## 0RPHANS' FRIEND

Happiness once made a pilgrimage to earth, bringing Life,
IIeallh and I'eace; but shie soon became tainted
thus forfeited these treasures.
Life and Healtla and Peace, litherto bound together by IIaphiness, missed hier sadly. They began to bo at variance one wided
another. Life, , hitlerto guided atuother. Lifere, hiitherto guided
by the hand of IIappiness, began to indulge in many things which Health and Peace discountenanced. Healtl denanded much that Lifo refused, and Peace would not dwell where there was discord. Sometimes they seemed pleasantly for a wliile, but the pleasantly for a winle, but the
least offense of one displeased the

## others

Many persons think they have found the true secret of uniting
forever these contending ones, and restoring Ifappiness to her former place. Some affiran that she still dwells on
Oryine lins indeed been purified, and dwells again on eartlh, but the world lans never found her hiding place
Some tlink sle dwells orly in palace halls s others hopo to find these places, as olsewliere, the seekers atter true happiness are disappointed. Many, under the impression that they see ih the
distant future her favorite haunt, press eagerly ouward. Alas! hory poften has it proven but an ignis fatuus to luro them into unsate places, from whence there is no escape.
Content and Hope, her chief handmaidens, soothe many weary hearts, and prepare for the en trance of liappiness.
Though a perfect union of Life Health and l'eace can never be effected again in this world, Ve pecially is this true in the Christian, who clings alone to the Rock of Agrs and abides continually nuter its sliadow. Here happi hess onts native soil-HEAVEx.-Delta, in Kind Words.
schoul worlit and reod.
A person can do a great deal work if he will only sleep and eat enough to supply the waste of body and brain. Mental work
is more exlaustive than the hardst physical labor.
A very eninent physician says that " more teachers and scholars break down from lack of sufficient nourishiment than from any other cause!'
Those who do much head work need a good generous diet ; plenty of food, and that of the most nourisling kind; plenty of beef, and that the best.
The more active the brain, the greater the exlaustion following. sleep and food.
A remarkably healthy efficient lady of Cambridge says. " 1 have seven children in school, and seven are going ahead rapidly."
they
"Are you not afraid for their "Are you not af
health?" we asked.
"Olh, no, I think it very essential that they should have good, nourishing diet, and see to
it that they do. They have no it that they do. They have no
trouble with their work, and are trouble with
perfectly
healthy
"When I first met their father he was an invalid, and never ex-
pected to do anything in his pro-
fession, and was thoughlt to 'just gone in consunpuption;
oully dyspepsia, and I cured was
lim by attention to his diet. He has been perfectly well and a worke ever since we wero married."
Horace Mann had a will that seemed to overcome all obstacles; at twenty, he had only been to a common dited ho in six months he hitted hininself for
entered the Soplomore class. entered the soplomore class.
Hivving obtained a scholars of three inundred dollars a year, he devoted every energy to his
studies; bit he neolected his body, and lived on baker's bread and inolasses; or rather treed to live on then, for he soon bogan to fail, and almost died.
Some ladies, bearing of this, invited liin to their house, where, with proper nourishment and
care, he soon recovered, and cara, hated with the lighesthest lon-

Mrs. Mann always attended very carefully to her husband's diet, which was by no means the least part of her usefulness and assis
nal.

## JOLN AND THE POSTAGE

John was the boy who "lived out." Every week he wrote home o his mother, who lived on a small, rocky farm anoong the hills.
One day John picked up an old envelope from the wood box, and saw that the postage stamp on it was not touched by the postmas done stamp to show henceforth useless. "The postmaster missed his aim then," said John. "and eft the stamp as good as new l'll use it myself.
He moistened it at the nose of the tea kettle, and carefully pull ed the stamp off.
that would be cheating. The tamp has been on the letter; oughit not to carry another."
"It can carry another," saic John, "because, you see, there is no mark to prove it worthies "But you know," said con-
science, "and that is enough. It is not honest to use it a second time. It is a little matter, to be sure; but it is cheating looks for principle. It is the judges by."

But no one will know it, said John, faintly
"No one?" cried conscience. God will know it-that is enough, and he, you know, desires truth in the inward parts.
"Yes," cried the best part of John's character, "yes; it is cheating to use the postage stamp the second time, and I will not
John tore it in two and gave it to the winds. The boy won glorious victory.-Children' Friend.

Edward Everett once said: "To read the English language well, to write with dispatch a neat, leg. ible hand, and be master of the first rules in arithmetic, so as to dispose of at once, with accuracy, comes up in practice-I call this a good education. And if you add the ability to write pure grammatical Fnglish, I regard it as an excellent education. These are the tools. You can do much with them, but you are helpless without them. They are the foundation; and unless you begin with these, all your flashy attainments, a little geology, and all other ologies tle geology, and all other ologies
and osophies, are ostentatious rubbish."

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## 

$\Lambda$ handsome green parrot was kept in a family that made a great pet of her, and allowed her the ange of the house. She seemed o understand a great many words When she was hungry she would call: "Cook, cook! Polly wants a potato." She knew what potato was as well as the cook did, and if something else was put in the pould take hold for dish, sith her beak, upset it and cry, "Won't have it! turn it out!"
She liked girls much better han boys. Ohe day some boy who were visiting in the house were pretty noisy in their play,
and she called in vehement tones, "Sarah, Sarah! Here is a hullaba oo!"
If her mistress was late at breakfast or from the table, she would ask again as she had heard some of the children at previous times: "Where's mother? Isn't
dear mother well ?" dear mother weil?"
When she saw any of them in mischief, or having anything she had heard forbidden, she would say, "I'll tell mother."
They had no doubt she would fulfill her promise; so it often happened that Polly kept them in order.
One day she was sitting on the shoulder of the father of her mistress, near the front door. The old gentleman called his granddaughter, and unrolling a package of candy, offered it to lier. "Hands off! hands off!" said the parrot. "That's mine, that's mine! Thou shalt not steal!" and then she burst out into a merry ha! ha! ha.
To say that she was a great pet in the family would be only to tell the truth.- Kind Words.

The orchestra, led by Mr Jos. M. Reece, and assisted by others, will shortly give a minstrel performance for the sole benefit of the Oxford Asylum. With such an object in view, and with such an entertainment to offer the public, we sincerely trust that perfect success may crown the enterprise. We hope to be able to inform our readers soon at wha time the entertainment may expected.-Central Protestant.

A man who committed murder, d mned found guilty and con before his execution he drew up before his execution he arew up on the walls of his prison a gal
lows with five steps leading up to lows with five steps leading up to
it. On the first step he wrote, 'Disobedience to parents.' On the second step, 'Sabbath breaking. On the third step, Gambling and drunkenness.' On the fourth step, he wrote, Murder.' The fifth step was the platform on which the gallows stood. This poor fellow doubtless wrote the listory of many a wasted and ruined life.

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