

This and That

WORRYIN'.

Come, John, let's set a while beneath this tree, And talk the matter over, you and me. The mightest neighbor lives a mile from here, So we can think aloud without no fear. Of course, we know the Lord ain't fur away; But then he'll listen friendly, I dare say. And p'raps a few stray angels are around; But they won't trouble no one, I'll be bound.

So if I tell you we're alone, you see, We're 'bout as much alone 's we orter be. Well, John, you set to worryin' night and day, Cos all creation seems t' have gone astray.

The times is out of j'int, that's what you think; The chasm's there, and we're just on the brink.

Wisdom are dyin' out, and honest men So scarce they're only met with now and then.

The old religion's kind o' lost its grip; There's too much love, and not enough of whipp.

To sum it up, the world is headed wrong; The right's afraid, and evil's awful strong.

Now, John, I think you make a big mistake, If God ain't noddin' need you keep awake?

John, God's right here a-watchin' things, you know; And if he's patient can't you, too, be so?

Why don't you let him run this world alone? He doesn't need your arm to prop his throne.

So long as he is at the helm, my friend, You're certain sure to reach your journey's end.

No use to worry, though the waves run high; No use to worry, though the rocks are nigh.

The Capten's wide awake, and knows what's best; So all you've got to do's to be at rest.

The man who does each day the duty given Ain't never more than a stone's throw from heaven;

And true religion every soul will fill That listens as God whispers, "Peace I be still."

-G. H. H., in N. Y. Independent.

DAVID AND GOLIATH.

A Little Shot Put Old King Coffee Out of Business.

When medicine fails, they sometimes send sick people away to another climate for their health. Sometimes the climate does it, but more often they stumble on the proper food to take, and then get well.

A lady in San Diego tells of a friend who left her home each December, for the past two winters, to go to Cal. for her health. She says: "Almost all of her time was spent in visiting the doctor and sitting in a big chair and watching the clock to note the time for her next dose of medicine. Nervousness was her principal trouble, and with others of kindred nature made life for her a burden.

On the occasion of her last visit, I begged her to give up the use of coffee, and use Postum Coffee. She replied that she could not stop coffee. I said no more at the time, but the next morning at breakfast, I passed her a fragrant, steaming cup of Postum, making it as it should be made. After that, I had no more trouble, and my friend drank no more coffee. But the most surprising part of the experience was the change that soon came over her.

We began to notice it within less than a week. In less than a month, her nervousness had left her, and in three months, she was a new woman in face, figure and health. I had not dared to hope for so much benefit, although I had been greatly benefited myself by Postum, but coffee to her system was simply poisonous, and I believe that is the case with many others. She returned to her home in December, and was married in less than two months after. She never fails to give credit to Postum for her health or thanks to me for teaching her how to make it properly, and well she may, for Postum has done for her what travel, doctors and medicine failed to do." Name given by Postum Co., Battle Creek, Mich.

NOW AND THEN.

GRANDSON. Now I wonder, excuse my impertinent tongue, Had you ever went anywhere when you were young; For you couldn't recline in a plush-covered chair And be rapidly carried with ease anywhere While the train hurried on over mountain and dale To the trumpet of steam and the drum of the rail; And you couldn't sit down on a trolley-car seat And be jiggled and jerked through the length of the street; And the glorious wheel, like a bird on the wing— You had not even heard of the wonderful thing, So I often have wondered, and wished I could know, If you ever went anywhere, how did you go?

GRANDFATHER.

Well, boy, I know Old times were slow. One trip this way, Mid-week market day; Go out, catch Bill, Warm side of East Hill; Hitch up. Take time, Load up: Cheese prime; Eggs, fresh; butter, sweet; All packed, clean, neat. Get in, sit square, John, here; Ruth, there, Good-bye; huddup, Bill! Long road, up-hill; One hour, three miles; John speaks, Ruth smiles. Fresh breeze, pure air, No coal smoke there. Grass, green, mountain, high; Cool brook runs by. Road now runs down, By and by reach town; Sell produce; buy rice, Tea, dress, nails, spice. Start home, sun low, Old Bill better go. Cows milked, stars peep, Soft bed, sweet sleep Slow times—but then, Good women, strong men.

-John Mervin Hall.

THE USE OF TOBACCO.

The world is fast becoming a vast meeting-house for smokers and chewers. Tobacco is their idol. They worship at its shrine. Puffing, snuffing and spitting are their principal acts of devotion.

But this tobacco-worship is highly injurious. An English physician, investigating the effect of smoking on boys, took for his purpose thirty-eight boys, aged from nine to fifteen, and carefully examined them.

In twenty-seven he discovered injurious traces of the habit. In twenty-two there were various disorders of the circulation and digestion, palpitation of the heart, and more or less taste for strong drink.

In twelve there were frequent bleeding of the nose, ten had disturbed sleep, and twelve had slight ulceration of the mucous membrane of the mouth, which disappeared on ceasing the use of tobacco for some days. The doctor treated them all for weakness, but with little effect until the smoking was discontinued, when health and strength were soon restored.

A gentleman, it is said, once asked the celebrated Abernethy if he thought the moderate use of snuff would injure the brain.

"No, sir," was Abernethy's prompt reply, "for no man with a single ounce of brains would ever think of using snuff."

One of the poisonous elements of tobacco is called nicotine. When separated from the other elements of the weed it is as deadly as arsenic. Two drops of it applied to the tongue of a cat will cause death within fifteen minutes.

This poison men and boys take into their mouth and keep it there. At first it makes them sick, but they soon rally from this early effect, and afterwards die only by inches.

Tobacco injures the mouth, the teeth, the stomach, the intestines, the liver, the heart, the veins, the arteries, the muscles, the nerves, the lungs, the voice, the five senses of hearing, seeing, smelling, tasting, and feeling, is the cause of eighty diseases and fully twenty thousand deaths in the United States every year.

It intoxicates and irritates the mind, and weakens the reasoning powers. It blunts the moral sense and hurts the religious influence. Socially, the habit is unclean, disagreeable, and very expensive. There is not one good reason why a boy, or a man, either, should ever touch tobacco.—Michigan Christian Advocate.

ABSTINENCE FOR OTHERS.

"We base our objections to intoxicating wines as well as whiskey or gin, on the essential nature of alcoholic beverages. We oppose the use of intoxicants because terrible experience shows that the use inevitably tends towards abuse. We oppose the drinking-usages in toto, because they are not demanded by any necessity, and yet involve infinite perils; because alcoholic beverages (we are not talking of medicines) are not a proper and needed nutriment, supply no strength or permanent warmth, and work infinite harm to thousands where they can possibly help a single one. We do not need to quote any of the Bible warnings against wine as a mocker, or as containing the adder's sting; if the Bible were silent, we can discover enough arguments against intoxicants in the very laws which the Creator has written upon the human body.

"In dealing with the question of abstinence from an intoxicant, we must keep in mind that it is not a merely negative article, about whose use or non-use one may toss up a copper. The essential nature of intoxicating beverages, as tending to kindle depraved appetite, as tending to provoke excess, as tending to inflame the brain, and in possessing a subtle influence to enslave those who use them—this nature of the article itself must be taken into the account. We do not pretend that every one who drinks an occasional glass of wine becomes a drunkard. But we do affirm that every one who drinks wine throws the whole weight of his influence in favor of the drinking-usages which do make the drunkards.

"A glass of intoxicating wine is not an 'innocent beverage' in the same sense that a glass of milk or a glass of water is innocent. No one can reasonably be asked to abstain from either of these latter beverages for the sake of his neighbor. They have no tendency to inflame bad appetite, no tendency to breed excess, no tendency to disorder the brain, no tendency to get fatal mastery over both body and soul. If wine and whiskey (for some American wines contain twenty per cent. of alcohol) did not contain these dangerous qualities, how could they make my weaker brethren 'stumble'? If not essentially dangerous to others, why should I be asked, by any law of charity, to abstain from their use? It is not enough for me to intrench myself in selfishness and say, 'My wine-bottle does me no harm.' My wine-bottle is my voluntary contribution to the drinking-usages of society, which are hurling millions into eternal damnation! Can that wine-bottle be pronounced 'innocent'? No! No!"—Rev. Dr. Cuyler, in The Homiletic Review.

THE SUCCESSFUL ONE.

The man who sees in life the opportunity to express himself in the largest terms, who after ascertaining what faculties he has determines to develop them to the highest possible efficiency, who is capable of seeing the sweetness and joy that lie all about him, who, being proud, does not allow his body or mind to be defiled, he is the one who obtains the big rewards, the big successes.—Oppenheim, "Mental Growth and Control."

MESSERS C. C. RICHARDS & Co. Dear Sirs,—While in the country last summer I was badly bitten by mosquitoes—so badly that I thought I would be disabled for a couple of weeks. I was advised to try your Liniment to allay the irritation, and did so. The effect was more than I expected—a few applications completely curing the irritation, preventing the bites from becoming sore.—MINARD'S LINIMENT is also a good article to keep off the mosquitoes.

Yours truly, W. A. OKR, Harbor Grace, Nfld., Jan. 8, 1898.

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