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ECHLER

The Road to Manville

W. S. WHITACRE.

he road thro' Pabytown is bright, And strewn with sweetest flowers. ach turn reveals some new delight, While vine-encircled bowers rotect each little travelor From sun and wind and rain. babies pass this way just once-And none e'er pass again.

he road from Babytown leads on Thro' meads and grassy dells, nd reaches Poyville when the dawn Of life is past. There dwells long this way the sweetest birds, And harmonies that thrill, nd voices from a thousand tongues From breeze to rippling rill.

he Youthton road leads further up Among the higher hills, where happy travelers dine and sup On Nature's draught that fills With high endeavor every soul That walks in Wisdom's way. Howie and promises, each eventide, A brighter evening day.

> m Youthton on the way is steep, And travelers bear a load, nd some do not their footing keep Along the Manville road. at all who take the Manville road, With Love and Truth to guide, Will reach their goal, and know its joys Before life's eventide -The Standard

BY MARY SWEET POTTER.

How the Lee Boys Reformed.

'Now, boys,' said Mis. Lee, as she eft the dining room with the baby on er arm to soothe him to sleep in the ool, quiet nursery, 'be sure to do your hores well this morning; it helps me much, and I have a hard day's work

The three boys, finishing their breakest Blend To ast, started out with the intention of you have be beying their mother: but the mornng was so pleasant that their minds turned longingly on certain pleasures mich had been planned since the sturday before and the very birds eemed whistling them out into the ields and woods, to say nothing of immy Grant's signal sounding shrilly om beyond the pine grove.

Pshaw!' said George, for whom hat signal was intended, 'John and lartin can just as well do my share. mgoing.' And away he went.

John, being older and more thoughtal, lingered to draw two pails of water, hen said to himself that it wouldn't story of the art George and Martin to do all the ork for once. He did not see George cudding away behind the wood shed. So the fishing pole and box of flies which had been put in readiness the sturday night before in view of an he meadows, along the trout brook, Fere snatched in eager haste, and soon e general field of labor.

He carried in one armful of wood oward the boxful that he should have arried in, and then he, like the others, look himself away about business which seemed to him of a most press-

ourt them to do all the chores this ime without me to help,' said he, and way he trudged through the dewy pasture, where it was full time that Mooly should have been eating her reakfast, instead of being shut in the losely-cropped milk yard; and when Irs. Lee came out into the kitchen expecting to find her three boys cheerlly bustling around at their work, he first object that attracted her ttention was Mooly's head reaching ver the bars of the night yard, her oft eyes turned longingly in the direcion of the grassy pasture.

Looking further for signs of delinuency, she found them in profusion; he tubs were standing empty, but for steaming water ready for use, no vegeot a sign of the boys who should have one all this work was to be seen.

At least the cow must be attended God asks of us.' so leaving all the rest, she started drive her to the pasture, and before

hat she could go no further, but sank own to the ground, quite helpless. very long time, but in reality it was 1st one hour, when Johnny came hastening down the lane toward her.

you here? are you hurt?' left it for her to do.

Lee succeeded in reaching the sofa in held up the orange. the dining room, and then Johnny went

they were to be dealt with in the way she always chose to deal with them.

It was a mild and merciful way, but

he came out to them.

Not one of the three had a word to Sunday-School Times. say. They were busily thinking of the times they had been guilty of doing just as they had to-day. To be sure, the consequences had not been to serious as this sad consequence of their mother's injury, but they knew that often and often she had been compelled to do their work of their deserting their posts when their father was away at work, resting content because he supposed he could trust them, and never till now suspecting how unworthy of trust they had proved themselves, because their too patient mother had not betrayed them.

Still, now that it had all come out, they were, it seemed, to receive no further punishment than those few reproachful words.

And they were enough. They went out into the old wood shed and talked it over together, the thought of their mother sitting so helplessly in her room all the time in their minds; After all there was not much to say. 'I didn't know you were going away,

said George. 'Neither did I know you were going,'

said John. 'And I didn't know you two went, said Martin.

Then they poked the chips with the toes of their shoes and looked at each other. At length the whole matter was summed up by Johnny, the eldest of the three, in a few words:

'We'd no business. any of us, to go away till we knew every single chore was done,' he said.

'That's so,' agreed George. 'That's so,' echoed Martin.—Chris

'Go and Do Thou Likewise.'

This is a true story about an unselfish little girl.

Nellie was very poor. Her mother had to work hard to earn bread for her arly Monday morning trip through children. Little Nellie never had any money of her own. One morning, how ever, as she was running to school, a mly Martin was left in possession of neighbor stopped her and asked her to leave a parcel at a friend's house. For her trouble she gave the little girl an

How beautiful the fruit looked to the half-starved little creature! How she turned it round and round until she seemed to know every speck upon are better John and George are a good deal it! She could not bring herself to igger than I am, and I guess it won't bite it, for that would spoil it. She also knew that when she did begin to eat it there would soon be none left, and then she could no longer look forward to her feast.

So she carried it carefully in her hand; and when she reached the school she placed her treasure carefully under the desk, where she could still

Now it happened that the subject for the Scripture lesson that morning was, 'The Good Samaritan.' The teacher finished her talk with the little ones by urging each in her own small way to 'go and do likewise.' She also made a special appeal to them on be half cf the poor people who were sick and ill and dying of famine and plague he two pails of water John had put in India. Many of the children, she one of them; there was no boilerful of knew, often had pence to spend on themselves, while all would pray for ables ready to prepare for dinner, and the poor suffering people. She reminded them that the 'Good Samaritan' Mrs. Lee stood for a moment irreso- and what he would most have liked she says that we can do without it very

Throughout the lesson little Nellie's eyes had been first fastened on the the had gone far, stepped on a rolling teacher's face, and then on that luscious sone and sprained her ankle so badly fruit under the desk. She never doubted for a moment but that God wanted her orange for the poor sick Hindus. It seemed to Mrs. Lee that she had She had no idea how far India was ain there, bolstered up by a rock, for away. She only felt the spirit of the great 'Good Samaritan' working in her, and that she must indeed 'go and do

'Why, mamma!' he cried, 'why are up? She could almost feel the sweet, spirit, and that makes the world bright 'My ankle is sprained, Johnny cool juice in her mouth as she thought for us. Nothing else can.' an you help me to get to the house? about it. Yet the teacher had said that Not one word of reproach did she the wine, that would have tasted so 'Yes, mother, I believe that's just the atter, but Johnny knew all as well as good to the Samaritan, would be ten truth. Louie's got a contented spirit, hundreds of words could have told times more refreshing to the poor and she enjoys it a great deal more Im. His mother was seriously injured wounded man. So little Nellie thought than Ella does all her dolls and her and all because he and the other boys it over and over until, all at once, she pony cart and everything. Besides, it

No further words passed between Please, will you send this to the them, but with Johnny's help Mrs. Indians? - while the little thin hand hurry up! said the second hand of a

swiftly over to the village for the when she heard that India was so far how fast I m going,' continued the The boys looked in their father's rotten or lost before it reached its on its pivot. face in fear and trembling when he destination. The teacher, however, came home at night, but he had a talk sorry to repulse the child's generous hand to the hourhand, utterly oblivious with mamma first, so that they found thoughts, kindly bought the orange of being addressed by the second hand. from her and put the sum at the head of the list of offerings.

Several other little ones, stirred by yet a whipping would not have hurt so Nellie's noble example, now brought friend there has been saying to you. out halfpennies from their secret hid-'So it seems that I cannot trust you ingplaces; but no offering, I think, was the hour, as the hour hand continued to take care of mamma while I am of more value in the eyes of the Lord away at work,' he said very gravely in Jesus than Nellie's orange. Like the us behind. You take my advice, -do answer to their questioning looks when | poor widow we read of in the Gospels, she gave her 'all.'-London (England) leave others alone.

## Some 'Don'ts' in Eating.

Don't drink milk fast.

Don't eat when not hungry.

Don't eat just after severe exercise. Don't eat oftener than once in four

before eating.

erly chewed. Above all, study your own constitu-

Don't drink too much liquid during meals-never more than half a pint, usually less.

Don't drink any considerable amount of liquid (half a pint or more) immediately before eating.

and hungry and cold. Eat moderately heart, nerve and brain troubles. first, then later a hearty meal. Don't drink a large cup of strong

coffee after a hearty meal. Coffee also paralyses the stomach ferments. Don't fast to cure indigestion. As

the body gets weaker its functions also weaken, and digestion will not improve. Don't let children take stimulants at their meals. This includes not only alcoholic stimulants, but coffee, tea, condiments, etc.

Don't eat fast. Time is money. Every minute saved at your meal is half-crown in the pocket of your physician later on in life.

Don't fail to chew vegetables well The meat eating animals bolt their food almost unchewed, but the cow chews and chews, and returns to chew

Don't eat beef too exclusively. This is a very common dietet'c error. Mutton and fowl are less prone to favor constipation.

Don't drink spirituous liquors to excess at meals. Alcohol prevents the gastric ferments from acting, and so delays digestion.

'Don't eat 'lumpy' fool stuffs, as the panana, the beet, and the like without breaking them up well in the month, and mixing them thoroughly with

One Girl's Secret.

Mother, may I go out visiting this afternoon!'asked little Agnes Mayhew. 'Yes, you may. You may go to see Ella, or to see Louie, whichever you

'I'd rather go to Louie's,' said Agnes,

'Why?' asked Aunt Esther, who was sewing by the window. 'Hasn't Ella a great many dolls and beautiful toys And then there is her pony cart.'

'I know,' said Agnes. 'But it doesn't matter how many nice things she has, just as soon as we begin to play she begins to wish she had something different, and it unsettles my mind so much. But when I play with Louie, if we want anything that we haven't got she can generally think of somehad given just what he had with him, thing else that will do as well, or else himself. 'This,' added she, 'is what nicely. She's lots cheerfuller about doing without things than Ella is, and it's much more fun to play with her.

> Aunt Esther looked across Agnes at her mother and smiled. 'The same old truth,' she said. 'It's the spirit within that makes the world without fair or dark.'

'What is spirit, mother?' asked Agnes, presently.

Her mother thought a minute. 'Well, dear, it's the way we think in our hearts. 'If we have happy, thank-But how could she give her treasure ful thoughts they give us a contented

Agnes nodded her head very wisely had failed to attend to their work, and felt she could hold back no longer. makes her just lovely company for us The teacher heard a little voice say, other girls to play with.'- Selected.

THE CLOCK'S TWO HANDS .- 'Come, clock to the minute hand ; 'you'll never Great was the child's disappointment | get around in time if you don't. See away that her orange would either be (fussy little monitor, as it fretted round

> 'Come, hurry up!' said the minute 'If you don't be quick, you'll never be in at the stroke of one.'

'Well, that's just what our young At this point the clock pealed forth

'You see we're in time, not one of your own work in your own way, and

Moral.—Mind your own business.

THE BOY WANTED IN BUSINESS .-What kind of a boy does a business man want?' was asked of a merchant. He replied, 'Well, I will tell you. In the first place, he wants a boy who doesn't know much. Business men generally like to run their own business, and prefer some one who will Don't drink very heartily just after listen to their way rather than teach them a new kind. Second, a prompt Don't do serious mental work just boy; one who understands that seven o'clock is not ten minutes past. Third, Don't drink cold liquids immediately an industrious boy, who is not afraid to put in extra work in case of need. Don't swallow food before it is prop- Fourth, an honest boy-honest in service as well as in matters of dollars and cents. And fifth, a good natured boy tion and hum r it. No two people who will keep his temper, even if his employer does lose his now and then -Church Record.

To Save Money it is necessary to have a clear, bright brain, a cool head, free from pain, and strong, vigorous Pills invigorate and brighten the brain, Don't eat a large meal when tired strengthen the nerves, and remove all

> Sleeplessness is due to nervous excitement. The delicately constituted, the financier, the business man, and those whose occupation necessitates great mental strain or worry, all suffer great restorer of a worried brain, and to get sleep cleanse the stomach from all impurities with a few doses of coated, containing no mercury, and are guaranteed to give satisfaction or the money will be refunded.

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