

Posture in Church.

A lazy posture in the sanctuary is offensive to a refined and reverential mind. It lacks decorum in regard to place, the acts of worship, and the fellow participants. We should be not less particular, surely, as to our deportment in the sanctuary of God than in our friend's drawing-room. Yet, during prayer, many sit without posture, and during the sermon some almost lie down. We once saw a layman in a conference meeting lead in prayer with his hands in his pockets. Ministers also assume a lazy attitude while standing—leaning on the Bible, on the pulpit cushion with one arm or elbow, as if too languid to support themselves. If a short man does this he adds to his unimpressiveness, whereas, by reason of his stature, he should stand erect, and make up by an appearance of life and vigor for his want of magnitude. If a tall man falls into the habit of leaning forward with one arm or elbow on the desk while he preaches, he will be thought to be weak in the back, or else to be assuming a condescending or patronizing air toward the people, than which nothing can be more offensive. It has the practical effect, also, of reducing the dignity of what is said from oratory to conversation. Let the minister stand upright in a manly posture, as though no desk were before him, and speak thus with conscious strength, and with a suitable respect for himself and his hearers.—*Ec.*

The Cliffs of Old England.

There is nothing more delightful than, in the broad, breezy sunshine of a summer's day, to walk along the grassy summit of England's sea-board cliffs and mark the busy vessels below, speeding hither and thither on the sparkling highway. Everything around tells of life and health; it seems impossible to associate danger and human suffering with so fair a scene.

And yet these very cliffs, useful as natural fortifications, are in darkness and tempest a terrible danger to shipping.

How many fearful scenes have been enacted on winters' nights in the frantic waters below them? God alone can tell the number. It is only now and then that some awe-stricken survivor of a wrecked vessel lives to tell the tale, and link forever in our minds with these beetling precipices the remembrance of the direst human agony.—*Ec.*

—A correspondent of the *Leavenworth (Kansas) Times* states that the National Fire Insurance Company of Hartford has instructed its agents in Kansas to take no more risks on saloon stocks or buildings where the liquor traffic is conducted. The company says: We note that the amendment to the Constitution of your State prohibiting the manufacture and sale of intoxicating drinks has been adopted by the people of the State. In accordance with our policy never to insure property occupied or used for unlawful purposes, we now request you to decline for us all risks where intoxicating liquors are made and sold." The theory is that inasmuch as the constitutional amendment prohibits the traffic, insurance companies cannot and dare not offer indemnity against loss by fire when the property is being used for unlawful purposes, and that all licenses are virtually revoked by the amendment.—*Ec.*

—The White House is rather an expensive institution, aside from the President's salary of \$50,000. The staff of employees in and about the executive offices requires \$32,000 a year, and the stationary and miscellaneous appointment some \$8,000 more. This is exclusive of \$10,000 a year for care and repairs of the mansion, of \$15,000 for lighting the house and grounds \$2,000 for fuel, \$5,000 for the greenhouse and a single item of \$30,000 for refurnishing.

An Object In Life.

It is a matter of great importance to all men that they have some definite object in view. A man without any specific ambition or purpose in life is like a ship without a rudder—a mere machine. He may be an active bustling body, a hard worker and a shrewd calculator, but he has never accomplished anything simply because all his efforts lack direction and concentration. Your object may be wealth, political elevation, position in society or literary power. We care not what it is so long as you have some settled purpose. Almost any purpose is better than none at all. A negative, purposeless man is a mere zero. Such a man has no right to live, useless to himself—useless to society—useless always and everywhere. Every man should be an active, living power—a man of purpose and of ambition.—*Ec.*

What is Life?

Life has its barren years,
When blossoms fall untimely down,
When ripened fruitage fails to crown
The summer toil, when nature's frown
Looks only on our tears.
Life hath its faithless days,
The golden promise of the morn,
That seemed for light and gladness born,
Meant only noontide wreck and scorn,
Hushed harp instead of praise.
Life hath its valleys, too,
Where we must walk with vain regret,
With morning-clothes, with wild rain wet
Towards sunlight hopes that soon must
set,
All quenched in pitying dew.

Life hath its harvest moons,
Its tasseled corn and purple-weighted
vine;
Its gathered sheaves of grain, the blessed
sign
Of plenteous, ripening bread and pure,
rich wine,
Full hearts for harvest tunes.
Life hath its hopes fulfilled;
Its glad fruitions, its blest answered pray-
er,
Sweeter for waiting long, whose holy air
Indrawn to silent souls, breathes forth its
rare
Grand speech by joy distilled.
Life hath its Tabor heights;
Its lofty mounts of heavenly recognition;
Whose unveiled glories flash to earth mun-
ition
Of love and truth and clear intuition.
Hail mount of all delights.

Put Your Shoulders Back.

Much of the proverbial slenderness and physical frailty of our girls, as compared with those of other countries, had been charged to intellectual habits and overwork in study. It unquestionably true that they need out-door life, and more education in development. Many American girls, through inattention to the way of carrying themselves, unconsciously contract the habit of bringing the shoulders forward and stooping. This position not only detracts greatly from their appearance but it is also very pernicious in point of health. The celebrated Aaron Burr, in a letter to his daughter, Theodosia, afterwards the wife of Gov. Alston, of South Carolina, wrote as follows on this subject: "Your habit of stooping and bringing your shoulders forward upon your breast not only disfigures you, but is alarming on account of your health. The continuation of this vile habit will certainly produce consumption. Then farewell pleasure, farewell life! This is no exaggeration! No action to excite your apprehensions. And setting aside this distressing consideration, I am astonished that you have no more pride in your appearance; you will certainly stunt your growth and disfigure your person."

There is reason to believe that Miss Burr gave heed to this admonition of her good father; for she afterwards became renowned for her beauty as well as for superior mental endowments and accomplishments.

A Cough, Cold or Sore Throat

should be stopped. Neglect frequently results in an Incurable Lung Disease or Consumption. Brown's Bronchial Troches are certain to give relief in Asthma, Bronchitis, Coughs, Catarrh, Consumptive and Throat Diseases. For thirty years the Troches have been recommended by physicians, and always give perfect satisfaction. They are not new or untried but having been tested by wide and constant use for nearly an entire generation, they have attained well-merited rank among the few staple remedies of the age. Public speakers and Singers use them to clear and strengthen the voice. Sold at twenty-five cents a box everywhere.

What Fame Costs.

When Judson, the great pioneer of American missions, was in this country, I chanced to meet him in New York, one day coming out of a densely-crowded church, whither he had come to attend a missionary convention. Laying his hand on my shoulder, he said:

"Do your shoulders ache?"

I replied in the negative.

"Well, mine do. Every bone in my body aches. I have had my hands nearly shaken off to-day. It costs something to be the subject of needless attentions. I cannot steel in the remotest corner without hearing, 'there's Judson! there's Judson!' I am brought before the public when I do not wish to be," and passing his hand over the back of his head, (he had but little gray hair,) "shortly I shall have no hair on my head."

We were still standing in the vestibule of the church looking about for the cause of this somewhat singular remark, I beheld a crowd of ladies, the foremost one holding in one hand a pair of scissors, and in the other a lock of Judson's hair, which she had taken, it seems, without "leave or license."

At this moment, Judson turned on me with a look that I shall never forget and added with emphasis and deep emotion, "Yes, and these same people would let the cause of missions die."—*Central Baptist.*

Care of an Organ.

Those who own a parlor organ may find in the following extract from the *Score* a hint as to its care which will save them trouble and expense:

Most people take fair care of the case of their instruments; but the interior is a fearful mass of dust and dirt. A gentleman called on us in relation to an organ purchased three years since, and said it was "all out of tune," and something rattled.

But being in the habit of receiving the information that an organ is "all out of tune," when there is a small piece of dirt stopping one reed, we sent a friend to look at it.

He reported that it was "outrageously" out of tune. It was sent to our repairing room, and on opening the top lid the whole interior was found filled with immense cobwebs.

From underneath the keys was taken a mass of dirt, in which we found one hairpin, three needles and eleven pins, while from out the reed cells we removed thirty-two dead flies; and on each reed point was a cake of dust, while the tongue vibrated between two thick walls of dirt the dust on the tongue altering the pitch, and the dirt on the block changing the tone.

After cleaning the dirt from the reeds, and replacing them in the cells, every one was found to be in perfect tune.

Now, this organ had been kept open all the time, and the stops left drawn. Had there been no "forte" stops to hold the swells open, the dirt would have remained comparatively harmless on the outer board.

But being left open, together with the other stops, the dust and insects had access to the most delicate parts of the organ, and the consequence was dissatisfaction with the organ, when the organ was not in fault.—*Ec.*

What Distinguished Pianists Says.

From Miss Belle Foster, a distinguished pianist of St. Louis:
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