

## THE SECRET OF HAPPINESS.

Happiness is a secret of living, and so the world's immeasurably greatest benefactors have been those who have caught that secret and imparted it to others. The church's communion at its purest has ever been the gathering together of souls who have a secret to impart. There is no joy comparable to that which thrills upon us from contact with some highest soul. That was why men gave up all and followed Jesus.

In the highest spheres it is, we say, the personal that gives us our joy, and all along the line it is in this same personal that we find it. The best gift we can offer our friends is the best in ourselves. Is it not worth thinking of, the extent to which by our simple being and doing we can increase the world's happiness? We can add definitely to this treasure every day. Scientists speak of matter and force in the universe as being a constant, the amount never being added to nor diminished. But herein the spiritual transcends the material. Here is a value that can incessantly grow. Whatever our station may be, our gifts or lack of them, we can, by willing it, add continuously to the sum of human joy. And this, after all, is the world's best possession. As Westcott says, "The most precious things are the commonest, and they are to be gained for others as well as for ourselves not by large fortunes but by large souls."

Perhaps our greatest debt is to those brave spirits who, striking the rock of hardest fate, have been found living waters to gush out even from its flinty wall. When men can see in a dungeon they advertize the essential soundness of the universe. Was there ever a better advertisement of it than Sir Thomas Moore, who in his "Utopia" talks of the "merry death" of good men, and illustrates his doctrine by his own cheerfulness, as if a child at play, when he himself went to the scaffold? But he had learned in a good school. The school of Christ has been a school of triumphant dying. Our people die well," said John Wesley. It is a good test of a philosophy of life. They learned their secret of happiness from him who, faced by the cross, made in their tremendous hour a legacy to his disciples of his own peace and of his own overflowing joy. —J. B. in the Watchman.

## HOME RELIGION.

Dr. David Gregg, of Brooklyn, recently told of the wonderful results achieved by one family. In a plea for more religion in the home, he said: "There is no field more important than the home. Give me the homes for Christ, and you give him the community for Christ. Where the home is spiritual, and where parents are seeking first of all the salvation and spiritual development of their children, there is no place where effective Christian work may be so magnificently and efficiently done. With everything on our side—the covenant of God made with believing parents, the children at an impressive age, the open Bible, the family altar, the church of God to assist—I do not see why our children should not be saved, and they should not become chosen instruments of God in carrying forward the cause of Christianity in the world. There is no reason why. We know of families which prove that they can be saved, and that they can be grandly used by God. There is the Scudder family. The elder Scudder believed in God both for himself and for his family. And God gave him the salvation of his family. He asked God to do something more than save his family; he asked God to consecrate his family, as he had consecrated him, to the great cause of missions, and God did that for him also. At a late missionary meeting, I heard a missionary on the public platform compute the service of that one family to the Lord's work. He counted and added together the years spent by the different members of the Scudder family in active missionary and religious services, and he demonstrated that the sum total was 300 years.

## WORK AND PLAY.

It is much more important that a man take pleasure in his vocation than in his va-

cation, because he spends more of his life at it. Indeed, it is not too much to say that unless a man enjoys his daily work he will not enjoy his vacation, however he may expect to, for he has not the capacity for the enjoyment of the realities of the present. He dwells only in futures. The only happy man is he who feels that he is accomplishing something, doing something worth while; who feels himself an indispensable cog wheel in the great machine of the universe; he believes that nobody can quite take his place when he goes on a vacation. Without this faith in himself and the importance of his work, a man is lost. No pay, however large, no prospective vacation, however enticing can compensate the man who does not feel delight in the job he has completed because he realizes that he is of use in the world, that he is enlisted in the social service.—The Independent.

The world is no blot or blank to us, but has an intense meaning. He who adopts the false view has fallen into a leprosy of thought and life. He who takes the cynical view that the world is evil and cannot appreciate the good of things is diseased. If God and the love of Christ are the centre toward which you are looking, how can you believe in these if you have forced the situation by already committing yourself to the gloomy view of things?—John Kelman

## THE ROOT OF THE MATTER

## He Cured Himself of Serious Stomach Trouble, by Getting Down to First Principles.

A man of large affairs in one of our prominent eastern cities, by too close attention to business, too little exercise and too many club dinners, finally began to pay nature's tax, levied in the form of chronic stomach trouble; the failure of his digestion brought about a nervous irritability, making it impossible to apply himself to his daily business, and finally deranging the kidneys and heart.

In his own words he says: "I consulted one physician after another and each one seemed to understand my case, but all the same they each failed to bring about the return of my former digestion, appetite and vigor. For two years I went from pillar to post, from one sanitarium to another, I gave up smoking, I quit coffee and even renounced my daily glass or two of beer, but without any marked improvement.

"Friends had often advised me to try a well-known proprietary medicine, Stuart's Dyspepsia Tablets, and I had often perused the newspaper advertisements of the remedy but never took any stock in advertised medicines nor could believe a fifty-cent patent medicine would touch my case.

"To make a long story short I finally bought a couple of packages at the nearest drug store and took two or three tablets after each meal, and occasionally a tablet between meals when I felt any feeling of nausea or discomfort.

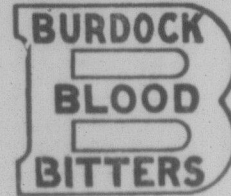
"I was surprised at the end of the first week to note a marked improvement in my appetite and general health, and before the two packages were gone I was certain that Stuart's Dyspepsia Tablets was going to cure completely, and they did not disappoint me. I can eat and sleep and enjoy my coffee and cigar, and no one would suppose I had ever known the horrors of dyspepsia.

"Out of friendly curiosity I wrote to the proprietors of the remedy asking for information as to what the tablets contained, and they replied that the principal ingredients were aseptic pepsin (government test), malt diastase and other natural digestives, which digest food regardless of the condition of the stomach."

The root of the matter is this, the digestive elements contained in Stuart's Dyspepsia Tablets will digest the food, give the overworked stomach a chance to recuperate and the nerves and whole system receive the nourishment which can only come from food stimulants and nerve tonics never give real strength, they give a fictitious strength, invariably followed by reaction. Every drop of blood, every nerve and tissue is manufactured from our daily food, and if you can insure its prompt action and complete digestion by the regular use of so good and wholesome a remedy as Stuart's Dyspepsia Tablets, you will have no need of nerve tonics and sanitariums.

Although Stuart's Dyspepsia Tablets have been in the market only a few years, yet probably every druggist in the United States, Canada and Great Britain now sells them and considers them the most popular and successful of any preparation for stomach trouble.

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Shingles, Ringworm or any disease  
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HOMESTEAD  
REGULATIONS.

Any even numbered section of Dominion Lands in Manitoba or the Northwest Territories, excepting 8 and 20, which has not been homesteaded or reserved to provide wood lots for settlers, or for other purposes, may be homesteaded upon by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one quarter section of 160 acres, more or less.

## ENTRY.

Entry may be made personally at the local land office for the district in which the land to be taken is situated, or if the homesteader desires he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent for the district in which the land is situated, receive authority for some one to make entry for him. A fee of \$10.00 is charged for a homestead entry.

## HOMESTEAD DUTIES.

A settler who has been granted an entry for a homestead is required by the provisions of the Dominion Lands Act and the amendments thereto to perform the conditions connected therewith, under one of the following plans:

(1) At least six months' residence upon and cultivation of the land in each year during the term of three years.

(2) If the father or mother, if the father is deceased of any person who is eligible to make a homestead entry under the provisions of this Act, resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by such person residing with the father or mother.

(3) If a settler has obtained a patent for his homestead, or a certificate for the issue of such patent, counter-signed in the manner prescribed by this Act, and has obtained entry for a second homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by residence upon the first homestead. If the second homestead is in the vicinity of the first homestead.

(4) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the requirements of this Act as to residence may be satisfied by residence upon the said land. The term "vicinity" used above is meant to indicate the same township, or an adjoining or cornering township.

A settler who avails himself of the provisions of clauses (2) (3), or (4) must cultivate thirty acres of his homestead, or substitute twenty head of stock, with bullocks for their accommodation, and have besides 80 acres substantially fenced.

Every homesteader who fails to comply with the requirements of the homestead law is liable to have his entry cancelled, and the land may be again thrown open for entry.

## APPLICATION FOR PATENT

should be made at the end of the three years before the Local Agent, Sub-Agent, or the Homestead Inspector. Before making application for patent, the settler must give six months' notice in writing to the Commissioner of Dominion Lands at Ottawa, of his intention to do so.

## INFORMATION.

Newly arrived immigrants will receive at the Immigration Office in Winnipeg or at any Dominion Lands Office in Manitoba or the Northwest Territories, information as to the lands that are open for entry, and from the officers in charge, free of expense, advice and assistance in securing land to suit them. Full information respecting the land, timber, coal and mineral laws, as well as respecting Dominion lands in the Railway Belt in British Columbia, may be obtained upon application to the Secretary of the Department of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, Manitoba, or to any of the Dominion Lands Agents in Manitoba or the Northwest Territories.

## JAMES A. SMART,

Deputy Minister of the Interior.  
N. B.—In addition to Free Grant Lands to which the regulations above stated refer, thousands of acres of most desirable lands are available for lease or purchase from railroad and other corporations and private firms in Western Canada.

## Fire Insurance

effected on Dwellings, Furniture, Stocks and other insurable property.

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Office phone 630.

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