

duces a real deformity. Gum-chewing produces a profuse flow of the salivary juices of the mouth until the exhaustion is so great that when food is taken it cannot be properly digested. It tantalizes the stomach with the expectation of receiving food, and, if not present, the saliva acts injuriously upon the delicate lining of the stomach. It has been found in cases of sudden death that the stomach has been attacked and holes eaten through it by the gastric juice. Digestion of the stomach itself begins much as pepsin will dissolve, and partly digest meat in a bottle. When the saliva is secreted in excess a sense of weakness is soon felt and a decided emaciation follows the long-continuance of this foolish practice. The effect upon the teeth also is often ruinous. The alkaline properties of the saliva when constantly acting upon the teeth serve to dissolve them slowly, especially close to the gums, where the enamel terminates or becomes thin.—*E.c.*

"There's sorrow outside, my Willie!
There's trouble and care and woe,
And Fortune's smiles are chilly--
But you are too young to know.
But in home there's peace and blessing,
And freedom from earthly harms,
And an inexhaustible treasure
In the clasp of these little arms!

The magic circle this is
Where nothing ill can come,
The mark that Malice misses,
Where Slander's voice is dumb.
Ah, hate is weak beside true love
As right is stronger than wrong!
I've heaven on my side when I've your love,
And may I not well be strong."

Mrs. Logie Robertson.

THAT WAS plain and noble testimony that the young man is reported to have given to the examining committee of our church. "Under whose preaching were you converted?" they asked. "Under nobody's preaching," was the reply; "I was converted under my mother's practising."

DO YOUR BEST.

Do your best, your very best,
And do it every day,
Little boys and little girls;
That is the wisest way.

Whatever work comes to your hand,
At home, or at your school,
Do your best with right good will;
It is a golden rule.

For he who always does his best,
His best will ever grow;
But he who shirks or slights his task,
Let's all the better go.

BEAUTIFUL COMMUNION SETS.

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Premiums for New Subscribers to the Independent.

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or 40 " " " and \$1.50
" 30 " " " " 4.50
" 22 " " " " 8.00
" 15 " " " " 10.00

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For 40 new subscribers;
or 30 " " " and \$3.00
" 20 " " " " 7.00
" 16 " " " " 8.00

Premium No. 5—Same as No. 4, but only 1 goblet, with 2 plates: \$19.00.

For 35 new subscribers;
or 25 " " " and \$3 00
" 20 " " " " 5.50
" 15 " " " " 6.50

Premium No. 6—Same as No. 5, but only 1 goblet, and 1 plate: \$15.50.

For 28 new subscribers;
or 20 " " " and \$3.50
" 15 " " " " 4.50
" 10 " " " " 6.00

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