

stitution, are so many insidious assaults on old age. I would that the young knew how clearly these things are written. God's handwriting is very plain and very legible to those who have eyes to see. There is not an intelligent physician that does not read as he walks through the street, the secret history of the lives of those whom he meets, and that, too, without following them in their midnight career. I care not to have men come to me and state their secret courses; I can read it in the skin and in the eye.

"There is not one single appetite or passion that has not its natural language, and every undue indulgence of that appetite or passion leaves that natural language more or less stamped upon the skin, upon the features, upon the expression of the face or the carriage of the body.

"There is always some token that tells what men are doing, if they are doing anything to excess.

"Pride has its natural language; mirthfulness has; goodness has. No-body doubts this.

"So have the passions their natural language.

"Men think that if they commit their wickedness in secret places or in the night that it is not known. It

is known, although no man may ever say to them: 'Thou art guilty.'

"The use of stimulants in youth is another detraction from happiness in old age. Men usually take what they least need. In other words, we follow our strongest faculties and not our weaker ones, and, therefore, if men are excessively nervous, they almost invariably seek to make themselves more so.

"I rejoice to say that I was brought up from my youth to abstain from tobacco. In rare cases, where there is already some unhealthy or morbid tendency in the system, it is possible that it may be used with some benefit, but, ordinarily, it is unhealthy.

"I believe that the day will come when a young man will be proud of not being addicted to the use of stimulants of any kind.

"I believe that the day will come when not to drink, when not to use tobacco, not to waste one's strength in the secret indulgence of passions, but to be true to one's nature, true to God's law, to be sound, robust, cheerful, and to be conscious that these elements of health and strength are derived from the reverent obedience to the commandments of God, will be a matter of ambition and endeavour among men."

THE CAUSE OF FAILURE.

TEACHERS succeed and teachers fail. It would be strange indeed, if, among the multitude of teachers in this country, with their varied attainments, dispositions, idiosyncrasies, habits of life, and social surroundings there would not be many who drop by the wayside, with the charge of incompetency scored against them, not only by school magnates, but by the severe judgment of the great public.

By teachers, we do not mean those who take up the business as a temporary employment, nor those who attain certificates by cram, and positions by political intrigue and favouritism, but rather the men and women who have had a full course of preparatory training in institutions especially organized for that purpose, and who should, consequently, be successful from the beginning. The scholarship is unquestioned, the special prepara-