

Canadian Churchman Illustrated Christmas Number, Price 15 Cents.

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Canadian Churchman

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the stomach. You must not come in." Thus the mouth speaks.

So with the beautiful and wonderful digestive apparatus. Send unsuitable food into it, and it rejects it. It says no.

As with the physical, so with the spiritual and moral nature. We can close the eye of the mind and the ear of the mind against temptation, and say no.

Biography is eloquent in the evidence it gives hereupon. Study the life of Joseph, of David, of Daniel, men who with a firm and unfaltering voice said no.

Important results follow our not saying no.

A merchant once made this confession:

"If I had said no instead of endorsing a note, I should have saved three thousand dollars."

Go to the wretched drunkard, reeling under the influence of strong drink, a pest to his family, and his neighbours. Ask him what was the beginning of his course of misery, and he will tell you that it was not saying no, when asked by his companions to frequent the saloon.

Go to the youthful thief, who, though

the son of pious parents, and reared in comfort and respectability, has become the prisoner of justice. Ask him the beginning of his course of dishonesty, and he will tell you that it was not saying no when tempted to take money that belonged to his employer.

Let all—especially the young—learn to give utterance to the little yet great, this easy yet difficult, monosyllable in question. Be it ours, then, when temptation assails us, to answer bravely and say "No."

Hood's is Wonderful.

No less than wonderful are the cures accomplished by Hood's Sarsaparilla, even after other preparations and physicians' prescriptions have failed. The reason, however, is simple. When the blood is enriched and purified, disease disappears and good health returns, and Hood's Sarsaparilla is the one true blood purifier.

Hood's Pills are prompt and efficient and do not purge, pain or gripe. 25c.

Blue Spectacles.

"Oh yes," you say at once. "We know what they are. They are the sort of glasses that people wear when their eyes are weak, or when the sun shines too brightly on the snow." Perhaps some of you have even tried on a pair, and know that when you look through the dark glass it seems as if the sunshine had lost its soul, and the flowers and trees had gone into mourning. You lay them aside at last as gladly as you come from a gloomy cellar into God's light and air.

The glasses of which I am going to speak, however, are not the same sort, although they produce very much the same effects. They might almost be called magic glasses, for they are certainly invisible. I have looked into some of the prettiest eyes which ever opened on this round world without dreaming that they looked back at me through blue spectacles.

It almost seemed the other morning as if some bad fairy had slipped a pair of these glasses over Irene's eyes during the night, for when she waked up she looked about her with as gloomy a face as if the whole world were draped in black. The sunbeams were playing hide-and-seek upon her bed-room floor, but she never noticed them. She dressed very slowly, because she couldn't find her things. This sort of blue spectacles, I have noticed, never improves the eyesight. She hunted so many minutes for her shoes and her hair-ribbon and her comb, though each of them was in plain sight, that the breakfast bell rang before she was more than half ready.

Even after she got down stairs nothing on the table looked appetizing—

the fault of the blue glasses again. The steak seemed too rare and the muffins too well done, and nothing just right by any chance.

At school it was no better. Viewed through the blue spectacles the day's lessons seemed unusually difficult. To be sure, May Martin, who is a year younger than Irene, and as a rule no quicker to learn, worked the arithmetic in half an hour and could then give her attention to her history lesson. But Irene, for the first time that term, failed in both recitations. And the worst of all was, that as she missed for the second time, Irene was sure she saw her dearest friend, Kitty, glance at May with a scornful smile on her lips. Irene laid her head on her desk and cried till noon. Such trouble do these magic spectacles bring their wearers.

It was a relief to the whole family, and most of all to Irene herself, when she crept into bed that night, tired and worn out from the day's troubles. And yet the day had been as good as other days, with as many opportunities for happiness and helpfulness. But looking through her magic glasses she had seen everything darkened and distorted.

How many of you have a pair of these blue spectacles which you put on occasionally in the morning and wear through the day, making yourselves and those about you heartily uncomfortable? Would it not be a good idea to throw away this troublesome property, and to always look at God's world as it is, with all the light and brightness and beauty which He intended should help to make us happy?

"That Sluggish Feeling."

Rev. D. L. Joselyn, Crystal City, Man.: "I found real benefit from your medicine, K. D. C., in saving me from that sluggish feeling caused by my food not properly digesting. I consider it a very valuable medicine to all under like conditions to myself. I have heard of K. D. C. working some marvellous cures among acquaintances, and have recommended it favourably many times."

Marvellous cures are indeed effected by K. D. C. Every man, woman and child throughout Canada, who suffers from any form of indigestion, should test its merits.

Sample free to any address. K. D. C. Co., Ltd., New Glasgow, N. S., and 127 State street, Boston, Mass.

"He Loves to Answer Prayer."

A clergyman was once visiting a loving mother, and found it difficult to gain her attention. She had a little infant just able to creep about the room, and he saw that her eyes were following the little one along its way,

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and her thoughts were occupied with it.

He told her that she reminded him of a passage of Scripture: "The eyes of the Lord run to and fro throughout the whole earth, to show Himself strong in the behalf of them whose heart is perfect toward Him" (2 Chron. xvi. 9). Then he added: "Your eyes run to and fro through this room, that you may help your little one the moment it requires your aid; so our Father in heaven is ever watching to succour those that walk uprightly in His fear."

Is not this a bright and happy thought to begin the New Year with? You may go to God just as you would go to your loving parents for sympathy and help. He is always watching that He may help, and comfort, and guide, and guard you.

He loves to answer prayer!

Grasp Them Firmly

Those who have gathered nettles by the wayside, know that they will not sting if they are grasped firmly. But if they are touched gingerly, they cause little white blisters on the hands, making them tingle unpleasantly. As the old rhyme puts it:

"Tender-handed, stroke a nettle,
And it stings you for your pains;
Grasp it like a man of mettle,
And it soft as silk remains."

And so if we meet bravely the little trials that confront us in this busy, every-day world, doing our best to overcome them, we rob them of their power to sting. But if, on the contrary, we approach them fearfully, they will annoy us and perhaps make for us many an unpleasantness which it will be hard to forget.

—True glory consists in doing what deserves to be written, in writing what deserves to be read, and in so living as to make the world happier and better for our living in it.

Rheumatism is caused by lactic acid in the blood. Hood's Sarsaparilla neutralizes this acid and cures rheumatism.

BEST FOR WASH DAY

USE SURPRISE SOAP

BEST FOR EVERY DAY.

Whea
Whea
Barley
Oats...
Peas...
Hay...
Straw
Rye

Dresse
Beef, f
Beef, k
Mutton
Beef, s
Beef, r
Lamb,

Butter
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Butter
Butter
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Chicke
Turke
Geese,

Potato
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