

methods of transit, by endeavouring to bring home to landlords their great responsibilities, by encouraging the formation of garden cities. The speaker advocated that in garden villages such as Bournville, "one acre of garden ground will produce as much as thirteen of pasture land." (What a score for vegetarianism!)

At a meeting of the Bureau for the Employment of Women

one speaker noted that every girl should learn some work, and know how to do one thing well. No woman would be the worse but rather the better wife for this. A knowledge of scientific house-keeping would be of great advantage in many families. Some women, having sufficient means to live on, loved work for its own sake. She did not think it wrong for these to work, but she did think it wrong that they should undersell others, that they should take less than the market price.

THE KING'S PHYSICIAN ON ALCOHOL.

The *Scottish Reformer* says:—"Nothing has given so much encouragement to Temperance reformers in recent times as the speech delivered by Sir Thomas Barlow, the King's physician, at the church house, Westminster. The bold, uncompromising and faithful testimony borne to the evils of intemperance, particularly amongst women, marks an era in the onward progress of scientific Temperance truth. The chief value of Sir Thomas Barlow's testimony is that in which he contends for effective treatment as against the dallying measures too frequently resorted to, and the excuses which are made to cover the evils."

Sir Thomas said: "No half measures would do . . . drugs, moreover, are useless." He said that in some cases nurses and even doctors asked, "Why do you not give these people a little alcohol, just to stimulate them when they have this dreadful weakness, heart failure and pain?" "And it's just this damnable thing," said Sir Thomas Barlow, "that you have to stop." His sage advice is: "If you have any cases of alcoholic diseases among your own friends, I beseech you to get doctors and nurses who are teetotallers." Then he added, "Don't let them fall into the hands of a doctor who orders stimulants for them." This weighty testimony has led to much comment in the daily press of the country, and the danger which threatens the country cannot, in view of such authoritative statements, be longer ignored."

Plato's rule for personal conduct—"I find nothing more certain than this, that I must be as good and noble as I can."

MRS. ROOSEVELT is a very great-granddaughter of Jonathan Edwards, being directly descended from his eldest son. This is one of the interesting facts brought out by the Edwards centennial.



POETRY.

Immortal Life.

Immortal life is something to be earned
By slow self-conquest, comradeship with pain,
And patient seeking after higher truths.
We cannot follow our own wayward wills
And feed our baser appetites, and give
Loose rein to foolish tempers, year on year,
And then cry, "Lord, forgive me; I believe!"
And straightway bathe in glory. Men must learn

God's system is too grand a thing for that.
The spark divine dwells in our souls and we
Can fan it to a steady flame of light
Whose lustre gilds the pathway to the tomb
And shines on through eternity; or else
Neglect it till it glimmers down to death
And leaves us but the darkness of the grave
Each conquered passion feeds the living flame.
Each well-borne sorrow is a step towards God.
Faith cannot rescue and no blood redeem
The soul that will not reason and resolve.
Lean on thyself, yet prop thyself with prayer;
(All hope is prayer. Who calls it hope no more,

Sends prayer footsore forth o'er weary wastes;
While he who calls it hope gives wings to prayer.)

And there are spirits, messengers of love,
Who came at call to fortify our strength;
Make friends with them and with thine inner self;

Cast out all envy, bitterness and hate,
And keep the mind's fair tabernacle pure.
Shake hands with grief, give greeting unto pain,
Those angels in disguise; and thy glad soul
From height to height, from star to shining star,
Shall climb and claim blest Immortality.

—ELLA W. WILCOX.

On War.

Es fer war, I call it murder—
There you hev it plain an' flat;
I don't want to go no furdier
Than my Testyment fer that;
God hez sed so plump an' fairly,
It's ez long ez it is broad,
An' von've gut to git up airly
Ef you want to take in God.

'Taint your eppyletts an' feathers
Make the thing a grain more right;
'Tain't afofferin' your bell-wethers
Will excuse ye in His sight;
Ef you take a sword an' dror it,
An' go stick a feller thra,
Guv'ment aint to answer for it,
God'll send the bill to you.

Wut's the use o' meeting-going'
Every Sabbath, wet or dry,
Ef it's right to go a-mowin'
Feller-men like oats an' rye?

I dunno but wut it's pooty
Trainin' round in bobtail coats—
But it's curus Christian dooty
This ere cuttin' folk's throats.

—JAMES RUSSELL LOWELL.

REST WHERE YOU ARE.

BY CHARLES P. CLEAVES.

When, spurred by tasks unceasing or undone,
You would seek rest afar,
And cannot, though repose be rightly won,
Rest where you are.

Neglect the needless; sanctify the rest,
Move without stress or jar.
With quiet of a spirit self-possessed
Rest where you are.

Not in event, restriction, or release,
Not in scenes near or far,
But in ourselves are restlessness or peace.
Rest where you are.

Where lives the soul, lives God. His day
His world,
No phantom mists need mar,
His starred nights are great tents of peace
unfurled.
Rest where you are.

—Congregationalist.

"What a woman by nature cannot be, it is quite superfluous to prevent her from being."
John Stuart Mill

If you have inherited evil, you have also inherited the power to overcome evil. If you have inherited sin, you have also inherited the power to overcome sin. Back of Adam there is always God.—W. J. Colville.



THE HOME.

Universal Ignorance of Natural Laws.

The laws of nature as manifested in human physiology and psychology are not understood by one person in millions. Our ignorance is so dense that it surpasses the understanding of the awakened few. The greatest wonder that I can array before my mental vision is, "Why do not people understand more of the few simple laws of health as set forth in the code of nature?"

If we charge the medical doctors with the crime of hindrance and retrogression, even then we are inexcusably ignorant and sickly. There is no reason why we should not have progressed far more rapidly Lately I cured a man of a simple trouble who had visited fourteen doc-