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A physician says that the cry for rest has always been louder than the cry for food. Not that it is more important, but that it is often harder to obtain. cure a sorrow. Indeed, we may make School Times. a long list of nervous and other maladies that sleep will cure. The cure of sleeplessness requires a clean, good bed, sufficient exercise to promote weariness, pleasant occupation, good air, and not too warm a room; a clear and narcotics. For those who are overworked, haggard, nervous, who pass sleepless nights, we commend the adoption of such habits as will secure sleep, otherwise life will be short, and what there is of it sadly imperfect.-Philadelphia Presbyterian.

CHRIST'S will my will; that is recidence of wills is true about us, and not one hair's breadth further, for all our professions. Wheresoever my will diverges from Christ, in that particular I am not his man; and Christian simp'y means Christ's man. I belong to Him when I think as He does, love as He does, will as He does, accept His commandments as the law of my life, His pattern as my example, His providence as sufficient and as good. Where we thus yield ourselves to Him, we are the King's servants at all.-McLaren.

(which means an expense of ten cents), will be by far the best equipped news-Canada. Its immense Hoe quadruple machine will be capable of turning out 60,000 eight page or 30,000 twelve or sixteen page papers an hour, printed complete on both sides, cut, pasted and counted in piles of fifty. This will be one third faster than any other press in Canada. In addition its matter will be set on the Mergenthaler Linotype. which gives a new, clean face of type every issue and its form will be compact and beautiful The Witness, although old and reliable, is up to the front in respect of enterprise and its readers expect of enterprise and its visit the Northern Business College; examine with anything but the best. The price of the Daily Witness is \$3 a year, of premises and the best and most complete, practical and extensive course of study; the best college premises and the best and most complete and the Weekly Witness \$1, and the Northern Messenger, published from the same house, is 30 cents. Agents wanted in every town, village and post office. Specimen copies will be sent free to any of our readers on application to the publishers, John Dougall & Son, Montreal.

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QUITE commonly we say that every act has a result for good or for evil. Perhaps not so commonly do we think that in every act good and evil are alike concerned. If we speak for the right, we speak against the wrong; if we speak for the wrong, we speak against the right. But while a positive position for one involves as positive a position against the other, yet the same rule does not hold when our position toward one or the other is merely negative or indifferent. Thus, one may speak lightly of right without op-The best rest comes from sound sleep. posing, if, indeed, he does not actually Of two men or women otherwise equal, encourage, the cause of wrong. But the one who sleeps the best will be the one cannot speak lightly of wrong most healthy and efficient. Sleep will without indirectly harming the cause of do much to cure irritability of temper, right. One cannot be really and peevishness and uneasiness. It will wholly right without being seriously, restore vigour to an overworked brain. earnestly, and actively right. The It will build up and make strong a moment you are willing to trifle either weak body. It will cure a headache, with the right or with the wrong, that It will cure a broken spirit. It will moment you are wrong.—Sunday

Monthly Prizes for Boys and Girls.

The "Sunlight" Soap Co., Toronto, offer the following prizes every month conscience, and avoidance of stimulants till further notice, to boys and girls under 16, residing in the Province of Ontario, who send the greatest number of "Sunlight" wrappers: 1st, \$10; 2nd, \$6; 3rd, \$3; 4th, \$1; 5th to 14th, a Handsome Book; and a pretty picture to those who send not less than 12 wrappers. Send wrappers to "Sunlight" Soap Office, 43 Scott St., Toronto, not ligion. And you and I are Christians later than 29th of each month, and just in the measure in which that coin- mark "Competition"; also give full name, address, age, and number of wrappers. Winners' names will be published in The Toronto Mail on 1st Saturday in each month.

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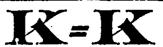
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