

on spiritual growth. The influence of good books is far-reaching. "The voyages of Captain Cook" made a missionary of William Carey. "The Imitation of Christ" and Taylor's "Holy Living and Dying" were stones in the foundation of John Wesley's character. Coleridge was constantly stirred by his study of Southey's "Life of Wesley." Thoreau's rule, when examined, is good. "Read not the Times, read the Eternities." Read for brain-making, character-building, soul-enlarging. Read history. Learn what has been. Read biography. Ac-

transforming the life. This glorious book will not have accomplished its mission until it has scaled the granite cliffs of China; until it has reached the summits of "Greenland's icy mountains"; until it has thrown its glow amid the Australian mines; not until it has scattered the moral darkness of the whole heathen world. The Bible is destined to "reign where'er the sun doth his successive journeys run."

Follow-Leaguer. Let us make a study of the Book of Books. Let us feel that no book that yesterday came from the

## WHEN TO EAT.

BY A. D. WATSON, M.D.

THE importance of this theme is due to the fact that a healthy body is the greatest human asset. A healthy poor man is wealthier than a sickly millionaire. We are not proper bodies; they are ours, and our proper relation to them is that of absolute mastery. Our proper relation to God is that of perfect submission. We can serve God perfectly, only when we have full mastery of the instrument He has given us to use in His service.

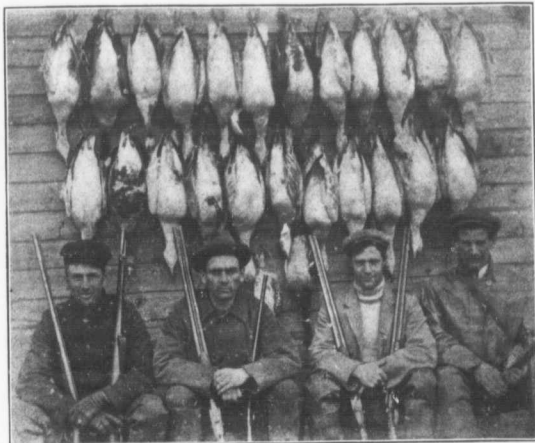
Food, air, exercise, light, rest and cheerful thoughts are among the more important means whereby we may keep God's instrument, the human body, in good working order and render service worthy our great Master. We should remember always that the secret of happiness involves obedience to the laws of God, and that some of these laws are revealed in human experience. If these laws are broken, ignorance of them will not save us from pain and distress. Ignorance will never save us from the results of ignorance.

Our first consideration shall be, when to eat. Here, hunger has a claim on our consideration, for the most natural time to eat is when one is hungry. Yet for the sake of orderliness we must have stated times for eating; only we should bear in mind never to eat unless we are hungry, and never to eat more than our appetites demand.

Hunger is almost a lost art among us over-civilized people. To most of us, hunger is a vague expression without any very definite meaning. As children we are often hungry, but as we grow older and partake freely of spices, condiments, sweetmeats and appetizers of various sorts, these banish the capacity for natural hunger, and henceforth we eat not because we are hungry, but because the mealtime has come and we feel that we can enjoy some dainty morsel for which we have acquired a craving, but which is not so much a food as a luxury which we would better go without.

The cultivation of unwholesome tastes commences early in life, when we receive cakes and candies between meals altogether without reference to hunger or even to the mealtime. Here is a principle which should be borne in mind when cakes, pies, pickles, rich sauces, and other spices and condiments are set before us. The question is, are we hungry and do we need food now? If not, it is wrong to partake. If a healthful appetite exists then the question of what to eat arises, and following it, the question to cease eating. The proper time to quit is when hunger is satisfied. Better stop before than after we have had enough, hence it is often advised to leave the table hungry as a safeguard against satiety, which almost always brings trouble with it.

Fasting is a duty. It is in the sacred Scriptures for some good reason. Try a few Sundays with only two meals, and instead of a third take a cup of coffee and hold a pleasant conversation with your friends. This I recommend for adults, as children and growing young



A DAY WITH THE CEESE.

quaint yourself with personal history. Enter into and study the stately characters which, like palaces, are thus thrown open to your inspection. Read poetry. Wonderful is its influence in the development and culture of the aesthetic—Milton, Longfellow, Browning and Tennyson. Make companions of books that develop the devotional life. Books that mark out practical methods of church work. Books that impart missionary intelligence. Books that confirm Christian faith, and best of all the Word of God, which stands above all other books. Its author God, its subject man, its object salvation, its aim the development of the immortal nature. There never was such literature in all this world as is found in the Bible. From Genesis to Revelation, where can you find such history?

There are many reasons why we should search the Scriptures. The Bible is the believer's book. It was written for his profit, his correction, and for his instruction in righteousness. It is the Christian's Magna Charta. Read the Bible because in it are hidden all the treasures of wisdom and of truth. Its morality is authoritative. Its spirit is strong and serene. Its precepts are pure and practical, and its service is sacred and sublime. Take this book over as the article of faith, the manual of devotion, the charter of liberty. It will meet the spiritual needs of our race, elevating the intellect, illuminating the spirit and

printing presses of the Harpers' and Ishbister's of London, England; Funk and Wagnalls, of New York; Fleming H. Revell, Chicago, or our own publishing house is so fresh, so beautiful, so thrilling, or so perfectly adapted to our every need as the Bible. It answers man's deepest questions, solves man's most intricate problems, illuminates man's darkest hours, gives him support in life, peace in death, and a glorious hope for the future.

Wilke-port, Ont.

## THY YOKE

To take Thy yoke? It is to walk  
Forever with the Lord; to talk  
With him in converse sweet and pure;  
To know the path of life is sure  
Beneath my feet; to let Him bear  
The whole, not half, my load of care;  
To be held steady, lest I slip;  
To have His hand dash from the lip  
Each dangerous draught; with Him to  
work,

And so keep fair through all the muck  
And sin of this bad world; His friend  
To be, and He mine unto the end;  
And then to walk with Him in white  
Worthy to tread the halls of light.  
Thine easy yoke? I humbly kneel—  
Let me Thy fastening fingers feel;  
Then let me rise, henceforth to be  
A true yoke-fellow, Lord, with Thee!

—Helen A. Hawley.