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HEALTH.

The Eyes.

A change is occurring in the refractive media of all eyes, so that every one who attains to a ripe old age will, at some time during his or her existence, be a fit subject for the oculist—or, in other words, will need to wear glasses. In young people, this change is usually gradual and unperceived, but from middle life onward its effects are plainly apparent. Those who have normal vision while young, will require glasses for reading when they have passed beyond the age of forty, and those who are near-sighted, will need glasses in early life, if the degree of nearsightedness (myopia) be considerable, and yet they may be able to read perfectly well without glasses at fifty, or even sixty years of age. Persons who are included in this category are apt to consider themselves as lucky exceptions to general laws, and are usually very proud of their sharp sight.

But not only does the eye undergo certain normal changes as age advances, but it may be abnormally formed; hence, optical defects are quite common in infants. The eye is a camera, and, while it may be perfectly sound, the vision may be bad because the rays of light are not focused upon the retina. Hence comes the necessity for wearing glasses, for, by placing suitable lenses before these eyes, normal, distinct vision may, within certain limits, be obtained. It is generally known that it is the exception, and not the rule, to find eyes that are perfect in shape, or, technically speaking, that are "emmetropic." Still it does not follow that all eyes that are not perfect in shape should have glasses fitted to them, for some errors of refraction do not interfere seriously with vision, and never give rise to disease or decided discomfort to the patient; but, as a rule, persons whose eyes are "weak," or who suffer from complaints similar to those which we shall soon consider, should present themselves to some competent oculist for the detection and subsequent correction of any existing errors of refraction.

There still exists quite a prejudice in the minds of many against the use of glasses, but why such prejudice should exist is very difficult of explanation on any other grounds than willfulness and ignorance. All ophthalmologists teach the great necessity of correcting errors of refraction by wearing proper glasses, and we shall herein endeavor to show some of the undesirable, and even portentous results of permitting optical defects to go uncorrected. As a rule, glasses add nothing to the appearance of the wearer, and they are often a source of inconvenience, and, unless there is a definite object to be attained by their use, one is better without them; but where they are indicated and advised by one competent to decide, neither vanity or prejudice should prevent their being employed.

In general, it may be said that all errors of refraction which reduce the patient's vision to any extent below the normal, or which produce any marked change in either the near or the far points, require correction by the use of suitable glasses.

The effort of accommodation is a muscular exertion, and hence a tax upon the nervous system, and, if long continued, results in more or less exhaustion. When far-sighted eyes are used for reading or near work, for any considerable period of time, a larger flow of blood is sent to the eyes, hence, there is an increased secretion of mucus, or "watering of the eyes," and, if the work is still continued, dizziness, headache, a feeling of sickness, or even actual vomiting, may be induced. As excessive effort of accommodation is always associated with increased convergence, and, as a far-sighted eye must always increase its accommodation in order to gain clear vision, it naturally squints inward, and nervous twitchings of the eyelids and other portions of the face are sometimes occasioned by it.

Short sight is often hereditary or congenital, but may be acquired from prolonged straining of the eye. This condition is not infrequently the precursor of serious, and sometimes irremediable impairment of vision, and hence skilled advice and proper glasses, are of highest importance to the patient in preventing the accidents to which every myopic eye is liable. There is an excessive demand made upon the muscles that converge the eyes, in the efforts made to keep them both fixed upon small objects held close to the face, and sometimes, being unable to withstand this strain, they give out, and one eye is then turned outward by the opposing muscle, forming a divergent squint. The vision should be rendered normal—except in very high degrees—by the use of concave spherical glasses, and every thing which tends to congest the eyes—such as reading or writing in the recumbent or stooping posture, or by faulty light—is to be most carefully avoided.

The far-sight of old age, is caused by a lack of power of accommodation, and, although distant vision remains unimpaired, there is a constant recession of the near point. This is first noticed when one finds that he is obliged to hold his paper farther away from his eyes than before, and that the print is not so clear as formerly. This is easily corrected by convex glasses for reading, and they should be employed as soon as the affection becomes manifest. It does not usually cause inconvenience until after the age of forty.

In astigmatism, or irregular sight, the refraction differs in portions, or meridians, of the eye, and the retinal image is thus confused. This condition is usually congenital, and may be hereditary; it is, however, sometimes acquired, often occurring after inflammations of the cornea, and may even be occasioned by the use of improper glasses. It is a very common optical defect, and is corrected either by cylindrical lenses, or by combining cylindrical with either spherical or cylindrical lenses.

A different refractive condition in the two eyes of the same person is quite common. One eye may be correct, and the other long-sighted or short-sighted; or one eye may be long-sighted and the other short-sighted. Both eyes must be tested separately, and fitted accordingly.

Weakness of some one or more of the ocular muscles, is very often a complication of some error of refraction. In this condition there is a continual strain upon the weaker muscle in order to do its work, and this alone will cause very many headaches, neuralgias, and general nervous symptoms. We have already considered this subject in cases where the irregular action of the muscles of the eyeball is sufficiently marked to produce squint, but oftentimes there is merely a loss of function which can be determined only by careful examination.

Any defect or impairment of vision, other than the farsightedness consequent upon advancing years, as soon as discovered, should be submitted to the examination and treatment of a competent oculist. Neglect in this regard is likely to work serious injury upon the afflicted.

Children should early be taught the necessity of certain simple rules touching the use of their eyes, and parents should carefully note that their requirements are heeded. It is better to have no artificial light in sleeping rooms; but as such light is often a necessity, it should be so shielded as not to fall directly upon the eyes of the sleeper. Neither should sunlight be allowed to shine through a window upon the bed, either directly or by reflection. Where it is necessary to sleep during the daylight hours as in the case of the multifold diversities of labor in a city, the room should not be made dark. Closing the shutters and drawing the shades so as to shut out direct light will usually be sufficient, and on waking, the change to the strong midday light will be less trying to the eyes.

In a general way, it may be said, that whatever pains the healthful eye should be voided. This includes the reading of very fine or poor print; especially when the attempt is made on a railroad train or other conveyance, where the vibration of the vehicle constantly changes the focus, and makes it difficult to follow the lines, as well as reading at twilight, or by any other imperfect illumination.

In reading or writing, the light should come obliquely from the side, and fall upon the surface of the paper so as to fully illuminate it, with the reflection passing away at an angle without striking the reader in the face. The reflection from white paper is injurious. The sight should never be taxed during general weakness, or in convalescence, as the nerves and muscles share the general debility, and are easily overtaxed, nor is it advisable to read while lying down, or in a stooping posture. One of the advantages of the type-writer is, that it allows an erect position.

Many eyes are seriously strained and injured by deferring the use of glasses after the focus has changed by purely natural causes. This is hurtful, as their function is to assist and save the eyes. If properly treated these organs will remain efficient till life's close. The period when spectacles become a necessity varies much, but with normal and well matched eyes, it may be expected about the age of forty-five. Sometimes it will come later or even sooner.

The selection of proper lenses at this time is not a difficult matter. Those of low power should be used at first, since the purpose is not to magnify objects, but to render them clear and distinct. See that the print you read is clear, and test the glasses by wearing them for at least half an hour, and under variety of conditions. If they bring a sense of relief to the eye while reading, and can then be laid aside without derangement of vision, they are right.

Evil Effects of Catarrh.
It has been the rule to consider nasal catarrh almost entirely a local disease, and one which has very little effect upon the general system. All this is being rapidly disproved, and it is being shown that if the nose is in an unhealthy state there is quite a long list of affections which may be induced in consequence. Hay fever has often been cured by applications to certain points in the nasal passages. Asthma also, has yielded to the same treatment. It is a well known fact that when the victim of catarrh suffers from dyspepsia, scarcely any improvement in the latter can be made, no matter what is done for it, until the former is on the gain. Evidence is not wanting to show that severe functional disturbances of the lungs, and even of the heart, are sometimes induced by nasal trouble. Recently, there was reported the case of a woman who had epilepsy for several years, and although she had patiently sought relief, no improvement took place until applications were made to her nose and its condition improved. Under that line of treatment, entire recovery occurred. Very many other cases are on record which show that the relation between the nose and other parts of the system is very intimate, the connection being, of course, through the nerve system.

A Woman Killed by a Vampire.
The wife of Senor Gonzales, a prominent citizen of Monteroy, Mexico, was found dead in her bed the other morning, with a large bat of the vampire variety fastened in her hair. She had been sleeping by an open window, and the creature had flown in an evidently killed her by sucking her blood for two tiny wounds on her neck close to the jugular vein indicate the place it had punctured. Its escape had been prevented by the hair of its victim, which was very long and abundant, and had so entangled the vampire in its meshes as to hold it until it could be killed. The death of Senora Gonzales is much regretted in the community, as she was a lady of amiable and benevolent character, as well as noted for her beauty. The death inflicted by these bats is a very peaceful one, for while draining the blood they keep up a continuous gentle fanning of their wings, which soothes and lulls the sleeper until his slumbers glide imperceptibly into eternal rest. Senor Gonzales, who was asleep by his wife's side, says he was first awakened by the bat's frantic endeavors to free itself from its net of hair, and that he killed the gorged and imprisoned creature without difficulty, and could scarcely believe that his wife was dead, so placidly and naturally did seem to sleep.

Tashkent to Have a Fair.
Preparations are already being made for the great Central Asian Exhibition, which will be opened at Tashkent in August, in order to celebrate the conquest of Turkestan by the Russian troops. Tashkent was taken by assault on the 29th of June 1895, and it was at first intended to open the exhibition on that day this year, but this project was wisely abandoned, the temperature being usually too high in June and July. Many travelers, we learn, are expected from Europe, especially from England.

Blessed is the man.
That walketh not in the counsel of the ungodly,
Nor standeth in the way of sinners,
Nor sitteth in the seat of the scornful.
But his delight is in the law of the Lord,
And he will meditate there day and night.
His fruit shall be peace, and the increase of his way shall be righteousness.
The fruit of the righteous is peace, and the increase of his way shall be righteousness.

NEWS FROM HALIFAX.
Death of Hon. Thomas Coffin—Governor Daily Sworn In—Other Notes.
HALIFAX, July 17.—Hon. Thomas Coffin, who was Receiver-General in the Mackenzie Administration, died at Barrington Saturday night, aged 77 years. He represented Shelburne in the Provincial Legislature at Halifax or in the Dominion Parliament almost continuously from 1861 to 1878. At the general election of 1878 he was bitterly opposed in his own party, and in a three-cornered contest was defeated by Thomas Robertson. Mr. Coffin has supported the Liberal-Conservative party.

Governor Daly was sworn into office the other morning by Chief Justice Macdonald in the presence of a large number of citizens.

The flagship Bellerophon, accompanied by other vessels of the fleet, have left for Newfoundland.

The funeral of Peter Boyle, one of the victims of the Dartmouth disaster, took place to-day. The Royal British Veteran Society and a large concourse of citizens walked in the procession.

It is announced here that the Alpine club of French journalists are coming to Canada this year on their annual excursion.

A Cunning Fish.
He who goes a-fishing in our quiet inland waters soon becomes familiar with the pretty golden and ruddy sun-fish; but no angler simply as such, ever saw this lively creature at its best. It is one thing to catch them, which is too easily done to consider the matter sport, and another and far nobler thing to watch their winning ways when guarding their nests. He who does this will realize what a fish really is, for to credit these animals, as a class, with a modicum of common sense, seldom occurs to any one. But this much can be set down as incontrovertible—a fish is no fool.

Not long since, as I was passing over a little bridge, I noticed a big mother sun-fish in a violent state of trepidation, and paused to determine what was the trouble. A single glance told me the whole story; a host of little minnows were darting in at the eggs that covered a little space of the shallow nest, and the parent fish was defending them as best it might. The attacking minnows were in two bands, and as one of these was chased away, the other rushed into the little depression in the sand. But before they could seize the eggs, or so I thought, the sun-fish returned with a rush and scattered the intruders.

So it kept up, and apparently would have never ended, had not a more formidable enemy of the sun-fish appeared upon the scene. This was a huge sucker, and entirely too powerful a foe to be met in single combat. The sun-fish recognized this at once, and hit upon a happy expedient, which succeeded admirably. Instead of vainly darting at the sucker, it sped round and round its nest with inconceivable velocity, and so stirred up the water that the intruder was frightened or bewildered, and beat a hasty retreat.

It was all a matter of a few minutes, but how much transpired! The little minnows proved their cunning by their tactics; but what a deal of quick wit centered in the brain of the sun-fish.—[Dr. Charles C. Abbott in American Agriculturist.

A Blighted Romance.
"Miss Clara," began the young man, "it becomes necessary for me to speak to you upon a subject which deeply concerns us both. I will first ask you to recall to mind the last evening I was here. We parted, if you will remember, upon the steps. As I proceeded slowly across the lawn the full moon came from behind a cloud and enveloped me in a flood of mellow glory. Suddenly, Miss Clara, it seemed to me without a note of warning, I was overwhelmed."

"One moment, Mr. Smithers," interrupted the beautiful girl as she stuck in an extra hairpin and turned down the gas three-quarters of an inch. Then drawing her chair still closer, she indicated by a wave of the hand that he could proceed.

"I was about to observe, Miss Clara," continued the young man, "that I was overwhelmed by the onslaught of your father's dog (Grip), who ate up three weeks of my salary in half a minute, and unless your pa ahtes up for that suit there is going to be war."

"Say no more, Mr. Smithers," replied the young lady, rising slowly and painfully from the Jenness-Miller position that she had assumed but a moment before and pointing to the door. "Go. I will have pa send you a check for \$9 by the first mail."

Courting in Peru.
When a Peruvian lover desires to see his sweetheart, he calls upon her father and is at liberty to gaze at her during any brief moments in which he can divert his attention from her parents, who are entertaining him. If his loved one's residence has a window opening on the street, he may converse with her and other members of the family through the iron grating with which the lower windows of houses in Spanish countries are always surrounded to protect against robbers, lovers and the like.

After he is accepted he is asked to dinner at 7, and as this meal lasts two hours and is followed by tea at 11 he can feast his eyes upon his charmer for five consecutive blissful hours; and if there be a number of guests he may get a few minutes' talk with her in a corner. Here if a young lady is alone with a young man she is seriously compromised. A moonlight buggy ride would be cause for a public scandal, the young lady being the only one to suffer a reputation.

Midsummer.
A pulsing glow obscures the blue profound,
And throbs against the earth with magic might.
The fervor lushes every creeping sound,
And all arousing impulse puts to flight;
No cheerful prospect meets the thirsty sight,
No view without the sun-god's angry trace;
The very air is swayed by some fell spirit,
For, given the breeze, as they fan my face,
Bring scorching, scalding heat in sweet refreshment's place.

The flowers of gentle dew and moonlight bore,
With daisy of record, wither, woe the rage
of Serpents, as he leaves the moon
And enters on the threshold of midday:
While birds no longer care for their lay
Of joy and languor, leave his glassy dirge,
But to his all-prevailing green fire way,
And with frail man and panting flocks retire
To friendly shade, protection from his deadly ire.

JENNIE LIND'S GRAVE.
Barnum Corrects a False Report and Talks of the Great Songstress.
Phineas T. Barnum was asked the other day about the story written in England and reprinted in the New York papers to the effect that Jennie Lind's grave is unmarked and neglected, that her last days were shadowed by the indifference of her husband, and that she died broken-hearted.

"Not a word of truth in it. It's false. Contradict it at once. If you don't, I shall over my own name. It is unjust to the dead—it is not fair to the living. Bless my soul! how do such things get into print!"

The smile, so familiar to the world, vanished from the great old showman's face as he spoke.

"I was over in the old country recently, as you know," he continued, with a quiver on his lips. "I went to Jennie Lind's home and saw and talked with her husband, Mr. Goldschmidt, and her daughter and her granddaughter, and they with me. As for the grave of the dear dead woman, it is marked by a monument in the shape of a cross. It is touching in its simplicity. But it is like her in that respect. It is costly and unique. The grave is strewn with fresh flowers every day, and most of these are sent down by the Goldschmidt family."

"There are a number of fine portraits of the nightingale on the walls of Mr. Goldschmidt's home, and several fine marble busts. Her memory is a perpetual theme in that house. Mr. Goldschmidt is a thorough gentleman, and talked with me about his dead wife in the tenderest way. I am sure he was sincere. And her daughter's voice was full of feeling when she spoke of 'poor mamma.'"

"How could any one say that Jenny Lind's grave was neglected, and how could any one say that she died broken-hearted? Her whole life was a song. Her last days were spent in singing for indigent clergymen. She was the most charitable woman that ever lived. I could make her cry in two minutes by telling her a story of poverty, and she always backed her tears with a purse full of money. It is a mistake to say the fame of Jenny Lind rests solely upon her ability to sing. She was a woman who would have been adored if she had had the voice of a crow. She was guileless, great-hearted, and her heart beat for the poor. She would have been known and loved if she had never sung a note. Of all the people with whom I have had relations as showman, I became most attached to her. It was in 1850 that she came to me. I had never seen her until I met her on the vessel that brought her over. Dear Jenny Lind's name will live forever, and that she was not loved to her last breath, and that her memory is not tenderly kept, and that her grave is not covered daily with flowers is not true. Not true, sir. I hope the contradiction will be emphatic."

The Suppression of Rabies.
That rabies can be suppressed does not admit of a doubt. Its existence depends solely upon its contagious principle, and it cannot arise spontaneously under any conditions, any more than dogs themselves can. Eighteen years ago, through being unable to trace the origin of a case of rabies which occurred under my personal observation at Rochester, Kent, I was of opinion that it might have a spontaneous origin, and this opinion, I may state, was held at that time by several of the leading veterinarians on the Continent, (Bouley in France and Roll in Austria.) But soon afterward, on a more careful consideration of its geographical extent, and the result of sanitary police measures in different countries, I arrived at the conclusion that its maintenance was due to its contagium only, and that if this were destroyed there could be no more rabies or hydrophobia. This conclusion I have made known on every possible occasion.

It may also be asserted that though many kinds of creatures can become infected, and may infect each other, yet the dog is the original infector and the chief disseminator, the dissemination being effected by inoculation, in nearly all cases by means of a bite. After inoculation, if it is to be effective, a variable period elapses before the signs of disease manifest themselves; this is the period of latency or incubation, and it may extend from a few weeks to many months, but in the great majority of cases it does not go beyond six months, though there are some recorded in which it has been longer. Twelve months should cover all cases, and, therefore, if dogs could be prevented from biting for that period in this country, and no dogs were allowed to enter it from other infected countries, the contagion must perish for lack of renewal, and the scourge would be no more seen or felt. What a blessing to mankind, dogs, and other animals this would be! Even the dog worshippers might contrive to understand what a benefit it would confer upon their idol if they would only consider the matter. There would then be no need for all those futile, because partial and temporary, measures which harass dog owners and cause discomfort to dogs, while they have to be repeated incessantly. Nor would man look with grave and deserved suspicion, even amounting to dread, upon a devoted animal companion which he at present allows to be exposed to the risks of infection that will perchance destroy them both. Surely a few months of inconvenience are as nothing when compared with the advantages that would be obtained. Think of the children and adults who would be spared a torturing death in future years! Consider the perpetual abolition of the diabolical muzzle, ye cynophillists, and know that in the days to come dogs might bite and rend to their hearts' content without being suspected or accused of madness, or any doubt be entertained as to the innocuousness of their saliva.—George Fleming in the Nineteenth Century.

Without a revelation of what God is, no man can know what he himself is.
Some who pose as self-made men relieve their Creator of a great responsibility.
She told him she'd be his sister.
"Oh, that's all right," said he;
"But then, of course, you understand
My sisters live with me."
Men declare their love before they feel it;
women only confess theirs after they have proved it.

There is an oblique way of reproach which takes off the absurdity of it; and an address in history which makes it agreeable, though never so gross; but of all flatterers, the most skillful is he who can do what you like, without saying anything which argues he is doing it for your sake.—[Peep.

RUSSIAN STUDENTS IN PARIS.
Some of the Privations to Which They are Subject—Oatmeal and Lard a Filling Dish.
The Paris papers are giving a minute description of the Russian student's life in that city. The picture is rather gloomy, but the details are worked out well enough for a study.

At the present time the Russian colony in Paris includes about one hundred and fifty students, male and female, and about thirty refugees. They live with the most rigid economy, for their resources are very limited. Twelve to twenty dollars a month may be considered as the average of their income, out of which they have to pay for their terms; and moreover there is an onerous discount on the paper money which they receive from Russia. From this it is easy to see that they are obliged to endure considerable privations, and consequently they are forced to make their headquarters in la Glaciere, Saint Victor, and Croulebarbe, where the facilities of cheap living are abundant.

When a student or a refugee arrives he notifies his countrymen. There is a society among them to which the new comer applies. With its help he is enabled to find a lodging, which costs from \$15 to \$25 a year. He brings along with him his furniture, which consists of skins and bed clothing. If he is rich, comparatively, he buys a trunk, some straw and a bed. If he has not sufficient means to procure these luxuries, he does without them, and sleeps on the floor, like Mlle. Eroquine and many others, patiently waiting until he can save up, cent after cent, enough to buy a bed. If he is completely destitute he is placed with another comrade equally embarrassed, whose home and misery he shares. It is not a rare thing to find among them room-mates, men or women, who pay from \$8 to \$10 a year for their apartments.

In food the Russian student is also extremely economical. He eats black bread and cabbage. Meat is a luxury which he enjoys only once a week. The quality of his food troubles him little; quantity with him is the main object. Therefore he fills himself with cheap stale bread, including the refuse crusts of the restaurants. When he is able to have a more substantial meal he goes to one of the Russian boarding houses, where he gets the national dishes at a cheap rate. The most important of these establishments is the Students' Restaurant kept by M. Koch in the Rue de la Glaciere. It is in the rear of the building, is clean and spacious, but there is, of course, no evidence of luxury in it. The gardens of a religious community can be seen from it, and the sight refreshes the poor students, sometimes almost worn out by hard study in their garrets, with little light and less air. This restaurant has about eighty customers. There is only one meal a day, the dinner, which for some begins at noon and for others at 5 in the afternoon. The price of each dish never exceeds twenty centimes, and the entire menu costs about fourteen cents. Those who come to dine a la carte and have no cash write down in a book the amount of their debts at the end of each meal, and pay when their money arrives.

Another restaurant of this kind is in the Rue Flatters. In this, as in the other one, the dish which forms the main portion of the daily menu is kacha (oatmeal and lard). For a Parisian palace this seems rather tough; but it is very filling stuff, and for four cents a student can have enough of it to last him for twenty-four hours.

When the Russian student finishes his course of studies and becomes a doctor, he will go anywhere under the sun to seek his fortune.

Sheep Shearing in Australia.
At shearing time, on large runs, all the shearers live and mess by themselves, being in the nature of contractors, while the other hands connected with the working of the shed as yarders, pickets-up, wool-rollers, branders, &c., are paid weekly wages, and the station owner finds them in cook and rations. They mess and sleep in huts apart from the shearers, and are termed "rouseabouts." The "rouseabout" cook has also the care of the woolshed overseer and his assistant on his hands, and as 6 o'clock draws near we see him approaching with a flagon, or "billy," as it is termed, of steaming hot coffee in his hand, and the usual slices of "brownie" or "cake." On these we gratefully break our fast, and the more satisfactorily when we remember that all hands have likewise been refreshed. As we walk across to the woolshed we notice streams of men issuing from shearers' and rouseabouts' huts; and on entering the shed we find some of the shearers already at their respective places. These have been balloted for on the previous day, and no man is allowed to make any change without permission of the shed manager.

Each shearer has his own little doorway or opening, through which he passes his sheep when shorn into a long narrow pen outside, fenced off from his neighbors. Presently every shearer has arrived; the pickers-up, with so many s'earers apporportioned to each to attend upon; the wool rollers ready at their tables, and all watching eagerly the movements of the manager as he advances watch in hand to ring the bell. The bell rings; the shearers dart into the respective sheep pens allotted to them, and bring out the seemingly most-easily-to-be-shorn sheep they can select in the hurry of the moment, place it on its rump, and shearing has fairly commenced.

And what a busy scene it is; and how strong the contrast presented between the desolation and the silence of yesternight and the liveliness and the activity of to-day! As a rule, the men take things easily at first, for the eager man is apt to "knock his hand up," and anyway ramms are not to be hurried over. They are desirous, too, at least most of them, of doing fair work and of finding the "boss" measure, which is very soon done. From long experience I am of opinion that it is quite as often the fault of the shed manager, by his want of tact and firmness, as the fault of the men that has produced unpleasantness during the shearing season. Men are but human all the world over; and as the shearer is paid by the number of sheep he shears, time to him is money, and he tries, naturally enough, to shear as many sheep as he possibly can, so long as his style "suits." On the other hand, the position of shed manager is by no means an enviable one, for it is his object to get "all the wool off"—in short, he has to please his employer and to please the men under his charge as well.

Do you know what Duty is? It is what we exact from others.