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#### DAVID AND GOLIATH.

THE subject of this picture is an excellent illustration of the text, "If God is for us who shall be against us?"

The Israelites and the Philistines are about to fight a battle, when from the make of the latter steps forth a giant, full of boasting and trusting in his huge spear and heavy armour and shield. This giant, Goliath by name, challenges any Israelite to fight him, and thus to decide the issue of the battle. But Israel is afraid, and has no match for him. We all know well how, at length, David the shepherd boy offered himself as their champion; how he

was laughed at by his brethren; then armed by King Saul, and how he refused the armour and goes to meet the giant with only a sling at the smooth pebbles out of the brock. Ho put no faith in himself but in his God, and, though the giant despised him, exclaiming, "Am I a dog that thou shouldst come against me withstones!" yet the first stone that David slung hit Goliath in the forehead and slew

Thus the glory was to God who gave him the victory.

#### NIPPED.

BY ANNA BREATH.

"LIGHT another lamp, Mary dear; the room must be more cheery against the room must be more cheery against father's coming home tired and cold; and light is cheap, that's one comfort;" and mother, glancing toward the door as she spoke, drew a big armchair nearer the fire.

"Here, father," she said as a tall, landsome old man entered; "sit down and keep little Nell company while I bake the pancakes for supper."

Her grandfather held the lamp shade as Mary reached for a match. "Yes."

as Mary reached for a match. he said; "light is cheap nowadays, when one can pump it out of the ground, but fifty years ago when I sailed the seas to bring it home it cost

men as well as money."

"Tell us about it, grandpa dear,"
quoth little Nell. "Where did the oil
grow? far away in the islands of the sea where monkeys swing among the branches and the sun shines always?"

"Nay, my lass; the sun indeed shines always, day and night, in the months that we call summer, amid the icebergs of the north, but naught grows there. of the north, but naught grows there. The whales in the great gray waste of tossing water yield up their lives and many a man has frozen in the derkness to send light and brightness into the homes of the land."

""Whaling was hard work gran'then."

Whaling was hard work, gran'ther." said Mary. "Joe and I used to play with the harpoons and funny little iron spade that stand under the eaves in the south attic. Joe said always bed be a whaler when he was a man."

""A good business it was in my
time, child; one fit for a man, and
many a town along this seacoast lived

by it. There was many a wife said good-bye to her husband with a brave light in that eye, knowing well the danger he would suffer; and then for a year, or for three years, maybe, if he happened to be nipped by the ice, she watched the flour barrel and the pork keg with an anxious eye, knowing not whether she were wife or widow.

the pork keg with an anticour widow.

"Good stout ships they were, heavy oak planks aix inches thick over the ribs, great broad bows, to stand streng and stiff amid the shock of heavy ise. In the hold were ribs of empty casks which we hoped to sing home full. We could depend on selling snow for water, but to stow away bood whough to supply fifty men for eighteen mentics was no light task. Once we were appeal near the Greenland shore; there

we were held like the filbert in the nutcracker for aix long months, only half dim dreary light through that long winter, but that was better than the eternal bright-ness of the summer. But that Greenland time wasn't had after all; ducks were to be had at, where on shore for the powder to shoot them, and within a mile of our boat was a real Eskimo but, where father, mother, and two children (and are gentle children they were) lived their lives, knowing none better.

"At the front door we went down on our knees, and crawled through a long passage on all-fours. At the farther ond

dingy white ice a black streak cropt into Up went the made, but we were too eager to escape into open sater to trust to the wind when strong muscles were aching for want of use. Forty men tracked her out, as it is called, fastened by stout belts to the whale-lines aboard the ship. they pulled like mules on a towpath, and ing as the long line slowly cropt along. Every few rols the line of water seemed to close before us, but as we pieced on bravely the way opened always, as ways always do open to push and puil. At last the good ship was herself once more, saving like a bird, as she was meant to sail.

DAVID AND GOLJATH.

was a large room with a roof aloping to-ward the entrance hall. All across the end ran a bed place, and a sick woman huddled at one end was coaxing a seal of lamp to heat some medicine for her rheumatum. Three dogs, big shaggy fellows, were in the room and a little girl no bigger than our Nell sat sewing moccasins made of dearskin. She had to keep close to the

deerskin. She had to keep close to musmoky oil lamp, for there was no other light in that close little lule underground.

"Protty, did you say? If we could have seen through the dirt and smoke the colour of her skin, I might be able to say.

"By-and bye, one day, we heard a tick, tick, in the distance and then cracking and the loss formers were creaking, and we knew the toy fugers were learning their bold. Then smid the

"But, children, you must think of the real life out in the open sea, the great ice bergs looming up like marbie palaces, spires and pinnacies glistoning, and in the heart the gios of the ruby and the emer-Ald, the fire of the sun present different hang a time have we cast an anchor into the mass of ice and held safe through the night—the night which is brighter at midnight—the night which is brighter at midnight than out conlight, the natives sleep, but decent white men can't. Many is the time I so longed and weared for one good pitch-dark night.

"A hard life? yes, my lass, it was, and amid a crew of fife, men rough ones there were bound to be, but lazy, shiftees, ne or do week exacts ever turned faces to

Arctic weather.

"A hard life it was, but good hauls we made sometimes. I'll confess, and when we came home with a full ship we knew oa." man would have his share on every ton or oil tried out, as well as the good silver pay clinking in his packet.

How would you like, little Nell," the

grandfather continued, twisting a golden cuil round his finger, "how would you like to be chained to a great whale as long as this house, and go tearing and plunging through the rhite foam, like the stories they tell of Neptune's car careening through the care they tell of Neptune's car careening through the care they delivered they are desired the second through the care they are the care they are the care they are the care they are they are the care they are the are they are the are they are the they are they are they are they are they are they are the are they are they are they are they are the are they are the ar the waves behind these wondrous delphinal l've tried it, my lass, and my heart beats faster now, with fifty years lying between that minute and this.

There she blows unes the man in the lockout at the mashead, and away off on the tussing wares we see a faint spurt of white foam puffed out by the muniter as he rises to breathe. and overhoard go the boats, six men in each, besides the harpooner, who to the great out of rope at his feet.

"He stands there steady as a statue, and as alout, while the best dances

and skims over the waves, some on by six atrong pairs of arms. Now we come close to the great black mass, the harpoon poised for its flight. Whiz! it skims through the air and is Whiz! it skims through the air and is buried deep in the monster. 'Back water!' shouts the harpooner, and the men bend to their wars for their lives, for, dashing the waves in his fury, one flip of his tail would shiver that little boat into kindling wood.

Then down he goes as though he were bound for China by the shortest

cut. Out runs the line—fathoms of it, the boy standing at the side bales up water and pours it on the rope as it races out over the gunwale, or the friction would start a fire in two minutes.

"Lost to sight he is, but the line "Lost to sight he is, but the line still pays out, more slowly now, now it slacks altogether: the great fish is coming to the surface to breathe. Again the harpooner stands ready, this time with a light spear in hand. It flies through the air and strikes, another! and another! The water is dyed red, churned into fury—the huge

dyed red, churned into fury—the huge mass rolls over and over, a mighty shiver, and the grand beast is dead.

4 Then for the work of towing the great prize to the ship, and there, securely fastened alongside, the mea put on boots with heavy spiked soles and clamber about on the monater as though on an inland. Some go into the mouth to strip off the baleen, or whalebone—the strips are ten feet long sometimes, ochors with the blubber-spade (that is one in the attic, Mary) cut into the blanket of blubber,

Mary) cut into the blanket of blubber, tear it up in strips, and hoist aboard by means of tackle.

"Then what a time there is aboard that ship! The great boilers are started and the fat tried out; the refuse from one pot serving as fuel under another. A curtain of scoty smoke mangs over the ship, and grease, fat, oil is everywhere; enough to drive the mother crary. The greate is then stored away in empty casks below, to be taken home and boiled for oil."

And do they leave all the rest of the whole on the waves, gran ther?

"And do they leave all the rest of the whale on the waves, gran'ther?"

"Yes, it feeds the bears and fishes; a whale is a regular treasure. Mary, the oil from one might be worth enough money to buy this house." The children's eyes opened wide, mother stood in the dorway, tather came in through the kitches. "Yes," he said, "whale oil tought this house, but grandfather risked life and limb to get it, and though he was the best harponer that over pailed the seas we mean to keep him enug in port, moored fast by chains of love."

Angels From the Realms of Glory.

ANGELS from the realms of glory, Wing your flight o'er all the earth;
Ye who sang creation's story,
Now proclaim Messiah's birth:

REFRAIN

Come and worship, come and worship, Worship Christ, the new-born King; Come and worship, come and worship, Worship Christ, the new-born King.

Shepherds, in the field abiding,
Watching o'er your flocks by night,
God with man is now residing;
Yonder shines the infant light;

Sages, leave your contemplations, Brighter visions beam afar; Seek the great Desire of nations, Ye have seen his natal star;

Sair's, before the altar bending, Watching long in hone and fear, Suddenly the Lord, descending, In his temple shall appear:

Sinners, wrung with true repen \* .ce,
Doomed for gailt to endless pains,
Justice now revokes the sentence,
Mercy calls you,—break your chains:

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# Pleasant Hours:

A PAPER FOR OUR YOUNG FOLK. Rev. W. H. Withrow, D.D., Editor.

TORONTO, DECEMBER 7, 1895.

#### FROM JAPAN. BY J. M. M'CALER.

This is a great country for flowers. One of the most famous is the chrysanthemum. You see its name is a very long one, and I expect many of you will have to try several times before you get it right. But you must not pass it over with a mumble or incorrectly pronounced. This makes a very bad reader, and will cause people to laugh at your ignorance. If you are unable to call it properly alone, go to your mother—she will always help you—and ask her to call it over to you very carefully and distinctly, that you may catch each syllable; then remember it is the name of a very beautiful flower of many different colours that grows in Japan, and I am sure you will never forget it.

There are two seasons when the chrysan-themum is in bloom - spring and autumn; but the autumn flowers are by far the most beautiful and abundant. At this season the people have many festivals weaving the flowers into many curious and

weaving the flowers into many curious and ingenious shapes, which look very beautiful. Sometimes they make from them images of their great heroes of ancient times as they were engaged in battle or single combat with an enemy.

Japanese people are very fond of flowers, and have acquired much skill in their cultivation and training, as well as in landscape gardening. The chrysanthemum, with many others, is kept in little earthen jars, or pots, and almost any time during the flower season a man with his cart

loaded can be seen in the streets with flowers to sell. Sometimes they have a flower market, at which time they bring many flowers and shrubs of different kinds together in some street. They will then line the street on either side perhaps for half a mile in the most beautiful manner, each man serving as clerk over his own section. This is always at night, to avoid the heat of the sun. In order to give light, hundreds of little tin lamps, fitled with a kind of oil from seeds, are scattered with a kind of oil from seeds, are some miscellaneously among them. It all looks very beautiful. Hundreds and hundreds of people—old men, young men, maidens, and mothers—will stroll leisurely along at such a time to buy or simply admire the such a time to buy or simply admire the beautiful flowers—mostly for the latter purpose.

Like some bad people at home, these people are not always honest. Sometimes they will cut off a bunch of flowers with stems, stick them down into a pot, and make it appear that they are growing that way; but when they wither in a short time, the one that bought them finds that he has been deceived. This is wrong. People ought not to deceive each other in this way for a few cents, nor for a large amount of money either, as for that matter. It is nothing more nor less than a lie. Now, this is a very ugly word, but it is just the name for it. In this case the it is just the name for it. In this case the man does not speak a lie with his lips perhaps, but he acts it, which is just as bad. We are responsible for the way we make things appear to others, if we purposely make them appear in a false light to their injury.

injury.

When I was a boy, about your size, my spring to buy some sweet potatoes for seed. On top of the half-bushel they looked very nice, but beneath they were rotten and so bad there was scarcely a good, sound potato in the whole pile. This man claimed to be a good Christian,

and went so far as to say—so I was told—that he would even have a higher seat in heaven than common Christians.

The chrysanthemum cannot be grown very well from the seed. I am a little disappointed in learning this, as I had promised a dear friend in Lexington, Ky., to send her some seed by mail. They are grown from the roots and from entired grown from the roots and from cuttings. The finest are from the cuttings. These are tender slips cut from the parent stem and transplanted into new pots, which in

time take root and grow.

There are many other flowers—such as the cherry-blossom, the lotus-plant, the hydrangea, and the lily—that I could tell you about, but I cannot speak of them in particular now. Many of the flowers from our own native country are also cultivated here, and grow well. The hydrangea grows much larger here than at home. It is often eight or ten feet high, with many thick clusters of flowers. There is also a blue species here that I have never seen at home.

But as I expect to write you again before long, I will not write any more now. Don't forget that long name mentioned at the beginning, and be sure you pronounce it correctly. In closing, I will give you a suggestion that was given me from a very old man, when I was a boy. He said: "When you come across a word you do not understand, write it down; and when you go home, look in your dictionary to see what that word means." I have found this very useful advice, and am still following it to-day. I hope every little boy and girl who reads this will do the same; and also notice the pronunciation.

#### THE PANTHER.

The jaguar, or American panther, is found in South America. The North American panther is known as the cougar. The real panther is known as the cougar. The real panther is found perhaps only in Africa, though these three classes closely resemble each other. They are heavy, clumsy animals belonging to the cat tribe. You will notice that the hide differs from that of the tigor being special in a superscript. that of the tiger, being spotted instead of striped. The panther is not anything like striped. so graceful an animal as the tiger. an expert climber, running up a tree like a cat. From his perch on the stout branch of some tree, he will pounce down upon his unsuspicious prey, having them in his

The panther is very strong and of a daring nature. The Spanish settlers were daring nature. Ine Spainsh sections were much troubled by the jaguars entering their enclosures and carrying away their cattle and sheep. But they are not satisfied with cattle alone. The tortoise seems to be one of their favourite dainties and they will push their paw between the openings of its shell and clean it out as well as if the sharpest knife had been used. As the jaguar lays in a good supply of tortoises at once the Indians often take advantage of his work by robbing him of his luxuries. Reptiles, too, seem to form part of his food. Man seems to have suffered little at the hands of this powerful animal, though in a few instances he has been known to attack and, perhaps, kill

## "NO MAN LIVETH TO HIMSELF ALONE."

THERE were to be public exercises at school next day. Sara Barnard was telling her most intimate friend of the lovely new dress which she had to wear.

new dress which she had to wear.

"I suppose I'll be the only girl in an old dress," Mary said, with a sigh.

"Father's been sick so long that he could old dress A sign. Father's been sick so long that he could hardly afford me a new dress just now. Mother is going to mend and clean this up to-night. I shall have to wear it, but I hate to. If only I were not the only girl without a new dress! I m afraid that I shall feel so badly over it that I cannot do well."

Sara looked thoughtful all that evening, and at last she went off for a long talk with

When the girls met at school next day, Mary saw to her great surprise that Sara was wearing her old dress.

Sara laughed at her astonishment.

"You see," she said brightly, "that you are not the only one without a new dress after all. Manma preferred to have me wear this and so I did."

Marv's face brightened and her care.

me wear this and so I did."

Mary's face brightened and her confidence rose. She was a timid little girl, who seldom did herself justice, although she was the most thorough student in the

That day, however, Sara's constant friendliness and her bright smile, and, more than all, Sara's old dress, made her lose her self-consciousness, and she did marvellously well.

"It is all owing to you, Sara," she said, as she kissed her friend; "the thought that I was not the only one here with an old dress made me forget myself. sorry for your disappointment, but I'm glad for my own sake that you wore this."

Sara smiled, but it was a long time be-fore Mary learned that Sara had proposed the little sacrifice herself.

# A NIGHT WATCHMAN IN FEATHERS.

years ago, when I was a little child, I lived with my parents in a large, rambling old house in the tropics. This house was also the bank of the place. All the ground floor (except a small corner, which was fitted up as a wine store) formed the bank premises. There was a pleasant garden around the house.

garden around the house.

My father was devoted to animals of every sort. A list of the various odd specimens he possessed, ranging from an appearance of the contract of the electric eel to a quite untamable tiger cat, with accounts of their strange doings, would fill a volume. The special pet, to which this story refers, was an owl. Whether it was a valuable species or simply a common

was a valuable species or simply a common brown owl, I cannot say so long after.

On New Year's Day—I think it was in 1858—very early in the morning my father, who was a light sleeper, was wakened by a strange noise in his room. Looking about, he discovered the owl. The presence of the little creature astonished him greatly for to get to the room the owl value. greatly, for to get to the room the owl must have come up a flight of stairs (his perch was situated just outside the door of the wine cellar mentioned above and foot of a flight of stairs), then along a passage, of some length, and through a dressing-room.

My father, wondering at the sight of his feathered friend, got up with the intention of taking him back to his perch and, if

possible, of discovering what had disturbed him. The owl seemed much pleased when my father got up, and began to hop back the way he had come, looking round now and then to see if he was followed. When they reached the bottom of the stairs, there was no difficult to containing what they reached the bottom of the stairs, there was no difficulty in ascertaining what had disturbed the poor owl. Robbers had been at work, and instead of breaking into the bank, as they evidently had intended to do, they had forced an entrance into the wine shop, and in their disappointment had smashed every bottle.

We all felt what a very rare and striking

We all felt what a very rare and striking proof this was of the bird's sagacity. For, in order to enact the part of a watchdog, he had had to find his way about what was to him a cuite unknown at the house. to him a quite unknown part of the house, to get to my father and conduct him to the scene of the robbery. Needless to say, the owl was a greater pet than ever after this proof of his cleverness.

### Junior Song.

We are fighting for our Savious,
We are fighting for our King;
We shall surely be victorious,
We shall trophies to him bring.
We shall trophies to him bring. WE are fighting for our Saviour, We will tread down powers of darked Show to men God's own true light; We will triumph over Satan, For we trust Jehovah's might.

CHORUS. No, we never, never, never will give in.

Never shall we be defeated. Never shall we be defeated,
Never will we run away,
Never will we flinch or falter,
Till we win the well-fought day.
Never doubt, but trust our Leader,
Follow him where'er he lead;
Follow him through toil and peril,
And through pain—if souls are freed.

We the foe will face, and bravely We the foe will face, and bravely
Stand against his shots and darts;
Forward, onward, upward pressing.
Winning many sin-stained hearts
From the enemy's sad thraldom,
Yes, we'll rescue many a slave;
Through the might of God, the Spirit,
We the victor's palm shall wave.



#### JUNIOR LEAGUE. PRAYER MEETING TOPIC.

December 15, 1895.

UNDER OBLIGATION. — Galatians 3. 24.

The religion of Jesus Christ consists of two parts—a system of doctrines to be believed a code of laws to regulate our lives. W a code of laws to regulate our lives. We say to receive the doctrines by faith, but the requirements of the law are to be obeyed in the daily life. The law is given for our guidance, and its commands are so explicit that we never need be at a loss to know how we should act. None of the requirements of the law are unreasonable. Some of them may appear as though they were too strict, but

should act. None of the requirements of the law are unreasonable. Some of them may appear as though they were too strict, but a careful examination of them will convince us that we have formed a wrong conception of them when we thus judge. The proper way to form a correct estimate of any law is to consider its object and design. Judged by this rule we feel assured that the law of the text is holy, just and good.

A question may arise what law is meant. Suppose we decide that the ceremonial law is meant. What is its design? The answer is, to lead us to Christ. To him every sacrifice pointed as its great antitype. No altar could be erected, no sacrifice could be presented, with any good to the worshipper, but only as he looked forward to the great sacrifice which was to be offered for the sin of the world. This being the sign of the ceremonial law, we are sure that it was holy, just and good.

Take the other view. We regard the law

Take the other view. We regard the law Take the other view. We regard the law mentioned as the moral law, that which is contained in the Ten Commandments. None will dispute their holy, pure character. The design of keeping them is to develop a holy, pure character. It is only by a faithful, pure obedience that we will grow to perfect Christian manhood. Study well this divine code. In times of difficulty and danger, when you know not how to act; ask their gresswhen you know not how to act, ask the question, What saith the Scripture? To the law and the testimony let us appeal.

#### Cod and the hight. BY DR. NORMAN MACLEOD.

Courage, brother, do not stumble,
Though thy path is dark as night;
There's a star to guide the humble—
"Trust in God and do the right."

Let the road be long and dreary, And its ending out of sight, Foot it bravely, strong or weary; "Trust in God and do the right."

Perish "policy" and cunning.
Perish all that fears the light;
Whether losing, whether winning,
"Trust in God and do the right."

Trust no forms of guilty passion—
Fiends can look like angels bright;
Trust no custom, school, or fashion—
"Trust in God and do the right."

Some will hate thee, some will love thee, Some will flatter, some will s'ight; Cease from man and look above thee— "Trust in God and do the right,"

Simple rule and safest guiding, Inward peace and inward light,
Star upon our path abiding—
"Trust in God and do the right."

# PUTTING OFF FROM SHORE.

"Has Walter come in, Susan?"
"No, ma'am, not as I knows of: I ain't heard the front door."
"Very well, Susan; put ont the lights and go to bed. I will wait until he gets home." to bed. I will wait until he gets home."
The maid-of-all-work went off to see that

the windows were fastened for the night, and

"It's a cryin' shame 'bout that boy," muttered Susan; "he don't give his poor mother an hour's peace. If he was mine, I 'low I'd lam him well."

lam him well."

Mrs. Lockett heard this covert piece of advice, but took no notice of it, except to shake her head mournfully. The day was past when a whipping could be thought of for her refractory boy, who was now a tall, well-grown fellow of fifteen.

grown tellow of fifteen.

Just when this son had begun to resist his widowed mother's authority she could not tell, perhaps he could not have told himself. She had been poor and hard-worked, and there were five younger than Walten to She had been poor and hard-worked, and there were five younger than Walter to be fed and clothed and looked after; and so she did not realize, as the weary days went by, that little by little he was straining the leash of her authority until it was ready to snap.

In fact, the break came that very night. Mrs. Lockett sat in her chamber, or walked

Mrs. Lockett sat in her chamber, or walked up and down the floor, for hours before she heard the latch-key turned in the front door. Again and again she had prayed aloud in the intensity of her feeling, that God would show her what to do, and now her mind seemed to

her what to do, and now her make be made up.

"Walter," she said, opening her door when she heard his footfall on the stair, "please step here a minute; I want to speak to you."

The boy came slowly, as if half-minded not to heed the request. "Well," he said, in a surly tone, standing in the doorway, "what do you want, mother?"

do you want, mother?

have something to say to you."

"I'm sleepy; I want to go to bed," he

muttered.
"What I have to say will probably wake

you up," she said, quietly; "come in."
Walter threw himself into a chair near the door, and his mother continued: "You think door, and his mother continued: "You think I am going to scold you, or question you, or beg you to lead a different life; you are mistaken: I have tried these plans, and failed. Only to-night at supper time, I told you not to leave the house, and you failty refused to obey me. Now, my son, nobody can live in my house and not render me respectful obedience: it is due to the other children that I insist upon your ceasing to live with us."

She might well say that Walter would wake up! He felt stunned for an instant, and then furiously angry.

then furiously angry.
"What do you want me to do?" he said,

"Why should you ask me, my son? Have you shown any willingness to do what I wanted you to do? You will have to find work, of course; something to support yourself. I invite you to stay with me until you succeed in finding a job."

There was a little silence, and then Walter said, "Is that all you have to say?"

"Not quite," she answered, and now her yoice trembled, and the tears poured like rain roughly. "Why should you ask me, my son! Have

"Not quite," she answered, and now her voice trembled, and the tears poured like rain over her cheeks. "You are angry now, Walter, and you would not receive my affection kindly, but I want you to remember

that I love you devotedly, my son; that I am always ready to help you in any way that you will ask of me, even while you are living away from me, and that it would give me joy away from me, and that it would give me joy like that the angels feel, if you should make up your mind to come back to me, as a true and obedient son."

Walter did not reply: his eyes were smarting with tears that he would not shed;

smarting with tears that he would not shed; the lump in his throat almost choked him, and he was tempted to submit. But he had been chafing at his mother's authority for more than a year, and was sore and resentful. She came up and kissed him quietly on the forehead. "Good-night, my son," she said; "I had hoped that you would ask my forgiveness first; but I see I must ask yours: I surely must have failed in my duty to you somewhere, or this behaviour would have been impossible to you."

been impossible to you."
Walter got up and left the room without a word, and the next day begon what proved to be a long and disheartening search for work. His mother helped him in this effort as much as possible, and maintained a kind and friendly attitude to him, but as he made no advances toward being reinstated upon his old relation, she kept him steadily to her intention that he should now undertake his own support.

Far away to the north, in the dark waters

of the Po'ar Sea, rides a gallant scaling vessel, with tall spars and iron-shod bows, her lower timbers roughly hacked by battles with the ice. There was no ice in sight at present, but a chaos of water-mountains tumbling and swirling like giants at play.

The deck of the sealer was an active place: The deck of the sealer was an active place; orders were being shouted and responded to by hurrying, tramping feet; chains were rattling, and the rigging creaked dismally as the wind roared through it.

"It's going to blow a sneezer, lad," said a

"It's going to how a sneezer, hat, said a grim old sailor to a young hand beside him, but before the words were fairly out of his mouth, he was responding to his captain's order for service, with a ringing "Ay, ay, sir!"

The boy was left standing hard by the backstay, alone, for a little while, watching his first fierce storm at sea, when suddenly the captain's voice came booming along the deck, "Away aloft, and reef topsails."

The boy looked about him, there was not

an unoccupied hand on deck except himselt; clearly he must go up.

For weeks of smooth sailing he had been

practising going aloft, but as he looked up now at the sailors working away at the stiff, heavy sails, they seemed about as big as cats

heavy sails, they seemed about as big as cats in a tree-top, and it is small wonder if his heart failed him. Yet go he must.

The fact was, the rapidly increasing darkness, the volumes of spray dashing over the slip, and the confusion of passing and repassing sailors kept the captain from recognizing the new hand: but—

"His not to make reply, His not to reason why, His but to do—"

And, alas! it seemed only too certain that And, alas! it seemed only too certain that it would be his to die, also; for when only half-way up, a fresh squall struck the vessel, she heeled over, and losing his grip of the icy cordage, the poor had fell into the sea, striking the rail as he fell.

"Man overboard!" bawled the captain; but the grim sailor, who had a strong liking for this latest apprentice, had already buckled.

for this latest apprentice, had already buckled on a life belt, put the rope's end into a comrade's hand, and was in the water himself. There seemed but a slim chance that the bold rescuer should be able to pick up the stunned boy, but by God's mercy he did, and placed him safely in the crib lowered to receive him, climbing up himself by the stout hawser, with a nimbleness you would not have thought possible in so clumsy-looking a creature. creature.

reature.

But storms pass, even in Polar seas, and the ship was now sighting "the country," as sailors call the sealing ground, or rather the great ice-pack dotted with millions of black seals and little yellow "puppy" seals.

The boy, however, was not aloft, gazing at the exciting spectacle, as he had intended to be. Instead, he was lying weak and suffering in his bunk below, and by him sat his grimesillor.

sailor.

1 don't think I'll eyer make port again,
weak voice, "and I Gerlach," said the boy's weak voice, "an want you to take a message to my mother.

The sailor nodded dumbly. In his opinion Walter Lockett was fast making for that port

Walter Lockett was last making for that port from which no bark has ever put back.

"Tell her," said the boy, trying to rally his strength, "that she must not grieve at sending me away. It was the only thing that made me see what it was to have a home and a mother. When I left her I had a rough time; each master that I took service under was harder on me than the last. I had to have them on the spot, and for their interest, obey them on the spot, and for their interest, not mine. Oh! how often I called myself a fool for thinking it hard to obey my mother's gentle voice, never taised against me, but always speaking in love, and for my good. I soon saw that God had given me that good mother as the best thing that even he could do for me, and I had been too low-down a fellow to see what a chance I had until I lost it."
"Why didn't you go back, lad?

"I made up my mind to go back, but I was foolish enough to want to do something fine first. I liked well enough to think of going back to her, after I had made a man of myself, but you see that was part of the same proud, foolish spirit."

His voice sank away, and his comrade was dumb; he did not know how to speak the tenderness he felt.

tenderness he felt.

"You must tell her," he began again, "that God heard her prayers for me. When he found he couldn't do anything with me as long as I thought I could do for myself, he just laid me out in this old bunk, and there I had to learn my lesson. She'll know what I mean: she tried to make me give up trusting myself, and leave it all to her Saviour. Well, that's it, Gerlach—that's what you are to tell her; and that every hour now I say the little prayer she wrote in my Bible:

"O Saviour! I have naught to plead, In earth beneath or heaven above. But just my own exceeding need,
And thy exceeding love."

"Here, Sam! call the surgeon, quick," cried the sailor, for he thought the boy had taken his prayer to the other side of the river

But he had only fainted, and, do you know, But he had only fainted, and, do you know, not many days after they had him out in the sunshine, on deck, and in a few weeks he was able to be up all day. For life does not easily yield the fort in youth, and it begins to look now as if Walter would be able to carry his own messages, and so, perhaps, help those little brothers to learn without such hard schooling, that next to loving and help those little brothers to learn without such hard schooling, that next to loving and obeying God, the sweetest service on earth (and indeed it is of the same piece), is loving and obeying mother.

#### HOW TO BECOME A RUNNER.

BY S. SCOVILLE, JR.

RUNNING is one of the best of exercises for the whole body. It rounds out a hollow chest, drives the oxygen into the farthest air-cells of the lungs, wonderfully increases their capacity, and develops the leg, thigh, stomach, and waist muscles. But it must be learned just as skating, swimming, and bicycling have to be learned, and there are two things that must be kept in mind by the learner. The first is-whether in sprinting, distance, or cross-country running—to run entirely on the ball of the foot, or, as they say on the track, "Get up on your toes!" By strik-on the ball of the foot, which is a sort of natural spring-board, the runner takes a longer stride, and the spring that he gets enables him to lift his foot more rapidly and repeat the stride more quickly than the runner who goes flat-footed. As length and rapidity of stride are what give speed in running, it follows that a flat-footed runner can never be a fast one. Another reason against pounling away flat-footed is that the delicate mechanism of the ankle, knee, and hip is jarred and may in time be injured.

The second point for a runner to observe

is his method of breathing. Breathe through both the nose and mouth. Nearly boy when he first begins to run has the insane idea that an one be done through the nose. There was moster mistake. When a boy the insane idea that all the breathing must never a greater mistake. When a boy runs his heart beats much faster than it does ordinarily, and pumps out just so much more blood. All this must be acrated or purified by air from the lungs. The oppression that one feels when beginning to run is due to the lungs demanding more air for the extra quantity of blood which the heart is sending out. Nature has looked out for this and provided a way by which air can be furnished to the lungs very rapidly. It is a very simple way, and consists of merely opening the mouth. Breathe, then, through the nose in ordinary life as much as possible, but when you ary life as much as possible, our when you are running or exercising violently open the mouth and take in air in deep, rapid breaths, not gulping it in through the mouth alone, but letting the mouth and nose have each their share.

Take as long a stride as possible, but without overbalancing the body. Bend

the body slightly from the hips: for if it be held too erect the stride will be shortened. Let the bent arms swing easily and naturally a little above the level of the hips, swinging out and back with every stride. This keeps the muscles loose, prevents them from becoming tired so easily as they would if held rigid, and balances the body better. Take especial pains to keep the body from being stiff; let it swing as easily and lithely as possible. sprinting the stride is shorter and more rapid than in long-distance running, and a sprinter usually runs with body thrown farther back, in quite different form from the long, easy lope of the distance runner.
—St. Nicholas.

#### Procrastination.

WHEN I'm a woman you'll see what I'll do: I'll be great and good and noble and true, I'll visit the sick and relieve the poor; No one shall ever be turned from my door; But I'm only a little girl now, And so the years pass on.

When I'm older I'll have more time To think of heaven and things sublime. My time is now full of studies and play; But I really mean to begin some day; But I'm only a little child now, And so the years pass on.

When I'm a woman, a gay maiden said, I'll try to do right and not be afraid; I'll be a Christian, and give up the joys Of the world with all its dazzling toys; But I'm only a young girl now, And so the years pass on.

Ah, me! sighed a woman gray with years, Her heart full of cares and doubts and fears, I've kept putting off the time to do good Instead of beginning to do as I should; But I'm an old woman now, And so the years pass on.

Now is the time to begin to do right. To day, whether skies be dark or bright, Make others happy by good deeds of love, Looking to Jesus for help from above; And then you'll be happy now, And as the years pass on.

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Canadian edition is nearly exhausted. It will be found a valuable aid to the story of the life of our Lord which begins with the January Sunday-school lessons. Several teachers or superintendents took large quantities last year for presentation to their scholars; one gentleman took eleven dozen copies for this purpose. The book will be sold at the rate of \$3.50 per dozen.

#### To the Merciful.

Among the noblest in the land, Though he may count himself the least, That man I honour and revere Who, without favour, without fear,
In the great city dares to stand
The friend of every friendless beast, -Longfellow.

No troubles are so great that they cannot be built into the steps of the staircase by which souls mount up to heaven.



DAVID AND JONATHAN

#### LESSON NOTES

#### FOURTH QUARTER.

STUDIES I: JEWISH HISTORY.

B.C. 1962.] LESSON XI.

DAVID AND JONATHAN.

1 Sam. 20. 32-42. Memory verses, 41, 42.

GOLDEN TEXT.

There is a friend that sticketh closer than a brother.—Prov. 18, 24.

#### OUTLINE.

- 1. The Peril, v. 32-34.
- 2. The Token, v. 35-40 3. The Vow, v. 41, 42.
- TIME. B.C. 1062.

ACE - Probably near Gibeah, in the tribe of Benjamin.

RULERS.—Saul still king.

#### HOME READINGS.

M. David and Jonathan.—1 Sam. 20 32 42.
The friendship begun.—1 Sam. 18. 1-5.
W. Jonathan's care for David.—1 Sam. 19

1-7.

Th. David in danger. —1 Sam. 20. 1-10.

F. The covenant.—1 Sam. 20. 11-23. Sanl's anger against David. -1 Sam. 20. 24-31.

Su. David's lament for Jonathan. - 2 Sam. 1.

QUESTIONS FOR HOME STUDY.

1. The Peril, v. 32-34.

Who was in peril and why?
Who sought to aid him, and why?
What peril did Jonathan thereby incur?
What did he do, and how did he feel?
What is the supreme test of human love?
John 15, 13.

non in in. How has Go' shown greater love toward of Mass. S. b.

2. The Token, v. 35-40.

Where did Jonathan go in the morning What command did he give to his attendant?

What did he say as the lad found the

Of what were these words a token? Verse

Who only knew why they were spoken?
What did Jonathan do with his weapons?
What anding token have we of Christ's love? I Cor. 11. 24, 25.

What says the Golden Text of our best Friend?

3. The Vow, 41, 42.

Who suddenly appeared when the lad was

How did the friends greet each other?
What blessing did Jonathan give to David?
What was the covenant made by them?
Verses 13-17.
What covenant has God made with his people? Heb. 8, 10-12.

TRACHINGS OF THE LESSON.

Where in this lesson are we shown—
1. Courage in danger?
2. Loyalty to a promise?
3. Fidelity to a friend?

THE LESSON CATECHISM.

1. Who was David's friend? Jonathan, the son of Saul. 2. What did he do for David? He pleaded for him with Saul. 3. What did he do when he found Srul was determined to kill David? He gave him warning of danger.

4. What did Jonathan and David make? A covenant of faithfulness. 5. Who is our Friend, more faithful and greater than Jonathan? Jesus Christ.

DOCTRINAL SUGGESTION. - The communion

CATRCHISM QUESTION.

Repeat that prayer as we generally use it: Our Father, which art in heaven, hallowed bo Thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that trespass against us. And lead us not into temptation; but deliver us from evil; for Thine is the kingdom, and the power, and the glory, for over and even.

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