

SATURDAY, APRIL 7, 1906.

## SELF-CONTROL'S VALUE

WHY THIS VIRTUE IS SO IMPORTANT FOR A SUCCESSFUL LIFE.

## RULER OF HIS OWN SPIRIT

Man Who Can Capture the Citadel of His Own Heart and Hold His Will and Life in Subjection to the Higher Law Hath Done a Noble Work in Himself—A Vivid Comparison.

Entered according to Act of Parliament of Canada, in the year 1906, by Frederick Dyer, Toronto, at the Dept. of Agriculture, Ottawa.

Los Angeles, Cal., April 1.—In this sermon the preacher deals with one of the familiar evils of our social and business life, the curse of ungovernable temper, and shows how the untiring energy of those who are victims of the habit may be transformed into a blessing. The text is Proverbs xvi, 32, "He that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city."

Popular enthusiasm is most easily kindled when the admiring multitudes are allowed to bend the knee before a human idol clothed in a soldier's uniform. The most inspiring call for common people is the bugle blast sounding the cavalryman's charge. "This true, the most beautiful monument of Edinburgh is the one erected to Sir Walter Scott, the writer, and in London it is the one erected to Prince Albert, Queen Victoria's consort, and in some respects the most conspicuous monument in Brooklyn is that erected to the memory of Henry Ward Beecher, the preacher. But here there is one monument erected in prominent cities to the memory of a statesman, a scientist, a poet or an artist there are five, ten, twenty monuments erected to the memory of military heroes. It is right to honor the hero of the field, the victor of the battle, the conqueror of the city, but the heroes of peace should be honored also.

King Solomon recognizes this fact in the words of his text. He is not deprecating such triumphs as that of Cyrus, who 600 years later laid siege to the City of Babylon and captured it by turning the Euphrates river from its course and by marching under the city gates by night, when the King and his courtiers were benumbed at a drunken carnival. He is not sneering at military genius such as was displayed by Titus, who captured Jerusalem in 70 A. D., but he is exalting the noble work of a man of God who can capture the citadel of his own heart and hold his will and life in subjection to a higher law. So to-day I want to show you why self control is so important for a successful life and why "he that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city."

The ungovernable temper is to be dreaded and feared. For the time being it underlies a man's thinking and reasoning powers. It may even become suicidal. It puts a man in the unenviable position of fighting against and destroying himself. As a snake when teased by an enemy cannot reach will in its frenzy bury its poisonous fangs in its own body, so the slave of ungovernable temper becomes the victim of his own rage and obsession. The brain in its action is very similar to the organs of the body. All its different parts are interdependent, as the heart, the brain, the kidneys, the lungs and the stomach act and react upon each other. When the heart stops its regular steady pumping, then every other organ languishes on account of this weakness. Then the water of the blood exudes through the tissues, and drops sets in. When the lungs cease to do their work, then the digestive apparatus is affected. Stomach trouble can cause nervous prostration. Once get the nerves out of tune and you may have nervous dyspepsia. The organs of the body are like the under stones of a great arching bridge. Take away any of the substones and the whole arch tumbles into a ruin. Such is the interdependence of the different parts of the brain. Let the will power once lose its grip and the reasoning faculty, or the seat of judgment, is gone. Then a man in his actions and words becomes like a runaway horse taking the bit in his teeth. He is just as apt to smash his head against a stone fence or to leap a precipice or to dash before the onrushing locomotive as he is to keep the straight road of safety.

At such times a man will do something on the spur of the moment which he is apt to regret all the days of his life. He is like a drunkard drawing a knife in a saloon brawl. He is like a general entrenched in some impregnable Gibraltar who deliberately opens the gates and makes a foolish surrender. He is like an army which goes off and leaves its fortress unguarded to be pounced upon by a waiting foe.

Now, life under the very best of conditions is such an awful and a close struggle that you and I cannot afford to make any mistake on account of an ungovernable temper. When we are in conflict with a skilled foe we cannot afford to let our contempt get the better of us, as did Goliath when he went forth to attack David. If you do, just as sure as you live you will place yourself at the mercy of your antagonist. When you are preparing for life's work because something goes wrong or an injustice has been done you have no right to lose your temper. Every time a man lets his anger get the better of him he does not injure his enemies nearly as much as he damages himself. If you would learn to influence over others, you must be great in your power over yourself. This means that, no matter how great the provocation, you must learn to suffer injustice in silence. You must learn to bare your back for a castigation if you deserve it and grimly hold your tongue even when the lash is flogging the heart's blood.

The ungovernable temper is to be dreaded and feared for a second reason. No sooner does a man lose his temper than he drives from his side those who would naturally come forward as his defenders. He spikes the guns of those who would be his protectors. All through the world there is a desire to see fair play. If when going down the street you see a big boy whistling a small boy natural-

## Twenty-Eight Army Generals Send Letters of Endorsement

To Dr. Hartman, the Inventor of Per-na.

No other catarrh remedy in the world has received such unstinted eulogy from so many renowned statesmen and military men as Per-na.

Gen. O'Beirne of Washington, D. C., writes: "As many of my friends and acquaintances have successfully used your Per-na as a catarrh cure, I feel that it is an effective remedy, and I recommend it as such to those suffering from that disease as a most hopeful source of relief."—James R. O'Beirne, 200 Broadway, Washington, D. C.

General S. S. Yoder of Ohio, writes: "I have found Per-na to be a wonderful remedy. I only used it for a short time and am thoroughly satisfied as to its merits."—S. S. Yoder, Washington, D. C.

Brigadier-General Kirby writes: "I can recommend Per-na to all those who are afflicted with catarrh."—D. T. Kirby, Washington, D. C.

Brigadier-General King of Confederate Army, writes: "I unhesitatingly state that I am convinced Per-na is a medicine that will effect all the cures that are claimed for it."—J. Floyd King, Washington, D. C.

General Smalls, Beaufort, S. C., writes: "I have used Per-na for catarrh trouble and find it beneficial and to be all that it promises, and freely give it my unqualified recommendation."—Robert Smalls.

General Abbott of Washington, D. C., writes: "I am fully convinced that your remedy Per-na is an excellent tonic. Many of my friends have used it with the most beneficial results for coughs, colds and catarrhal troubles."—Ira C. Abbott, 906 M St., N. W., Washington, D. C.

Captain Yarnell of Washington, D. C., writes: "Your medicine, Per-na, I believe to be the best medicine for catarrh on the market. I have taken only a small amount, and can see very beneficial results."—W. G. Yarnell, 2329 Lincoln street, N. E., Washington, D. C.

General McBride of U. S. A., writes: "I have no hesitation in recommending Per-na to all persons who are afflicted with catarrhal troubles."—J. D. McBride, 450 Pennsylvania Ave., N. W., Washington, D. C.

General Noske of O. V. U., writes: "I commend Per-na to those who are troubled with colds, producing catarrh, as a most efficacious cure and as

to take the small boy's part. And so in this great wide world if the masses of people see that you are being abused they will take your side if you yourself are willing and ready to suffer in silence.

The ungovernable temper is to be feared and dreaded for still another reason—the bitter tongue never made an enemy's sword. The angry retort never blunted an enemy's sword or threw him off his guard or made him have read about a great ambassador that even the grand vizier of the Turkish Sultan would tremble before him. He would rush into the Turkish official's presence and say, "I tell you, it must be done, I tell you, it must be done, or else our warships will soon be bombarding your capital!" But that is not the way you are going to make our enemies bow before us. We will not subdue them by torrents of invective, but only by kind words. "It is the angry tongue that breaketh the bone," says the Bible. Oh, no! "By long forbearing is a prince persuaded, and a soft tongue breaketh the bone." Ah, my friends, do you want to overcome your enemies, do you? Then do it not with a sledge hammer, but with the power of kindness. When a person hates you or ill treats you, then systematically go forth to win him over by love and forgiveness.

I was never more impressed with what love and kindness can do than when studying the life of Lincoln. His gentleness did more to save the country and give us a reunited north and south than all the bullets ever fired or all the swords ever drawn. His policy of conquering by gentleness was beautifully illustrated by an incident told

## No Sleep For The Kidneys.

Old people are especially liable to kidney and bladder irritation. The organs are weakened by age. This starts up inflammation—blood is not properly purified as it goes to the kidneys—and the bladder is unable to retain the urine properly. There is a constant desire to urinate day and night—and sound, restful sleep is unknown.

## Bu-Ju

THE GENTLE KIDNEY CURE

gives the vigor and strength of youth to kidneys and bladder. It soothes and heals the irritated surfaces—tones up the organs—enables them to do their work easily and naturally—and cures all kidney troubles. Cures Rheumatism Too.

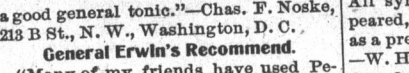
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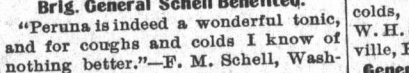
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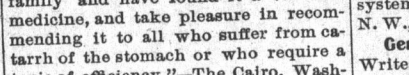
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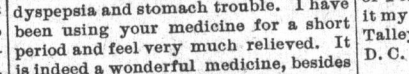
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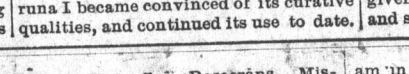
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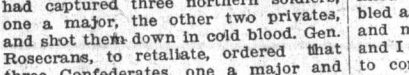
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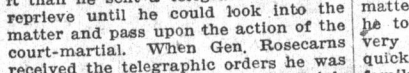
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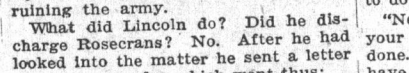
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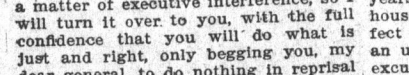
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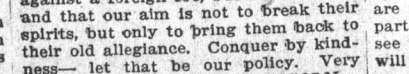
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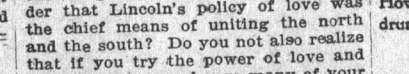
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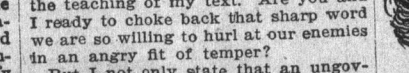
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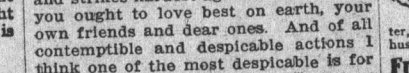
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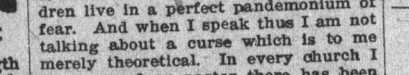
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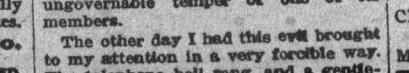
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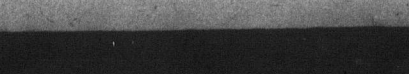
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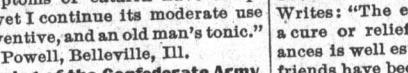
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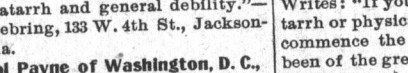
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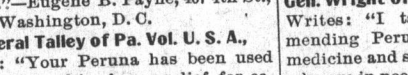
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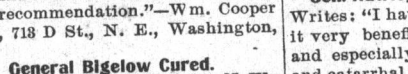
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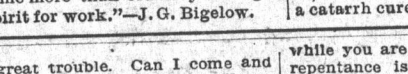
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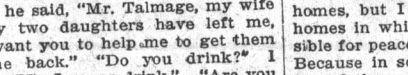
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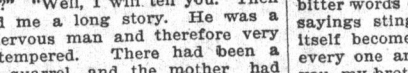
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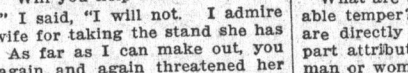
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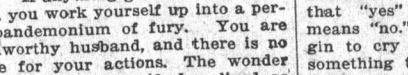
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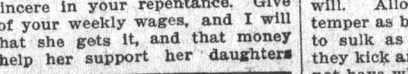
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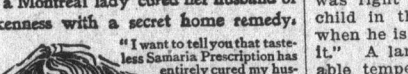
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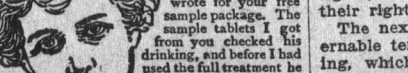
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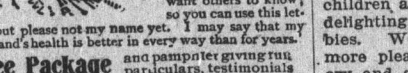
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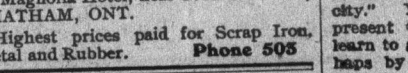
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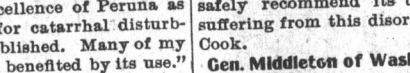
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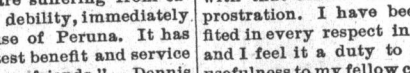
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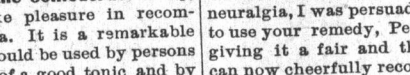
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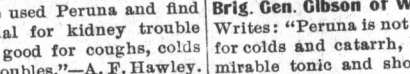
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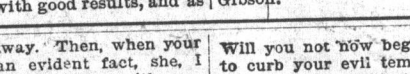
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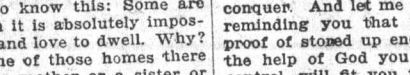
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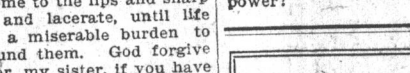
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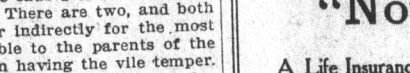
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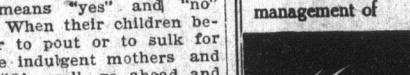
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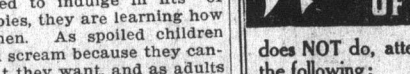
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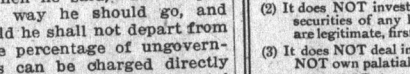
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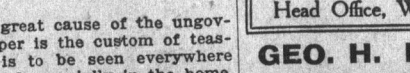
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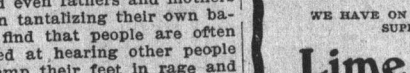
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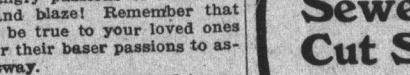
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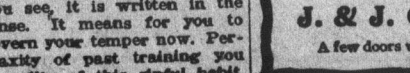
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Gen. Henderson of Washington, D. C., writes: "Per-na has been used in my family with the very best results, and I take pleasure in recommending your valuable remedy to my friends as a fine tonic and effective cure for catarrh."—Maj. Gen. Armstrong of Washington, D. C.

Writes: "As many of my old comrades and friends have been greatly benefited by the use of Per-na for catarrhal troubles, I heartily join in their endorsement of its curative qualities."—F. C. Armstrong.

General Pettys of the U. V. U., writes: "It affords me pleasure to say that some of my patients who have used Per-na as a tonic and also for catarrhal troubles, have been greatly benefited by the same. I am satisfied of the excellence of the same."—Charles Pettys.

General Legg of Washington, D. C., writes: "I take pleasure in endorsing the many recommendations I have heard and read of Per-na, because of having had knowledge of the truth of so many of them.

"We always tell our sick and ailing friends of the remedies that we have learned, from experience, were good for us when ailing in the same way, and we do it as a duty we feel that we owe them."

"Why is it any the less our duty to advise all the people we can when we know of a good and comparatively inexpensive remedy that makes many cures, and benefits in almost all cases? My own little personal experience of being relieved of deafness, caused by a stage of catarrh, warrants me in advising all the afflicted to just try Per-na."—A. M. Legg.

Col. Shatswell of Washington, D. C., writes: "I commend Per-na as a most agreeable as well as effective medicine. Catarrh and catarrhal colds are checked and generally cured by a judicious use of it. It is a good promoter of digestion and is an excellent remedy for a weak stomach. It tones up the appetite and is not at all disagreeable to take."—Nathaniel Shatswell.

Captain Jackson of Washington, D. C., writes: "I am eighty-three years old, a veteran of the Black Hawk, Mexican and Civil Wars. Some years ago I was seriously affected with catarrh of the stomach. After the use of three bottles of Per-na every appearance of my complaint was removed."

If you do not derive prompt and satisfactory results from the use of Per-na, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address: Dr. Hartman, President of The Hartman Sanitarium, Columbus, O. All correspondence held confidential.

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