to be a quick service on our part, or no service at all. We not only cannot teach the 180 generations past and will not see the 180 generations to come, but this generation now on the stage will soon be generation now on the stage will soon be off, and we ourselves will be off with them. The fact is that you and I will have to start very soon for our work, or it will be ironical and sareastic for any one after our exit to say of us, as it was said of David, "After he had served his own generation by the will of God he fell on sleep." Well. now let us look around earnestly,

well, now let us look around earnestly, prayerfully, in a common sense wav and see what we can do for our own generation. First of all, let us see to it that, as far as we can, thoy have enough to cat. The human body is so constituted that three times a day the body needs food as much as a lamp needs oil, as much as a locomotive needs fuel, To meet this want God has girdled the earth with apple orchards, orange groves, wheatfields and oceans full of fish, and prairies full of eatile. And notwithstanding this, I will undertake to say that the vast majority of the human family are now suffering either for lack of food or the right kind of food. Our civilization is all askew, and God only can set it right. Many of the greatest estates of to-day have been built out of the blood and bones of unrequited totl. In eiden times for the building of forts and towers the inhabitants of Ispahan had to contribute 70,000 skulls, and Bagdad 90,000 human skulls, and that number of people were compelled to furnish the skulls. But these two contributions added together made only 160,000 skulls, while into the tower of the world's

enough to wear. God looks upon the luman race and knows just how many inhabitants the world has. The statistics of the world's population are carefully taken in civilized lands, and every few years officers of government go through the land and count how many people there are in the United States or England, and great accuracy is reached. But when people tell us how many inhabitants there are in Asia or Africa at best it must be a wild guess. Yet God knows the exact number of people on our planet, and he has made enough apparel for each, and if there be fifteen bundred million, fitteen thousand, fifteen hundred and fifteen bundred million, fifteen thousand, fifteen hundred and fifteen people, then there is enough apparel for fifteen people, then there is enough apparel for fifteen paparel, not ragged apparel, not insufficient apparel, but appropriate apparel. At least two suits for every being on earth, a summer suit and a winter suit. A good pair of shees for every being on earth, a summer suit and a winter suit. A good pair of shees for every living mortal. A good coat, a good hat or a good bonnet and a good shawl and a complate masculline or feminine outfle of apparel. A wardrobe for all nations, adapted to all climes, and not a string or a button or a pin or a hook or an eye wanting.

But, alas! where are the good clothes for three-fourths of the human race? The other one-fourth have appropriated them. The fact is there needs to be and will be a redistribution. Not by anarchistic violance. If outlawry had its way, it would read and tear and diminish, until instead of three-fourths of the world not properly attired, four-fourths would be in rags. I will let you know how the redistribution will take place. By generosity on the part of those who have a surplus, and increased industry on the part of the present sufferers or their ancestors. In most cases the rum jung is the macistrom that has swallowed down the livelibood of those who are in rags. But chings will change, and by generosity on the part of the cro

THE LOCATION CHARGE AND CANADIAN DARRYS.

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samples of popole were completed to furnish the skulls. But these two contributions added coptation rands only 100,000 wealth and pomp have been wrought the skaletons of uncounted numbers of the skaleton state of the kindred. Why, there is father, there is mother, there are the children! All well again, all young again, all of us together again, and as we embrace each other with the cry: 'Aver incre to part! Never more to part!' the arches, the alcoves, the hallways, echo and re-echo the words: 'Never more to part! Never more to part! Ne

Weak Lungs

If you have coughed and coughed until the lining membrane of your throat and lungs is inflamed.

Scott's Emulsion

of Cod-liver Oil will soothe, strengthen and probably cure. The cod-liver oil feeds and strengthens the weakened tissues. The glycerine soothes and heals them. The hypophosphites of lime and soda impart tone and vigor. Don't neglect these coughs. One bottle of the Emulsion may do more for you now than ten can do later on. Be sure you get SCOTT'S Emulsion.

All druggists; 50c, and \$2.00. SCOTT & BOWNE, Chemists, Toronto.

two or three front doors and area gates, and then he took off his helmet and scratched then he took onthis neamer and soratched his head as if puzzled, "Now, have I done right," he said suddenly. "Seemed to be square. Smelt of drink horrid. Other two 'peared to be on all but once or twice. I say! Was it

TO BE CONTINUED,

WAY TO CURE RHEUMATISM.

Dr. Leyden, the German Specialist, Gives.

"By hygienic living you cannot eradicate

"His Advice on the Matter.

"By hygienic living you cannot eradicate your rheumatism, but you can most assured. Iy so control it that your existence will he almost free from its torturing pains." That is what Dr. Leyden, of the University of Berlin, said to an American recently. To Dr. Leyden he had gone as the leading authority on rheumatism in Europe, and after having been told by many physicians that he must grin and bear his affliction with all thee philosophy he might, when hope and the efficacy of drugs ebbed low, the Gerran's opinion seemed almost too good to be true.

"We don't give any medicine in such cases as yours," said the dootor. "What you need is diet and exercise, and plenty of both. The rheumatic who lives a sedentary life and feasts daintly is bound to come to a very bad end. Hearty, frequent, well-chosen meals and. much buetling about in the open air are absolute essentials to a cure. The prime cause of rheumatism is indigestion, and though you may est prodigious meals, if your stomach does not asimilate what is given it you are quite as poorly nourished as the man who gets but a crurt a day. As to what you can and cannot eat what is given it you are quite as poorly nourished heavy, dark flesh. Under this head is itemized mutton, venison, goose and anything that is cut off a pig. Devote yourself heavy, dark flesh. Under this head is itemized mutton, venison, goose and anything that is cut off a pig. Devote yourself to chicken, lamb, game, sweetbreads, brains and the more delicate fish, when simply cooked and served without rich sauces. Avoid-lobster and crabs and every fried dish but enjoy oysters and clams. "Of vegetables never touch tomatoes, cucumbers and all salads that have a vinegar dreewing, for an inadequate stomach is busy manufacturing more powerful acid.

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Mr. sunda Mr.

ing through the fields and woods in search of game, or lacking interest is that, try or cultivate a taste for hunting botanical or entomological specimens, the exercise them serves as a tonic. The main point is to use the muscles regularly. In wet weather bedrom gyamastics serve as an excellent substitute for the more intelligent outdoor pleasures, but only in wet weather. Care must be taken never to exercise so violently that any danger is incurred from cooling off too suddenly.

"The average man puts considerable faith in baths, and naturally prefers the atimulating cold water. This is well enough when the twinges are not severs and the joints not swellen. In violent attacks of rheumatism it is most essential to avoid cold water and substitute a hot daily bath, dissolving in the water a piece of sulphur as big as a hen's egg. Such a bath may not seem so invigorating as the cold water, but if taken rapidly, followed by brisk towelling, with no sudden after-exposure for an hour to any cold air or draughts, the hot dip is as bracing as the cold.

"Last on the list of aids to the rheumatic is massage. It is one of the few real aids to relief in seyere attacks. Amateur rubbing is often as great injury as genuine help, but a good Swedish masseuse can help an invalid over the hardest places, and really help to tone up the system. A rheamatic must, must also the horthern States every rheumatic should own several sets of flannels of various degrees of weight. These must be shifted off and on as the theremometer rises and falls, so that at no time need the body be exposed or over-clothed, but invariably carefully protected. This is the whole tactice of war against rheumatism, and it's the only way that madern science can assume to battle such a dire enemy to human well-being.