

derive the greatest benefit from a thorough change of diet. It seems to rejuvenate them. Of course, in old age, care should be taken that the body is not subjected to rapid changes of temperature. When the nervous power is decreasing as the result of age, and the system is losing the power of combating cold and strain upon its energy, a stimulating diet invigorates, and is conducive to maintaining constitutional stamina better than any other.

Any natural death but from old age and general decay is an accidental death; that is, it is due to causes which might, and even perhaps could, have been entirely avoided and remedied in earlier years. But, of course, all the secrets of attaining extreme age are not even now within our reach, and the few that I have pointed out are but a few, and those of the commonest.

It is the inevitable law of nature that we must die. The vital energy that is implanted in the body at birth is only meant to sustain it for a certain number of years. It may be husbanded or wasted, made to burn slowly or rapidly. It is like the oil in a lamp, and may be burned out to little effect in a little time, or carefully husbanded and preserved, and thus made to last longer and burn brighter.

It is a moot question whether every individual is not at birth gifted with the same amount of vital energy and of life-sustaining power. The probability is that each is. The circumstances of the environment from the cradle to the grave determine its future destiny.

WHITTIER AND DICKENS.

In the year 1867, Charles Dickens came to America to give his famous readings. Whittier was seldom tempted out of his country home and habitual ways, but Dickens was for one moment too much for him. To our surprise, he wrote to ask if he could possibly get a seat to hear him. "I see there is a crazy rush for tickets." A favourable answer was despatched to him as soon as practical, but he had already repented of the indiscretion. "My dear Fields," he wrote, "up to the last moment I have hoped to occupy the seat so kindly promised me for this evening. But I find I must give it up. Gladden the heart of some poor wretch who dangled and shivered all in vain in your long queue the other morning. I must read my 'Pickwick' alone, as the Marchioness played cribbage. I would so like, nevertheless, to see Dickens, and shake that creative hand of his. It is as well, doubtless, so far as he is concerned, that I cannot do it; he will have enough and too much of that, I fear. I dreamed last night I saw him surrounded by a mob of ladies, each with her scissors, snipping at his hair, and he seemed in a fair way to be 'shaven and shorn,' like the priest in 'The House that Jack Built.'"

The death of Charles Dickens in 1871 was a personal loss, just as his life had been a living gain to this remote and invalid man. One long quiet summer afternoon, shortly after, Whittier joined us for the sake of talking about Dickens. He told us what sunshine came from him into his own solemn and silent country life, and what grateful love he must ever bear to him. He wished to hear all that could be told of him as a man. Tea came, and the sun went down, and still he talked and questioned, and then after a long silence, he said suddenly, "What's he doing now? Sometimes I say, in Shakespeare's phrase, 'O for some courteous ghost,' but nothing ever comes to me. He was so human I should think thee must see him sometimes. It seems as if he were the very person to manifest himself and give us a glimpse beyond."—Harper's Magazine.

Ram's Horn: You can't always tell how much a preacher is doing for the Lord by the size of his salary.

Missionary World.

MRS. JAMIESON ON FORMOSA.

Question 4. What is the religion of the people?

By the literati especially—and following them the people generally—the moral teachings of Confucius are held to be all-important; but Buddhist and Taoist priests are everywhere, and wooden and clay idols worshipped on every hand.

5. Did you adopt the native dress?

No. At this date to wear the native dress in sight of Chinese, in North Formosa, would only cause me to be despised. "Look," says one, "at that low-born woman; she has not foreign clothes enough, and so has to wear ours." "Ugly barbarian!" calls out another. "See her trying to pretend she is Chinese; does she think we are children, to be so easily deceived? Look at her hair and her eyes, not even the same colour as ours."

Note that in this, as in regard to other points, I refer to North Formosa only, not to the whole empire of China. My own opinion is, that as regards dress, manner of living, etc., etc., missionaries should judge for themselves what is best, wherever they may happen to be situated.

6. Do many of the people use opium?

Yes, very many. Some deliberately and recklessly learn the habit from evil associates. Others become victims in a very short time through at first taking small doses of the drug to relieve suffering.

The seventh Annual Meeting of the Barrie Presbyterian W. F. M. S. was held in the Presbyterian church, Barrie, on October 24th and 25th, the President, Mrs. Grant, of Orillia, in the chair. The number of delegates in attendance was seventy-three, twenty-seven Auxiliaries and Mission Bands being represented. A very cordial welcome was extended to the delegates, on behalf of the ladies of the Barrie Presbyterian church by Mrs. Ault, of Barrie. Mrs. Cadenhead, of Midland, responded on behalf of the delegates, after which followed the President's address. Mrs. Grant gave a most interesting account of her labours during the nine months she has held the office of President. She has visited almost all of the Auxiliaries and Bands under her charge, and had organized three of the five new branches of the Society. Her loving, earnest words of encouragement to the Society will long be remembered by all those present.

The reports of Auxiliaries and Mission Bands were then read by the secretaries or their substitutes. Almost all the reports showed an increase in both membership and funds, notwithstanding the fact that all had only nine months' work to report, owing to the change in time of holding the annual meeting from January to October.

The report of the Presbyterian Society read by the secretary, Mrs. Needham, of Orillia, expressed the feelings of the entire society, in the following tribute to the late president: "Who of us this day does not yearn for the companionship of one whose guiding hand for so long a time directed the affairs of our society. To the consecrated efforts and self-denying labours of our late President, Mrs. Robertson, the Barrie Presbyterian owes much of its present status. May the earnestness and zeal of this 'mother in Israel' inspire us to emulate her noble example, whose life in so many ways reflected the life of the Master!"

There are now in all thirty-five branches in this Presbyterian, an increase of five over last year, 19 Auxiliaries with a membership of 332, and 15 Mission Bands with a membership of 435; total membership 767, an increase of 157 over last year. About three-fourths of the Auxiliaries and all the Young Ladies' Bands held Thank-offering meetings—all spoken of as being delightful, with offerings liberal. 383 Letter Leaflets are

being distributed monthly throughout the Presbytery, and two branches report having "Scattered Helpers."

The Treasurer, Mrs. Stevenson, of Barrie, then presented her report: Total contributions sent to General Treasurer, \$1,026.00; sent by Auxiliaries for Presbyterian Fund, \$89.22.

Mrs. Clark, of Bracebridge, offered up the dedicatory prayer.

The Secretary of Supplies, Mrs. Harvey, of Orillia, then read the report of the Supply Committee. Value of clothing sent to the North-West \$437.24, 16 Auxiliaries and 4 Mission Bands contributing.

The Secretary then read a kindly message of sympathy and encouragement from the Barrie Presbytery.

Mrs. F. Smith, of the Methodist Woman's Missionary Society and Mrs. Borrowman, of the Baptist Woman's Society, extended hearty greetings from their respective societies, to the Barrie Presbytery.

A public meeting was held on Tuesday evening, the Rev. D. D. McLeod in the chair. Short addresses were delivered by the chairman, Col. Major, of Barrie, and Rev. W. R. McIntosh, of Allandale. Solos by Mr. Edwards, of the Barrie Methodist church, and Miss Laura Harper, of Barrie, were very much enjoyed by the audience. Mrs. and Miss Cooper gave a duet which was much appreciated. The collection for the Presbyterian Fund amounted to \$28.00.

The first session on Wednesday opened at 9.30 a.m., with devotional exercises. The following officers were then elected: President, Mrs. R. N. Grant, Orillia; Vice-Presidents, Mrs. Moodie, Stayner, Mrs. Clark, Bracebridge, Mrs. Grant, Gravenhurst, Mrs. McCrae, Collingwood; Secretary, Mrs. Needham, Orillia; Assistant Secretary, Miss K. Robertson, Collingwood; Secretary of Supplies, Mrs. Tillson, Gravenhurst; Treasurer, Mrs. Stevenson, Barrie.

An excellent address on "Duties of Members," by Mrs. McCrae, of Collingwood, and a paper on "Juvenile Work," by Miss K. Robertson, of Collingwood, were listened to with great attention.

The session was closed by Mrs. Carswell, of Bondhead, leading in prayer.

The closing session opened at 1.30 p.m., with devotional exercises. Invitations to the Barrie Presbytery for the next annual meeting were extended by the ladies of both Orillia and Collingwood. On motion it was decided to hold the next meeting in Orillia.

The question drawer was ably conducted by Mrs. Bethune, of Beaverton, who also led the closing devotions.

Great regret was expressed by the Society for the unavoidable absence of one of the most valued members of the Presbytery, Mrs. Moodie, of Stayner. Mrs. Moodie is one of the most able as well as devoted workers for the cause.

Votes of thanks were passed to the officers of the church for their hospitality and to all who helped to make the meeting a success.

A table of literature was presided over by Miss McClain, of Barrie; over \$3.00 worth of literature was sold.

A TEACHER'S EXPERIENCE.

A SIEGE OF LA GRIPPE AND WHAT FOLLOWED.

The Principal of the Clementsport, N. S., Academy tells how he rid himself of the After Effects of this Insidious Disease—Good Advice to Others. From the Annapolis, N.S., Spectator.

On a number of occasions the Spectator has heard of remarkable cures being made through the county of Annapolis by the use of Dr. Williams' Pink Pills, but for a time paid no attention to the matter, thinking it was a mere whim that such a small thing could work so much good. Case after case was brought to our notice, until at last we felt it necessary to look into the matter and see if there was any truth in the statements made about the Pink Pills. Hearing of a remarkable cure in Clementsport,

a reporter of the Spectator drove to that picturesque little village to see the person that spoke so highly of this medicine.

Mr. W. A. Marshall is a young man well known throughout the county. He has taught school in Maitland and Upper Clements, and last August accepted the principalship of the academy at Clementsport. Mr. Marshall is a man of upright character and sterling integrity, and what he has to say on any subject can be believed.

Mr. Marshall was asked by the Spectator man if there was any truth in the current reports that he had proved Dr. Williams' Pink Pills to be a very valuable medicine. "Yes," said Mr. Marshall, "I have a good word to say for anything that has done so much for me as has Pink Pills." "I was troubled," said Mr. Marshall, "ever since I had a gripe a few years ago, with a terrible headache and backache, and at times the pain was so severe I hardly knew what to do. Time did not decrease the pain although I tried several things that were guaranteed to cure. About nine months ago I resolved to give Dr. Williams' Pink Pills a trial, so I purchased a box from the Annapolis Royal Drug store. At the end of the first box I did not feel much relieved, so I got another one. After I used the second box I felt much better and concluded to keep on using till I was made a well man. I have now used seven or eight boxes, and my cure is complete, and I am as strong as before my sickness; and I strongly recommend Pink Pills for all those so afflicted.

Now, this testimonial of Mr. Marshall's is worth a great deal in the county of Annapolis. His reputation as a man would be at stake, and all our readers can be assured he would guarantee no such medicine unless he could conscientiously do so. What is Mr. Marshall's case is the case of a great many others. There are scores of people so afflicted, but they know not what to do. If they follow the principal of Clementsport's advice they will give the Pink Pills a trial and there is little doubt of the result.

Dr. Williams' Pink Pills are a perfect blood builder and nerve restorer, curing such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration and the tired feeling therefrom, the after effects of la grippe, diseases depending on humors in the blood, such as scrofula, chronic erysipelas, etc. Pink Pills give a healthy glow to pale and sallow complexions, and are a specific for the troubles peculiar to the female system, and in the case of men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of any nature.

Bear in mind Dr. Williams' Pink Pills are never sold in bulk, or by the dozen or hundred, and any dealer who offers substitutes in this form is trying to defraud you and should be avoided.

Dr. Williams' Pink Pills may be had of all druggists or direct by mail from Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. Y., at 50 cents a box, or six boxes for \$2.50. The price at which these pills are sold makes a course of treatment comparatively inexpensive as compared with other remedies or medical treatment.

At 20 years of age a temperate person is supposed to have a chance of living for forty-four years. At 20 years of age an intemperate person is calculated to have a chance of living only to the age of thirty-five.

C. J. RICHARDS & Co.

My son George has suffered with neuralgia round the heart since 1882, but by the application of MINARD'S LINIMENT in 1889 it completely disappeared and has not troubled him since.

Linwood, Ont.

JAS. MCKEE.