at a fearfully rapid rate. The tobacco traffic is not only a direct curse to the family of man, but it is indirectly a curse, because it underlies the rum traffic as its feeder, where at a low eatimate, seventy-five out of one hundred of the boy smokers find their way to the 'cup of devils.' Hence the tobacco traffic becomes a two-fold agent of ruin.-'Anti-Tobacco Gem.'

## Tobacco.

SEVEN REASONS WHY IT SHOULD BE WRONG FOR ME TO USE IT.

## (By the Rev. E. D. Mallory,)

I. It is contrary to God's law in my physical constitution. Nine out of ten are made fearfully sick the first time they use it. Does not this show that God never designed tobacco for the human system?
II. It destroys my freedom. The habit once formed, clings to us with a death-like temacity. Many who have tried to shake it of have discovered that they were slaves. God calls us to freedom:
III. It iujures miy health: Multitudes who use it know that they are imjured by it. How many tobacco hearts there are. What an army of cigarette smokers we have who are undermining their constitution to an alarming extent.
IV. It is a wrong use of money. Wo are stewards of God, and must give account of the talents he has entrusted to us. If I take the money put in my hands and spend it for tobaceo, which does not nourish, but injures my body, am I not an unjust steward?

V . It is a bad example. A good man using tobacco has a bad influerree over boys, bur dening the tiearts of mothers who daily pray that their children may be kent from evil.
VI. It defiles God's temple. Tho use of tobacco, as a rule, is a filthy habit, rendering our porsons repulsive to many. Our bodies are God's temples. He calls us to purity 'Let us cleanse ourselves from all filthiness of the fiesh and spirit.'
VII. It is not Christilike. We cannot conceive of the Master using tobacco. No artist would dare paint a picture of Chrtst with a pipe or cigar in his mouth. Would not a living misrepresentation of Christ be wonse? He says, 'Follow me.'- 'Times of refreshing.

## Alcohol in Cold Weather.

Dr. Pohifelt explains why it is so dangerous to use alcohol in very cold weather: A moderate use of alcohol bauses a deposit of fat. Alcohol is not turned into fuel in the muscle and nerve cells, but serves as a pure fuel in the organism, and replaces the combustion of fat. Alcohol is, therefore, dangerous in the extramo cold, because it assists the throwing off of heat in a great degree. The offect is as if a stove in a room should be heated red-hot. and then all the dcors and windows thrown open. Heat produced by muscular work in the body is best obtained from carbo-hydrates in the food, but, besides this, the indispensible produciion of heat is best obtained by fats. This explains the instinctive choice of foods by men. In the tropics they eat little fat and much friut, while the polar dweller requires immense quantities of fat to keep up the bodily combustion. - 'Popular' Sclence Nows.'

Second Quarter. Lesson 1. - April 3.

## The Woman of Canaan.

Matt. xv., 21-31. - Memory verses 25-28. Read the whole chapter.

Golden Text.
'Then came she and worshipped him, saying, Lord, help me.' Matt. xv., 25.

## Home Readings.

M. Matt. xiv., 14-21.-The five thousand fed. T. Matt. xiv., $22-36$.-Jesus walling on the W. Matt. xv., 1-20.-Reproving the Scribes and Pharisees.
T. Matt. xv., $21-21$. .-The woman of Canaan. F. Matt. xv., 32.39 .-The four thousand fed. S. Mark vii.,' $24-37$.-'He hath done all things well.'
S. I. Kings, xvii., 1-24.-Elijah and the Gentile woman.

## Lesson Story.

Jesus and his disciples went into the coasts of Tyre and Sidon, a heathen country, and when they were there a Canaanitish mercy upon her and heal her daughter.
mercy upon her and heal her daughter.
'Have mercy an me, o Lord, thou son with a devil.' But wonder of wonders, the with a devil.' But wonder of wonders, the
tender, merciful Lord of Life answers he: tender, mercifu
The disciples astonished at his silence, cail his attention to her request, and asked him to send her away; either by granting or refusing her request. our Lisciples that he was only sent to the his disciples that he was. omy se
lost sheep of the House of Isracl.'
Then the poor woman came nearer to Jesus and worshipped him, saying, 'Lord, help me.' But Jesus aniswered, 'It is not meet to take the children's bread and cast it to dogs.' To all appcarance this. was. an utter refusal of her request. The woman might have gone sorrowing away, saying, 'He helps and heals other people, but of course I nced not have expected he would help me.' Many of us would have had some such thought, had we been in her place.
But this woman had real faith; she saw in the apparent refusal a brignt gleam of hope. She was not too proud to accept the place given to her, she realized her pozition and seized upon the metaphor of ine Titte dogs under the table, and answered, Lord; yet the dogs eat of the crumbs which fall froin their master's table.
Her faith has stood the test, she had proved herself humble, reverent, fervent, full of that faith. Which cannot the world, this is the faith which overcomes the worns.
Jesus said unto her, ' $O$ woman, great is, thy faith: be it unto thee even as thou wilt.' And her deughter was made whole, perfectly healed, from that very hour.
Then Jesus left that comntry, and went to a mountain near the sea of Galilee, and sat down there. Great multitudes of people came to him bringing their sick friends. The lame, the blind, the dumb, the mainved, aud aill those who had need of healing, were brought to Jesus and he healed them. The poople were greatly astonished, when they saw the lame walking, the dumb speaking, the blind having perfect sight. and all the
maimed whole: and they glorified the God of Israel.'

## Lesson Hyman.

There's a wideness in God's mercy,
Like the wideness of the sea;
There's a kindness in his justice,
Which is more than liberty.
There is welcome for the sinner, And more graces for the good; There is mercy with the Saviour, There is healing in his blood.
For the love of God is broader, Than the measure of man's mind, And the heart of the Eternal,
Is most wanderfully kind.

If our love were but more simple, We should take tim at his word;
And our lives would be all sunshine,
In the sweetness of our Lord.

- IT. W. Faber.


## Lesson Hints.

Tyre and Sidon'-commercial cittes on the coast of Phoenicia
'Son of David'- If Christ be no more than the Son of David he has no message to duecithen countries. By no such narrow name can Jesus enter into Gentile land.'. Jesus is ane Son of God, the Lord of Life. No prayer can-prevail if addressed only to the humanity that he has power. . Messiah hat sent' - to the Gentiles. The to them he gave his. life, that they might have the joy of proclaiming this love to the have the
'Lora, heln me'-a model prayer connecting heaven with carth, by that word help. Lord, help me, linking mo to thyself by thy help. Anyone can learn this short prayer, and clinging faith will bring immediate answer.
'Tibe children'-God's chosen peop'e.
"The dogs'- the little house dogs that feed under the table, they belcogs to the houso though in the humblest position.
'Truth, Lord'-she accepted the lowlicst place. She did not answer, 'I am not a dog. I am as good as some Jews I know, and I do not make any professions, either.' If she had felt or answercd in this way she would at once have lost the grea! ast blessing
of her life. True faith is willing to take the of her life. True faith is willing to take the lowliest place before God and to confess all to him, thus proving sinkerity.
'Great is thy faith'-seldom did our Lord meet with such faith, even where he had per20.) This greatest miracles. (Matt xi., $20-$ 22.) This woman's faith was increased by the hindrances"thrown in her way. Her prayer was enselfish, it was for her child, Parents praying thius for their children must Sung down great, blessings upon them. thoir the ford of Jesus. To such prayer Jesus arways answers, 'Be it unto thee even as thou wilt.'

## Primary Lesson.

'Then came she and worshipped him, saying, Lord, help me.'
be poor woman was in the greatest troume, her dear little daughter was being tor mented in the most fearful way by an ovil spirit, and she was powerless to help her. that coald she do? The strongest man heal her knew was not strong enough to spirits are stronger than the strongest evil in the world. No medicine oculd help han all. She begnn to fear that nothing her at ever help her, no one in the world could do anything for, her, for no one was could do than the evil spirit. What whould she troger At last one day she heard should she do? ful prophet had come from Galilee, and that in his own country he hid healed and that in his own country he had healed many persons,' who wer'e tormented by evil spirits. will heal my daughter. I am ask him if he they say he is so good and kind.' So she wont to Jesus, and told him about her daughter to Jesus, and toid him ald 'Lord, help me.'
She knew he was able to belp her. She knew that she had at last found one who was stronger than Satan. She had come to the only persan who could possibly help her. Sill hife come to the Son of God, the Lord of aill life and strength.
did not help me,' she cried, and thousin he and he did help her at first, she persevered, and he did help her. Because of her faith her daughter was made perfortly whole from that hour, and never troubled in that way Fait
Faith is the measure of our love to God.

## Suggested Hymns.

Faith is the victory,' 'Have faith in God,' 'J do not aisk to understand,' 'God holds the key,' Hold thou my hand,' 'The hem of his garment,' 'Simply trusting,' 'Leaning on right; A little talk with Jesus makes it

## Practical Points.

April 3. - Matt. xv., 21-31.

> A. H. CAMERON.

When Jesus withdrew from one part of his vineyard, it was only to onter another. Verse 15: John v., 17. Our prayers are often in accordance with God's will, though the answer be deferred, and scoffers have opportunity to deride. Verses 22, 23.- While sometimes we may think the trial of our precious. Verse 24: I. Pet. 1., 7. The
prayer recorded in verse 25 was as powerful as it was bricf. Matt. xiv., 30. They who are much in prayer will not'stumble in the valley of humiliation. A crumb that falls from God's table will be swieeter than the richest dolicacies the world can present. rienest delicacies the worlas can present. so much ars the faith of his children. Verse so much ar the taith of his children. Verse Jesus amd been inealed, it is our duty to Jesus amd been healed, it is our duty to
bring others to the Great Physician. Verse bring
29,30 . $\frac{1}{2}$ We to the Great Physician. Verse
Wempted to wonder less at a soul being saved than at the so-called medisoul being saved than at the so-called medical miracles. Yet the former is the greater
miracle. (verse 31), and Jesus healed bo:h soul and body.

## Tiverton, Ont.

## The Lesson Illustrated.

Here our illustration shows the three steps of faith that the Syro-Phoenician woman took one by one, until sho obtained her desire in the healing of her daughter. The first difliculty she had was in coming to first dilleulty she had was in coming to tionality all, since he was of another nationality, but mother love triumphed over projudice, and she came. Her heart rose up in the first prayer, four words of which aro placod upon the irst step, Then to test

her faith, Jesus interposed as an obstacle in the way, that he was but sent unto the lost sheep of the house of lerael. She crossem this, though, and asain reaches up to him in her eecond prayer. To this he asain interzoses the objection that the children's bread shonild not be given to dogss. Again her faith and desire crosscs this, standing even upon it she rises again in prayer for the crumbs. Jezus then grants her prayer fully, hearing her becauso of the very difficultien n her way, higher in life, stronger in tailh and an example for centuries to come God's obstacles are never walls, but al ways steps-
to lift us up. to lift us un.

## Christian Endeavor Topics.

April 3.-The grace of hospitality. - Gen. xviii., 1-10: Heb. xili., 2.

## How to Make the Sunday= School a Success.

The Sunday-School superintendent who wishes for the largest measure of success will find the secret in the word organization.' Every sohool, no matter how small or how large, possesses within itself the elements of success. Every member, from the oldest, who is almost ready to teach, down to the youngest tot in uhe primary department, has at least one talent, It should be the first duty of the superintendent to discover that talent, and then find employment for it.
The wise superintendent, without being unduly inquisitive, will ascortain just how cach scholar may be most helpful. It will not be found necessary to put each pupil through a civil-service examination in order to find out who are musical, or who the best bible scholars, or who can best interest the little ones. This is the first step towards organization. The usher and tho door-leceper should be chosen for their punctuality and pleasing address--two requisites in introducing and welcoming strangers and visitors. Next the musical talent comes into play Accidents will happen eren in the best regulated Sunday-schools, and there should always be some one ready to toke the orgen or lead the singing at a moment's notice 'Temple Magazine.'

HOUSEHOLD.

## One Solution.

The woman of the house looked out undaunted with her calm, clear eyes. "There is a solution to all problems,' she said. 'The remedy for the evil you spealk of (the help question) and which we sill deplore, lies, I think, in a return to simplicity of living. There are few households, I fancy, where much of the work might not be eifminated withorst leaving any real void in the actual oomfort of the family. Women climb too mañy stairs - houses are built with too mainy; they arrange their meals on altogether too elaborate a scale; their furnishings are on a plan that requires too much dusting. They make too many dessents, too many preserves, institute too much fine laundry wrork, and worry too much over trifles. Many of their cares might be reduced to a minimum if they were only advanced enough to see things in their proper light.
'Another besetting $\sin$ in middle-class families is that in the absence of servants the husband does not hold himself responsible for the performance of the heavier taisks as he should do. There is not one man in ten in this walk of life who would not have ample time to take most, if not all, of the heavier houschold ditties of his wife's shoulders if he would onily set himself resolutely about it. I know a number of dortors, ministers and lawyers who live in communities where help is scarce and poor, who make a practice of exercising their muscles in this way, and who have as their reward comfortablo homes, promerly kept, and healthy, happy, prelty wives, who are not worked to death, oven though a domestic seldom crosses the threahold. No, indced, my dear, sou mustn't think that the tragedy of the help questicm is sufficiontly serious to devastate and lay waste all, or half, or quarter, or even an eightli of the homes on this continent. Cortainly not while good husbands; with plenty of brawn and muscle, are left to preserve our equilibrium in nature.'-'Jen-pess-Miller Monthly.

## Shield the Dull Children.

There is usually one of a family of children who is slower to learn than the others, just as some develop physically less rapidly than athers; and it is for those slow ones that we plead.
These children are-often allowed, by the negligence or ill-judgment of parents, to be made the butt of jests on the part of ohine members of the family. This is wrong
Many times these slower children are sonsive to remarks on the subject, and are not ondy made miserable and unihappy by it, out their mental dovolopment and grow are retarded by the discouragement, and a fear of ashing questions that follows.
Lives are embittered by the cruel jests of brothers and sisters far oftener than careless people imagine, and what is a netural peculiarity of a certain child's constitution is spoken of as if lit wero a fault or orime to be ashamed of or hidden
The seemingly dull boy of a family is often the one who makes the family name illustrious,-N. Y. 'Ledger.'

## Injured Fingers.

Jammed fingers.-Few people have escaped jammed fingers, and as the pain caused when the finger is fammed in the door is excruciating in the extreme for the first few minutes, it is well to know of some means of rellef. The finger should be plunged into water as hot as can possibly be borne. This application of hot water causes the nail to oul beneath soften, and the blood pourins the pain is lessened The fing to fhowld then the pain is lessened. Ine finger should then A fammed fine areald aner be peoleted A jamimay load to mortification of the bons as it may loan to mortincation of the bone if it is badiy crushed, and amputation of the anger must foll ly caused by the falling of heavy weights, and should be

Above all, do not neglect to have plenty of fresh fruit on the table at every meal. Ripe, fresh fruit freely partaken of will do more to keep one comfortable in hot weather than all the fans, ice cream and cold water in the world.

## Clothes=Pins.

Have you scen some busy housewife hang ng out clothes on a cold, windy day, taking off a clothes-pin, each time a garment is added to the line, trying to make one pin hold two and eometimes three articles? Since good clothes-pins can be had for fivo cents por dozen, it seems raither fat-fetched saving to stand on the icy ground double the time really required to shake out and hang the clothes, and run the risk of taking cold while so doing

## Selected Recipes.

Fruit cake-Soak three cups of dried apples over night in warm water, chop slightiy in the morning. then simmer two hours in two cups of molasses. Malke a cake of two eggs, one cup of sugar, one cup of sweet milk three-quarters of a cup of butter, one and a half teaspoonfuls of soda, and flour onough to make a stiff batter; spice well Add the apples last. Balse in quick oven.
Mock Duck.-About three pounds of round steak, one and one-half inches thick. Corver with bread-arumibs and sliced onions, season with a iittle butter, salt, pepper and allspice and cloves. Roll up and tie securely with cord. Put it in a baking pan and"jour one cup of boiling water over it. Bake in a moderate oven cine and a half hours; basting frequentiy. Sorve with brown gravy.

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