

Poetry.

Trip Lightly Over Trouble.

Trip lightly over trouble, Trip lightly over wrong; We only make grief double By dwelling on it long. Why clap your hands so lightly? Why sigh or blossom down? Why cling to forms unrightly? Why not seek joy instead?

The Family.

PARENTS.

Home.

Home should be the most attractive place on earth. What a sham life that must be where home is nightly abandoned for theatres, operas, balls, and the society of others! He is unworthy the relation of husband and father who prefers the companionship of others to that of the wife of his youth and the children he has begotten.

Kept from the World.

The best commentary upon the fidelity of the Christian mother, referred to in a brief article on this page, is the simple statement of facts known to us, and which we mention without the name of persons or place. She brought up her children in close vicinity to a village in Virginia, when it was a seat of wickedness, and when there was almost no religious society or influence there.

YOUTH.

Six Short Rules for Young Christians. 1. Never neglect daily private prayer; and when you pray, remember that God is present, and that he hears your prayers. (Leb. 11: 6)

Miscellaneous.

George Muller's Work.

George Muller has issued the report of his work for the year 1867-8. He continues to add to his orphan house upon Ashley Down, Bristol, and he lives and works, as he still asserts, simply by prayer and faith. His trials have been greater during the past year than in any of the previous thirty-three years, but in them all he has found deliverance and enlargement. Without solicitation on his part, he has received during the year, in money and articles for the orphan's work, for the Scriptural Knowledge Institution, and for the Building Fund, \$130,000; and has received altogether, since he began his work at Bristol, nearly \$2,000,000.

CHILDREN.

For the Lutheran Visitor. Little Allan.

Little children sometimes do wrong because they do not think deeply enough. Children should learn from the earliest age to act, not from impulse but principle. Here is a story of a little boy who acted from impulse. He meant to do right, but he did wrong. Little Allan Belden was sitting one day under a large oak tree, with his school books on the grass at his side, and in his hand a little boat that he had just finished making.

So Miss Belden and little Allan and Betty, were all who were left at Mill Glen, (that was the name of the little farm where they lived) except a little boy who was weeding the garden. This boy's name was Phil. After a while Allan's aunt laid aside her work, and passing by where he was sitting, went to help Phil finish weeding the garden. As she passed by the oak tree she said, "Allan, do you know your lessons for Monday, and your Sunday-school lessons?"

"Why, of course you can, Betty," replied Allan, "and I shall know that in half a minute."

"Yes, I know she does," said Betty, "but then she has never been left alone before, and she might be afraid to stay in the house with no one but you."

Allan went back to Betty when his aunt called to him: "Wait a moment!" said she, and she pulled some cents out of her pocket, "take these pennies to the house and put them in my work basket, they are very heavy in my pocket, and I am afraid all the time of their dropping out; and tell Betty that if she wants any old flannel for the sick baby, to take as much as she wants from the large bundle in my wardrobe."

House and Farm.

A Cure for Somnambulism.—Professor Polizzari, of Florence, has hit upon a cure for somnambulism. It simply consists in winding once or twice around one's leg, on going to bed, a thin, flexible copper wire, long enough to reach the floor. Eighteen somnambulists, treated in this way, have been either permanently or temporarily cured.

"Corn" Panic out West.—There is excitement and "downward tendency" in the grain market at Chicago. The Journal says: "Grain comes in more rapidly than for shipment, and our recent pecuniary arrangements, and there have been but few here who could command money enough to buy to hold. Our weakness has reacted on New York and sent that market down, while Liverpool has caught the panic-flicker. Wall street gambling was the primary cause, but the proximate cause arose in Chicago. There was a good deal of short trading to-day, many being anxious to sell and others equally willing to buy, but with a decided preference for the buyer's option."

Wine that will not intoxicate.—The juices of any sound, ripe fruit, may be eaten, or put in juice, and sealed up air tight, while it is scalding hot, just as we put up jam, and may be kept any length of time if properly put up. A small bottle of such juice may be opened at any time, and mixed with sugar, making a pleasant drink or wine that is not intoxicating. Or, better still, such juices are excellent to use over vegetables, instead of vinegar, or with bread, when fruit is scarce. Children would often prefer fruit juices, even without sugar, to molasses or milk. Much good fruit might be used in this way, but is too late to rot, because it is too small to pick over. Any fruit worth gathering, if ripe and good, may be washed and pressed, or mangled, and the juice strained off, then the juice must be made boiling hot and a just into jars or bottles, and rapidly sealed.—Franklin Register.

Importance of Exercise.—The evil consequences of neglect of exercise are not sudden, nor immediately perceptible. They are gradual and accumulative. They eat slowly upon, and secretly bind the strong man, and then take away his health. Dyspepsia, defective nutrition, muscular weakness, nervous irritability, and mental dulness, so manifest and oppressive as to compel the sufferer to betake himself to some means of relief, are remote results. But the immediate effects, however small and unnoticed, are some the less sure to come, and diminish the activity and force of life in proportion to the neglect. If this is continued, and violation of this law is frequent, weakness necessarily follows, until marked and acknowledged disorder is established.

It must be now considered as established that a certain quantity of muscular exercise is necessary for the maintenance of health, and for the best performance of the functions of digestion, respiration, nutrition, and of the brain. The amount of this exercise may vary according to the constitution, and habit, and powers of the individual. It is best when so varied as to bring into play all the muscles of the body. It should be taken out of doors and in the free air. This is necessary for all men and all women, of whatever occupation, and especially for those of no occupation.

Richness of the English Language.—The construction of the English language must appear most formidable to foreigners. One of them, looking at a picture of a number of vessels, said: "See what a flock of ships!" He was told that a flock of ships was called a fleet, and that a fleet of sheep was called a flock. And it was added for his guidance in mastering the intricacies of our language that "a flock of girls was called a bevy, that a pack of wolves is called a pack, and a pack of thieves is called a gang, and a gang of porpoises is called a shoal, and a shoal of buffalo is called a herd, and a herd of children is called a troop, and a troop of partridges is called a covey, and a covey of beauties is called a galaxy, and a galaxy of rubbish is called a heap, and a heap of oxen is called a drove, and a drove of black guards is called a mob, and a mob of whales is called a school, and a school of worshippers is called a congregation, and a congregation of engineers is called a corps, and a corps of robbers is called a band, and a band of locusts is called a swarm, and a swarm of men is called a crowd, and a crowd of gentilefolk is called a gild, and the gild of the city's thieves and rascals roughs."

Ice Mountain in West Va.—On the east bank of the North river, in Hampshire county, West Va., is perhaps one of the greatest curiosities in the State. It is literally an Ice Mountain, in height from 400 to 500 feet. The Western side of this mountain is covered with loose stone, of a light color from base to summit. By removing the stone, pure, solid crystals of ice can be found in the warmest days of summer, and it has been found there as late as the middle of September. It may exist throughout the entire year if the rocks were removed to a sufficient depth. What seems strange is that the side of the mountain where the ice is found is exposed to the sun throughout the day, and it is said that the sun does not have a perceptible effect in melting the ice as continuous rains. At the base of this mountain is a spring of water, very clear and cold. Some years ago the owner of the property removed the stone and erected a small log dairy or spring house in which water can be preserved in an ice house. Fires and stoves sometimes find their way into the spring house where they immediately became chilled and melted. On being removed, they soon recover life and motion. How would some of our friends like to visit this spot when the thermometer stands at 75° Fahrenheit.

This celebrated mountain is situated 26 miles northeast of Winchester and 16 miles east of Romney, in Hampshire County, West Va.—Pan Handle News.

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N. B.—We refer to Rev. J. I. MILLER, who is our Agent at Stanton, Va. April 9

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