

' Early rising is sometimes a gool thing, and then again it is not. It depends very much on what your business is, and what is your temperament. If you are a newspaper carrier or milkman, or if you are a factory hand or farmer, you will have to get up early; so you will if you live in the country and must take an early train into town. There is no doubt about your duty in such a case. And if you are a cold-booded boly, with no nerves, you can as well get up as lie abed in the morning. But if you are a person of nervous organization, of hot blood, if you are inclined to keep at work as long as you are awake, and can find rest only when you are asleep — especially il your work is brain work, and you can choos: your hours for it-it may be that early rising would be gross imprulence

morning is persistently started out of bed by its parents to its permanent detriment of body and mind.

aleep in the morning is persistently started out of bed by its early-rising child, to the parent's discomfort, and to

some of us are very different from both larks and lambs, and need different hours

do the best thing for each of us-whatever that may be; and not to let lambs and larks settle the rule for us severally.

A few words, now, on the fetich doc-tor, or medicine man, the N'ganga of the tor, or medicine man, the A ganga of the negro, who is also priest, physician, and chief justice. If any one in the village dies, the negroes, who cannot comprehend that any one should die a natoral death, believe that he must have been killed by enchantment or by the evil influence of some other person; in short, that another person was the cause of his death. It is N ganga's business to find out who this per on as. He consults with the spirit by moonlight, and communitates the re by moonlight, and communitates the re-mit of hus interview to the people. The accused person is then subjected to the trial by cassa. Cassa is the bark of a large tree, and contains a very strong poison. The delinquent is forced to drack a solution of this bark, which has been prepared by the N'ganga. If he vomits the draught up immediately he is innocent; but if it remains in his stomach he must die. In this case the negroes never wait for the operation of the poison, but fall upon him with sticks and stomes, or drive the life out of him in some still more savage way. The issue some still more savage way. The issue of the trial by casa is of course with the N'ganga, and, if the delinquent can pay enough, that functionary will probably save his life.

"My love, I'm happy to inform you T've insur d my life" Mrs. H.: "Then you ought to be ashamed of such a selfish action. Insure your own life, indeed!- it doesn't matter about a inc, i cuppose ;"