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Words of Warning and Comfort it you are informed from host health of magnitudings in two toffstreams, size of word if an analysis of the second second second to the second second second second second second to the second second second second second second second to the second second second second second second second to the second second second second second second second second to the second secon	100 100 100 100 100 100 100 100 100 100
a yes are a ministen and into overtaxed yourself with your anderid duties, dwe mother, wow out eith care and york, or a man of business or abor, workened by the Strain of your every- lay duties, or a man of letters will most urely atreagithe you.	R 11
If you are suffering from over-sating or rinking, any indiscretion or dissipation, or are young and growing too fast, as is ften the case,	479
"Or if you are in the workshop, on the farm at the deak, anywiere, and fead that, your raysian needs oleansing, toning, or stimulating, without lanciasing afyou are old, lood thin and impure, pulse	ab of gr as th





MESSENGER AND VISITOR.



