

COUNSELS FOR DAILY LIFE.

1 Avoid all playing and jesting that you ought to be ashamed of, and all reading of evil in books and papers. Never go where you could not pray God to be with you.

2 Dress simply according to your station, avoiding all exaggerated fashions. Keep an account of your money, and give a certain sum each year to God. Be gentle and quiet in all your ways.

3 Never deceive anyone, even in the smallest things.

4 Be silent when provoked. Think of God first, others next, yourself last in all you do.

5 Try every day to do some kind act and say some kind words for the love of Christ. Never speak against any one unless it is your duty. Help others to do right by your example and influence.

6 Show all possible love and honour to your parents for God's sake, remembering in their old age what they have done for you in your infancy.

7 Be ready always to give up your own will cheerfully, and do everything, however small, as in God's sight, and to please Him.

8 Obey those that are over you, as an act of obedience to God. Never meddle with anything to which you have not a perfect right. Be as careful of the goods of others as if they were your own.

9 Pray morning and evening, on your knees. Remember the Presence of God. [The practice of saying short prayers often, in the day will help you in this.] Take no step in life without special prayer for guidance.

10 Read thoughtfully a few verses of the Bible daily.

11 Attend the Public Worship of God at least once every Sunday, always kneeling during the prayers.

12 If confirmed, go regularly to the Holy Communion, with careful and earnest prayer beforehand, and thanksgiving afterwards.

Ask yourselves each Sunday if you have followed these Counsels: and pray for help to keep them.

'For God so loved the world,

that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."—St. John iii. 16 "Beloved, if God so loved us we ought also to love one another."—1 St. John iv. 11.

There is but one way in which man can ever help God—that is, by let-

ting God help him; and there is no way in which his name is more guiltily taken in vain than by calling the abandonment of our own work the performance of his.

Happy is he who has learned this one thing—to do the plain duty of the moment/quickly and cheerfully, whatever it may be.

## These Symptoms are A Warning to You

That the blood is losing its richness and the very life itself is being sapped from brain and nerves. You feel weak and run down. You get pale and sallow, with dark rings under the eyes. You lose flesh and the food you eat does not seem to nourish you. Your hands and feet get cold. You are nervous and irritable. Little things worry you. You suffer with headache, neuralgia and nervous dyspepsia. You grow melancholy and depressed at times, find your memory failing and feel unable to concentrate your thoughts.

This is the train of symptoms which lead to nervous prostration and paralysis or land their victim in the epileptic hospital or insane asylum. Nearly everybody needs a nerve restorative and blood builder at certain periods in his life. When nerve cells are being wasted away more rapidly than nature can replace them collapse is certain, unless some means is used to assist in enriching the blood and creating new nerve force. Dr. Chase's Nerve Food is the most effective preparation obtainable for thoroughly restoring richness to the blood and strength and vitality to the nervous system.

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