

THE RIGHT SORT OF REST.

It is rest first, and after that all else that he holds for us. Our rest should be like our Sabbath, a beginning of the days. Under the law the order was, work at the first, and day after day until the seventh, when labor shall end in rest. But when Christ rose from the dead, that first day of the week became the hallowed one, consecrated to life and rest and joy. And from that living, joyful rest in him, the whole being energized and fitted for its task, the soul can go on to serve him to the end. It has found rest because it has ceased from working in its own strength, worketh in it to will and to do of his good pleasure. Practically, it makes the widest possible difference whether we work up to rest or from it.—Sarah F. Smiley.

"PLEASE" OR "MUST."

In one of the parks there have been, for several years, a number of signboards bearing these words: "Please keep to the path." This notice apparently failed to serve the purpose intended, for during the past summer it was changed for another: "You must keep to the paths," reminding passers-by that there was a law by which they could be compelled to do what before they had been merely asked to do.

So God deals sometimes with us. In many ways the invitation is given to all men to walk in the right paths—in other words, to live a right life—and they are asked, with a divine gentleness, to keep God's laws; but if the invitation is disregarded, and the laws willfully broken, there comes a reminder, in one form or another, that they must keep to the right paths, or be surely punished. What God asks of us is always in love and kindness, and he hopes that we shall obey out of love; but God's requests become commands if we do not heed them, and "please" changes to "must"—Ex.

THE FOUR PLANTS.

An old teacher was once taking a walk through a forest with a scholar by his side. The old man suddenly stopped and pointed to four plants close at hand. The first was just beginning to peep above the ground, the second had rooted itself pretty well into the earth, the third was a full-sized tree. The tutor said to his young companion:

"Pull up the first." The boy easily pulled it up with his fingers.

"Now pull up the second." The youth obeyed but not so easily.

"And now the third." The boy had to put forth all his strength and use both arms before he succeeded in uprooting it.

"And now," said the master, "try your hand upon the fourth."

But lo! the trunk of the tall tree, grasped in the arms of the youth, hardly shook its leaves.

"This, my son, is just what happens with our bad habits and passions. When they are young we can cast them out readily, but only divine power can uproot them when they are old."—Classmate.

A POOR SOUL.

It was on the day of Judgment. A risen soul went up to the Lord in quiet confidence; not that she was bold or proud or vain, O, no; all her earthly life long she had pictured herself standing by the Lord's side on the latter day.

But the Lord looked earnestly into her face and said, "Who art thou?"

Then the soul was settled by this question and said timidly, "O, my dear Lord, knowest thou me not?"

"No," said the Lord, "I know thee not."

"O, my Lord and God," said now the poor soul, "dost thou not remember how I went every Monday thou gavest to the sewing meeting, and Tuesdays to the temperance meeting, and Wednesdays to the Band of Hope, and Thursdays to the missionary meeting, and Fridays to the choir practice, and Saturdays to the free and easy for working girls, and Sundays to the guild"—Sobbing and fluttered she repeated the last

We want you to know about Ligozone, and the product itself can tell you more than we. So we ask you to let us buy you a bottle—a full-size bottle—to try. Let it prove that it does what medicine cannot do. See what a tonic it is. Learn that it does kill germs. Then you will use it always, as we do, and as millions of others do.

This offer itself should convince you that Ligozone does as we claim. We would certainly not buy a bottle and give it to you if there was any doubt of results. You want those results; you want to be well and to keep well. And you can't do that—nobody can—without Ligozone.

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For the American rights to Ligozone. We did this after testing the product for two years, through physicians and hospitals, after proving, in thousands of different cases, that Ligozone destroys the cause of any germ disease.

Ligozone has, for more than 20 years, been the constant subject of scientific and chemical research. It is not made by compounding drugs, nor with alcohol. Its virtues are derived solely from gas—largely oxygen gas—by a process requiring immense apparatus and 14 days' time. The result is a liquid that does what oxygen does. It is a nerve food and blood food—the most helpful thing in the world to you.

words twice, and added in despair, "O, Lord, rememberest thou really nothing at all?"

"Soul," said the Lord, whenever I came and knocked at the door, thou wast not at home."—Hermann Oeser.

SEEKING GOD; NOT THINGS.

In the early hour of the Christian life we are apt to tabulate answers to prayer, to measure our faith in God, and God's fidelity to us by the number of answers we can claim; but with a deeper knowledge of God a change comes over us. The boy measures his father's love by the number of things he can get, but with passing years he cares more for communion and less for things; learns that the best gift the father can make is himself; so we pass from pleading for favors to communion with God. What we learn that God may be had for the asking, we seek him, and not things from him.—Selected.

FAITHFUL UNTIL DEATH.

John Elliot, on the day of his death, in his eightieth year was found teaching the alphabet to an Indian child at his bedside.

"Why not rest from your labors?" asked a friend.

"Because," said the venerable man, I have prayed to God to make me useful in my sphere, and he has heard my prayer; for now that I can no longer preach, he leaves me strength enough to teach this poor child his alphabet."

After such an example of obedience to the command, "Be ye faithful unto death," who can plead inability to serve the Master?

One thing is clear to me, that no indulgence of passion destroyed the spiritual nature so much as respectable selfishness.—George Macdonald.

FERROVIM TRADE MARK

A Tonic Wine, pleasant to take. Gives strength. Makes new blood. Builds up the system. Throws off all weakness.

A boon to those recovering from wasting fevers and long illness. Sold by all medicine dealers. Davis & Lawrence Co., Ltd. Montreal.

We Will Buy

A 50c. Bottle of Ligozone and Give it to You to Try.

Its effects are exhilarating, vitalizing, purifying. Yet it is a germicide so certain that we publish on every bottle an offer of \$1,000 for a disease germ that it cannot kill. The reason is that germs are vegetables; and Ligozone—like an excess of oxygen—is deadly to vegetable matter.

There lies the great value of Ligozone. It is the only way known to kill germs in the body without killing the tissue, too. Any drug that kills germs is a poison, and it cannot be taken internally. Every physician knows that medicine is almost helpless in any germ disease.

Germ Diseases.

These are the known germ diseases. All that medicine can do for these troubles is to help Nature overcome the germs, and such results are indirect and uncertain. Ligozone attacks the germs, wherever they are. And when the germs which cause a disease are destroyed, the disease must end, and forever. That is inevitable.

- Jasthna, Abscesses, Anemia, Bronchitis, Blood Poison, Bright's Disease, Bowel Troubles, Coughs—Cold, Consumption, Colic—Cramp, Constipation, Cataract—Cancer, Dandruff—Dropsy, Dyspepsia, Eczema—Erysipelas, Hay Fever—Indigestion, Kidney Diseases, La Grippe, Measles, Malaria, Nervousness, Liver Troubles, Migraine—Neuralgia, Numb Heart Troubles, Piles—Pneumonia, Rheumatism, Scabies—Scrophulous, Stomachic, Syphilis, Sore Throat, Stomach Troubles, Throat Troubles, Tuberculosis.

Fever—Gall Stones, Gout—Joint, Gonorrhea—Gleet, Typhoid—Typhus, Varicose, Woman's Diseases. All diseases that begin with fever—all inflammation—all catarrh—all contagious diseases—all the results of injury or poisoned blood. In nervous debility Ligozone acts as a vitalizer, accomplishing what no drug can do.

50c. Bottle Free.

If you need Ligozone, and have never tried it, please send us this coupon. We will then mail you an order on a local druggist for a full-size bottle, and we will pay the druggist ourselves for it. This is our free gift, made to convince you; to show you what Ligozone is, and what it can do. In justice to yourself, please, accept it to-day, for it places you under no obligation whatever.

Ligozone costs 50c. and \$1.

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My disease is..... I have never tried Ligozone, but if you will supply me a 50c. bottle free I will take it. 2 4 B A Give full address—write plainly.

Any physician or hospital not using Ligozone will be gladly supplied for a test.

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Nearly half a century has passed since it was first manufactured and it is yet unexcelled.

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Reachvale, N. S., Jan. 30, 1905. Please send me two dozen of Gates' Acadian Liniment. That liniment sells fast. It is good. Yours, JAMES S. NICKERSON

Gates' Acadian Liniment

is well-known as being without an equal. After exposure to cold a few drops in a cup of sweetened hot water will effectually break up a Cold or Cough.

A bottle in the home is a necessity for such winter ills as Toothache, Chills and Quinsy.

For Rheumatism when applied hot it brings relief. Diphtheria and Sore Throat are quickly and efficiently cured by it.

Best because strongest. Sold everywhere by C. GATES SON & CO., Middleton, N. S.

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They are the choicest of all. Try them.

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A cough should be loosened as speedily as possible, and all irritation allayed before it settles in the lungs. Once settled there Bronchitis and Consumption may follow.

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The virtues of the Norway Pine and Wild Cherry Bark, with other standard pectoral Herbs and Balsams, are skillfully combined to produce a reliable, safe and effectual remedy for all forms of Coughs and Colds.

Mr. N. D. Macdonald, Whyton, N.S., writes:—"I think it my duty to let people know what great good Dr. Wood's Norway Pine Syrup did for me. I had a bad cold, which settled in my chest, and I could get nothing to cure it till I tried Dr. Wood's Norway Pine Syrup. The first bottle helped me wonderfully, and the third one cured me. Price 25 cents per bottle."

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