

Our Young Folks.

A CHILD'S PRAYER

The morning bright,
With rosy light,
Has waked me from my sleep;
Father, I own
Thy love alone
Thy little one doth keep.

All through the day
I humbly pray,
Be Thou my guard and guide,
My sin forgive,
And let me live,
Dear Jesus, near Thy side.

BUILDING.

We are building every day,
In a good or evil way,
And the structure as it grows,
Will our inmost self disclose—

Till in every arch and line
All our faults and failings shine;
It may grow a castle grand,
Or a wreck upon the sand.

Do you ask what building this,
That can show both pain and bliss,
That can be both dark and fair?
Lo! its name is Character.

Build it well, what'er you do;
Build it straight, and strong, and true,
Build it clean and high and broad;
Build it for the eye of God.

—Selected.

LEONIDAS AND THE THREE HUNDRED SPARTANS.

Many centuries ago there was a city called Sparta, or Lacedæmon, the capital of Laconia in ancient Greece. Xerxes, the renowned Persian conqueror, desired to take possession of Greece, and for this purpose advanced with an immense army against the Spartans, who were the most determined of all the Greeks to defend their country from the invader. The men of Sparta were very brave, and were trained to warfare from their boyhood. Still they were far too few to meet the Persian host in the open field. So they resolved to await the approach of Xerxes' troops in a pass of the mountains through which they must come, called the Pass of Thermopylæ. Here a small body of soldiers could make a stand against a much larger force.

At first Leonidas, who commanded the Spartans, had the support of five thousand Greeks besides his own men. But gradually these withdrew, and the Persians having, through the treachery of a Greek, obtained an entrance at the other end of the pass, Leonidas found himself so hemmed in that there was no possibility of defending his position. Still he did not think of yielding, and his Spartans, who were just three hundred in all, were resolved, like their king, upon resistance to the last. This handful were able, with their long spears, spreading shields, and close ranks, to repulse many times the attacks of their enemies. But though they fought with the greatest valour and determination, the vastly superior numbers of the Persians at last prevailed. Leonidas himself was slain, and the weary little band, now much reduced by the arrows of the foe, were overwhelmed, and all who were left put to death. Yet Leonidas and the three hundred Spartans will never be forgotten for their heroic though vain attempt to defend their native land at the Pass of Thermopylæ.

Now fighting is a horrid and hateful thing, whether there be only two men who are trying to hurt each other, or thousands of men in a field of battle. Even when it is waged in self-defence it is most lamentable. It becomes all God's people to work and pray for the blessed peace of Messiah's reign, when "nation shall not lift up a sword against nation, neither shall they learn war any more." Yet there is a warfare in which Christians must take part. They do not war "against flesh and blood," nor with weapons which can wound the body. They are to fight against evil both outside of them and in their own hearts. For the conflict we are provided with a suit of armour called

the armour of light, or of righteousness, or the *panoply*—that is, "the whole armour of God." In the battle of life our "shield," our best defence, is faith. Believe with all your heart in the Lord Jesus, and sin cannot overcome you. And by using "the sword of the Spirit," by taking counsel of God and by obeying his will, you shall certainly be able to withstand and to beat back the enemies of your soul.

Christians are often in great danger, not only of life like missionaries and other servants of God among wild men and in plague-stricken places, but in danger from temptations which may seem as many and strong as the host of Xerxes, and they as unequal to their adversaries as the three hundred Spartans. But Christ their King is always with his people. Unlike Leonidas, he cannot be slain, and makes his "good soldiers" "more than conquerors." You too may be "good soldiers of Jesus Christ;" and remember that the fight of faith is far nobler and more glorious than the battle of Thermopylæ.

KEEP RIGHT WITH GOD.

A child of God should not leave his bedroom in the morning without being on good terms with his God. We should not dare to go into the world and feel, "I am out of harmony with my Lord. All is not right between God and my soul." In domestic life we are wise if we square matters before we separate for the day; let us part with a kiss. This method of unbroken fellowship should be carefully maintained toward God. Be at perfect rest with Him. "Acquaint thyself with Him, and be at peace, for thereby good shall come unto thee." If you cannot get rest with God, perhaps some fault of character may prevent you enjoying that perfect rest. See where that flaw is. Are you living in any sin? If so, the sun may have risen, but there is a bandage over your eyes; you will still be in the dark. Get rid of that which blinds you. Or are you trusting yourself as well as trusting in Christ? Are you relying on your experience? Then I do not wonder if you miss the rest of faith. Get rid of all that spoils the simplicity of your faith. Come to the Lord and rest in Him; tell out your grief to Jesus, and He will breathe on you, and say, "Peace be unto you."—*Our Young Folks.*

SAVE THE BOYS.

In dealing with the temperance question, we are not to think only of the drunkard. It is a noble thing to work for his reformation, but it is a greater work to strive to throw around the young those safeguards which will prevent them from becoming victims of strong drink. But there are many who do not seem to think of the children at all. In speaking of license, people argue sometimes that as much liquor is sold under prohibition as when licenses are granted. "It is sold on the sly," they say. No doubt many an old toper will have his liquor anyway. He will dodge in at back doors and through dark alleys, if by so doing he can get a drink. But this back door trade does not tempt the young. The open saloon is a constant menace to the young people of the community in which it exists. For the sake of the children let us battle with this evil, never thinking of such a thing as a compromise, but with all our might and our power labor for the utter extermination of the drink curse. Save the children of to-day, and you save the men and women of to-morrow.—*Messiah's Herald.*

THAT LAST WORD.

A young girl once heard a bit of wisdom from the lips of a very aged woman—a woman who had rounded the full term of ninety years, and with eyes still bright and clear looked out upon the inrolling waters of eternity. The girl was impressed by the emphasis with which the venerable dame said to her, "Bessie, never insist on having the last

word." The determination to have the final word leads to more quarrels and more bitterness of feeling at home than almost anything else in domestic life. The fact is, that one may so control her tongue and her eyes that she may allow her opponent the pleasure of this coveted concluding thrust and yet placidly retain her own opinion, and in the homely colloquial parlance of the up-country, where one finds strong-willed people living together in great peace with the most pronounced diversity of characteristics, "do as she's a mind to."—*Harper's Bazar.*

FOR LAW-MAKERS.

HERE IS A SUBJECT WORTH THEIR SERIOUS CONSIDERATION.

It Affects the Public Health, and Whatever Affects Health Should be Investigated—Cold Facts Bluntly and Truthfully Stated—Let the Truth Be Known No Matter Whom It Hits.

To the close observer it often seems as though the days of the secret and worthless compounds are numbered. Every time the worthlessness of a secret mixture is exposed by the medical profession there is a public reaction in favor of the legitimate preparations which really have merit. The public is also gradually awakening to the possibilities, not only of fraud, but of actual harm in many preparations whose proprietors hide behind the inability of the chemist to trace the elements in their nostrums. The result is that people are becoming more cautious about buying new preparations, or old ones that are enshrouded in mystery.

If the truth were known, there are surprisingly few remedies in the market that would stand legislative investigation. This is made apparent, even to a layman, whenever it is proposed to require all proprietors to give information about their preparations before they will be allowed to offer them for sale. This suggestion, although prompted by public welfare, is as a bomb thrown in the midst of many remedies. This fact shows only one thing, which anybody can understand. The public has a right to demand thorough investigation of everything sold to benefit health. If there is any reason whatever why any preparation should be taken only on a doctor's prescription, for the sake of public health, this fact should be made known. If, on the other hand, a preparation is utterly worthless and will not do what is claimed for it, the public should not be allowed to be deceived.

One fact will surely stand. The proprietors who are afraid to have a public investigation of their preparations by a national health board, created for the purpose, have some reason which makes it all the more imperative for such an investigation.

When the time comes for the public to demand action in this matter on the part of national legislators there is one preparation which will come out with flying colors. This preparation is Scott's Emulsion. For twenty years Scott's Emulsion has had the highest endorsement of the medical world. The formula for making it has been published for years in the medical journals, and as for there being anything secret about its ingredients, that is impossible, for any expert chemist can find out by an analysis everything that is in it.

Scott's Emulsion is both nourishment and medicine. It presents the medicinal properties of Cod-liver Oil in a form that is easy on the most delicate stomach and sweet to the taste. Scott's Emulsion is good for a dyspeptic person, for it aids the digestion of other foods, and to all persons who suffer from any wasting condition Scott's Emulsion offers the most effective cure.

For all affections of Throat and Lungs, like Coughs, Colds, Sore Throat, Bronchitis and Consumption, Scott's Emulsion is invaluable. It soothes the Throat, cures Coughs and Colds, relieves inflammation and possesses the power to overcome the wasting of Consumption up to the last stage of the disease. Persons who have been so far gone with Consumption that they have raised quantities of blood, have been entirely cured by this great remedy.

For weak babies and children with wasting tendencies Scott's Emulsion has been prescribed by physicians until it is a household word in hundreds of thousands of families.

Scott's Emulsion gives strength. It enriches the blood, makes healthy tissue, restores a healthy action of the vital organs and nourishes a weakened system back to health and strength. All druggists sell Scott's Emulsion at 50 cents and one dollar. The only genuine Scott's Emulsion is put up in "salmon-colored wrapper" and has our trade mark of a man carrying a fish on his back. Refuse inferior substitutes.

Mr. W. A. Reid, Jefferson street Schenectady, N. Y., 22nd July, '94, writes:—I consider Acetocura to be very beneficial for La Grippe, Malaria and Rheumatism, as well as Neuralgia, and many other complaints to which flesh is heir, but these are very common here."

Ooutts & Sons, 72 Victoria St., Toronto.

THE BARBER'S STORY.

LONG HOURS AND CONSTANT STANDING BROUGHT ON KIDNEY TROUBLE.

Forced to Quit Work and Feared that He Would Have to Drop His Trade How He at Last Found a Cure.

From the Stratford Beacon.

Among the residents of Stratford there is probably none better known or more highly respected than Mr. James E. Smith, the Ontario street tinsmith artist. Mr. Smith is also well known in Toronto, in which city he worked for several years in a Yonge street barber shop. To a reporter of the *Beacon*, who is a customer of his, the affable barber recently told of his recovery from a late very severe illness. He had, he said, for some years been afflicted with a weak back, so much so that at times if he stooped he could not regain an upright position unassisted, and as for lifting anything, that was out of the question. "For years," to use Mr. Smith's own words, "I could not carry a scuttle-full of coal." He had, so the physicians whom he consulted told him, disease of the kidneys, but they failed to cure him. He grew weak at length and rapidly lost flesh. Quite frequently he would be obliged to give up work for a week and take to his bed. He lost his appetite, was pale and so unnerved that he could not possibly hope to continue longer at his trade. "Customers of the barber shop," he remarked, "do not care to be shaved by a man whose hand trembles." He had been in bed for some time undergoing treatment, when one morning his wife said to him, "Jim, I've got a new medicine I want you to try." It was Dr. Williams' Pink Pills she had. He objected to more medicine, as invalids will do, but at length, as sensible men usually are, he was guided by his wife. "But mind you," he said, "I had no faith in the pills; I only took them to please my wife." It was fortunate he did so, for he was soon back at work, and after taking several boxes of the medicine was stronger than he had been for several years. Within two months after beginning to take Pink Pills he felt like a new man, and had gained over twenty pounds in weight. There is certainly no healthier looking man in the city to-day than Mr. Smith. Since his restoration to health by Dr. Williams' Pink Pills he has recommended the remedy to many of his friends and has yet to hear of a case where the remedy faithfully tried was found wanting. In cases like that of Mr. Smith, Pink Pills furnish a speedy and effective cure, as indeed they do in all cases dependent upon a poor or watery condition of the blood or impaired nervous forces. Dr. Williams' Pink Pills cure when other medicines fail. Sold by all dealers or sent by mail postpaid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N. Y. Under no circumstances are the genuine Pink Pills sold in bulk, but only in boxes, the wrapper around which is printed in red ink and bears the full trade mark, "Dr. Williams' Pink Pills for Pale People." Pills offered in any other form, no matter what color, are worthless imitations.

A Frenchman, M. Grevelle, is the founder of a community in the mountains of Auvergne which has as its object a return to the customs of primitive man.

It is stated that Thomas A. Edison has already expended nearly \$1,000,000 in his experiments to find a commercial method of reducing low-grade ores by electricity. Should he finally succeed, he says it will be his greatest electrical invention.

Mortality tables show that the average duration of the life of woman, in European countries, is something less than that of men. Notwithstanding this fact, of the list of centenarians collected by the British Association a fraction over two-thirds were women.

To clean feathers let them lie for three or four days in a solution of sodium carbonate. Throw them upon a netting, and pass clean tepid water through them until it comes away neutral and clear. Let them dry on the netting, giving them an occasional turning-over and stirring up to hasten the process.

They seem to have a superfluous article of dress in England. Chesholm Robertson, a chief leader in the great Scottish coal miners' strike, is said to speak French with a Parisian accent, to read German, to write two systems of shorthand and to read Carlyle and Schopenhauer. He wears a velvet jacket a la Whistler, a stove-pipe hat of 1884 model, and copious jewelry, while his cane weighs seven pounds.

An officer of the Japanese Navy has written a letter to a friend in this country, in which he speaks highly of the efficiency of several American electric search-lights used in the fleet to which he is attached. These lights stood the test of actual service better than the English and German apparatus, which will be doubtless condemned by a board of survey. He also states that the best maps of the Yellow Sea and Korea are from the United States Hydrographic Office in Washington. These maps and charts are compiled with the latest data, and the principal roads in Korea are clearly indicated.