

in building up the kingdom of righteousness as this "elect lady."

Mrs Luke, the authoress of the favourite old hymn, "I think when I read that sweet story of old," is still living, and at the age of 91 takes an interest in social questions, especially the anti-opium crusade.

Miss A. E. McCrae, of Chicago, has been given charge of the landscape gardening and architecture remodelling needed to beautify all the passenger stations on the main and branch lines of the Illinois Central Railroad in nine States. Miss McCrae will have a special private car at her disposal while travelling about the great railway line.

The Rev. Antoinette L. Brown Blackwell, the first woman to be ordained a minister, celebrated her 80th birthday on May 20th last. Two years ago she, unaccompanied, made a journey to the Holy Land. She is described as a strikingly handsome old lady. Horace Greeley, Charles A. Dana, Lloyd Garrison, Channing and other great men were her friends and helpers and greatly admired her powers as a preacher. An interviewer found her, a few months back, in her garden, digging potatoes for dinner. With a sparkling face Mrs Blackwell said, "Any woman who cannot go out into her garden and dig potatoes does not know what pleasure is." Mrs Blackwell still writes valuable articles for the Press, has frequent invitations to preach, and is described as having admirably filled the positions of wife, mother, neighbour and friend.

The following appeared in the list of Birthday Honours conferred by His Majesty the King:—Imperial Service Order, to be Companion—Miss Julia Mary Woodd, principal lady clerk, Office of the Crown Agents for the Colonies.

On May 22nd, the Freedom of Edinburgh was conferred on Miss Flora Stevenson, LL.D., in recognition of her eminent services to the cause of education. The only other lady so honoured by the city of Edinburgh is the Baroness Burdett Coutts.

Mrs Charlotte Carmichael Stopes has had her pension (Civil List) increased. Mrs Stopes is the only woman

to whom a pension has been granted in consideration of her own work.

For the first time in the 130 years of existence of the Norfolk and Norwich Hospital, a lady has been elected on the Board of Management. Miss Gadesden was returned at the head of the poll.

Miss Rose Sidgwick has been appointed to the newly created assistant lectureship in history at Birmingham University.

In July last the Senate of Dublin University conferred the honorary degree of LL.D. on Margaret Byers and Henrietta Margaret White, and that of Litt. D. on the Hon. Emily Lawless.

For the degree of Doctor of Science in the Faculty of Economics (London University) in June last, in which one student only—a man—took his degree, one of the examiners was a woman—Lilian Knowles.

W.C.T.U. Work in the Transvaal.

We have received the following report anent the visit to South Africa of Miss Agnes Slack, World's W.C.T.U. Secretary:—

The visit of Miss Agnes Slack to Pretoria has been of great interest and her meetings have been a means of unity and helpfulness. Among those who have gathered were many representatives of the best Dutch families, such as the descendants of Mr Boshoff (former Treasurer General), of Mr Marais, of the Jouberts, du Torts and others.

The Hon. Lady Lawley, the wife of the Lieutenant-Governor, came to wish the work success, and the Drawing-room meeting, which was thoroughly representative in its character, was held in the Presbyterian Manse, presided over by the Bishop of Pretoria, attended by the Church of England clergy, by Diocesan sisters, by the Wesleyan ministers, and by members of the South African Federation and the Loyal Women's Guild, as well as by Lady Hildyard, the wife of the General commanding the forces, by army sisters and by all sections of the community. At all the meetings Dutch and English have gathered in bonds of Christian fellowship.

The Director of Education has promised to introduce Scientific Temperance Instruction in schools if he can arrange the matter, and there has been a decided Temperance wave throughout Pretoria.

Our great wish is to have Miss Slack longer or to have her return to us at some future day.

MARY W. GRAY,
President Pretoria W.C.T.U.



THE HOME.

Spring Pick-me-ups.

BY M. ELLSWORTH OLSEN.

Spring tonics, pick-me-ups, and medicines of all kinds are in general demand. Even those who ordinarily eschew such things often resort to some popular nostrum, when, with the passing away of cold weather, there is an apparent "letting down" of the system. It is thought to be a safe thing to do to take a little physic in the spring of the year. Some think it wards off sickness, others that it helps to give general tone to the body. Unfortunately, hopes of this sort bound up in a bottle or two of patent medicines, are likely utterly to fail of fruition.

Nevertheless, there are some real tonics which, taken according to direction, will accomplish great things. It is no doubt the fact that people generally feel some loss of energy with the approach of mild weather. The liver seems a little sluggish, the circulation is slow, the digestion unsatisfactory, appetite lags, and the whole system seems not quite up to the mark. Obviously something should be done to bring about a better state of things. What shall that thing be? Let us ask first,

What Shall We Take?

If you are really tired, and have been under heavier strain than you can bear, then the thing for you to take is rest. If your work has not been excessively hard, and your lack of energy is owing mainly to a sedentary manner of life, combined with the common "let-down" associated with the approach of warm weather, then you need to take more fresh air, to breathe fully and deeply. Another internal remedy when the body is having "the blues" is to eat