

Gems from Old Writers.

Every man thinketh he is rich enough in grace till he taketh out his purse and telleth his money; and then he findeth his pack but poor and light in the day of trial.—*Rutherford*.

Be humble, walk softly. Down, down, for God's sake, my dear and worthy brother, with your top-sail. Stoop! it is a low entry to Heaven's gate.

The rock doth not shake nor change, though the sea may ebb and flow round it.—*Rutherford*.

The more you know God, the more you will love Him: the more you unite yourself to Him, the more you feel that there is no true happiness on the earth but that of knowing and loving Him.—*Massillon*.

Failure.

The real meaning of failure is not commonly understood. Byron well says, "They never fail who die in a great cause." It is those who never have any great cause at heart to live for, to strive for, and, if needs be, to suffer for, who fail in the arena of life. Indeed, if we are not stumbling and falling, if we are not meeting with rebuffs and defeats, if we are going on softly and smoothly in an accustomed round, pleased with ourselves and proud of our perfections, then we may well be afraid that we are making a failure of life itself. Only by pressing upward and onward, in spite of sharp rocks, and aching feet, and painful falls, can we make the ascent which alone reveals the beauty and the glory of life.

Hurried Meals.

Hurried eating of meals, followed immediately by some employment that occupies the whole attention and takes up all, or nearly all, of the physical energies, is sure to result in dyspepsia in one form or another. Sometimes it shows itself in excessive irritability—a sure indication that nerve-force has been exhausted; the double draught in order to digest the food and carry on the business has been more than nature could stand without being thrown out of balance. In another case the person is exceedingly dull as soon as he has a few minutes of leisure. The mind seems a dead blank, and can move only in its accustomed channels, and then only when compelled. This also is an indication of nervous exhaustion. Others will have decided pains in the stomach, or a sense of weight, as if a heavy burden was inside. Others, again, will be able to eat nothing that will agree with them. Scarcely any two persons are affected exactly in the same way, the disordered condition manifesting itself according to temperament and occupation. All, or nearly all, of these difficulties of digestion might have never been known by the sufferers had they left their business behind them and rested a short time after eating, instead of rushing off to work immediately after hastily swallowing their food.

All Can Give a Smile.

In this world of care and sorrow, how cheering is the knowledge that we have at least one friend who will not fail us in his friendship and worth, whether or not the frown of adversity or the smile of fortune accompanies us through life. One who is always the same, one who, even when the breath of slander or suspicion assails us, remains still true, and advises, soothes, and comforts us when in trouble. Life groans with unnecessary pain, and for every living soul there is work to do, effort to make, sorrow to alleviate. No day, in the comparatively short time allotted to us here on earth, should pass without some attempt, however feeble, to lessen the load of suffering pressing so unequally on the lives of those around us. All can do some little, and if each soul that has suffered would take a share in removing or lessening the burden of another, life would be other than it is. An old writer beautifully says: "All can give a smile." Who does not know the brightness which some faces bring whenever they appear! The smile of kindly recognition, the acknowledgment of existing suffering, all are conveyed by a glance, and none can tell how often the effort to be cheerful has helped a weaker sufferer to endure.

Our Special Offer.

In addition to our other offers we will give to any person sending us (200) two hundred annual subscriptions to the CANADIAN CHURCHMAN, at \$1 each, a first-class Safety Bicycle, cushion tire, of the value of \$75.

To any one sending us (150) one hundred and fifty annual subscriptions to the CANADIAN CHURCHMAN, at \$1 each, a first-class Safety Bicycle, hard tire, of the value of \$60.

Hints to Housekeepers.

THE B. N. A. ACT.—The great British North America act nowadays is to buy a bottle of B. B. B., and cure yourself of dyspepsia, constipation, headache, liver complaint or bad blood, and it is an act that always attains the desired result.

The best shirt-bosom board is one made of seasoned wood, a foot wide, one foot and a half long, and one inch thick. This should be covered with two or three thicknesses of flannel, drawn tight and well tacked in place. Cover again with cantonized flannel drawn very tight, and liberally tacked. Make outside slips of white cotton cloth fitted to the board, and put on a clean slip every week.

BETTER THAN GOLD.—*Gentlemen*,—I have used Fowler's Extract of Wild Strawberry for bowel complaint and can say there is no other remedy as good.—*Mrs. JAMES DENNISON, Lake Dora, Ont.*

When washing fine white flannels, add a tablespoonful of pulverized borax to a pailful of water. This will keep them soft and white.

WORSE AND WEAKER.—*Gentlemen*,—I suffered for three days very severely from summer complaint, and could not get relief, but kept getting worse and worse till the pain was almost unbearable and I became very weak. Some friends advised Dr. Fowler's Extract of Wild Strawberry, and after I had taken the first dose I found much relief and it did not fail to cure me. I do not intend to be without this valuable medicine if I can help it.—*Wm. T. GLYNN, WILFRED, ONT.*

When wiping up the floor before putting the carpet down, sprinkle it all over with salt, while damp; this will greatly prevent moths.

Salt sprinkled upon any substance that is burning will stop the smoke and blaze. Salt sprinkled upon coals that are blazing from the fat of broiling chops will cause the flame to subside.

GRAPE JAM.—Boil the grapes a few minutes, then rub them through a colander to remove the seeds. Allow half a pint of sugar to one of the grape pulp, boil until stiff, stirring all the time to prevent sticking.

SPICED GRAPES.—Ten pounds of grapes, eight pounds of sugar, four tablespoonfuls of cloves, four of cinnamon, one quart of good vinegar (never use acid vinegar). Boil slowly until the fruit is tender. Remove from the fire. These may be rubbed through a sieve or not.

GRITS GRIDDLE CAKES.—Break one egg into a bowl, and stir into it one cupful of cold boiled grits, or pearl hominy; add a pinch of salt, one cupful of sweet milk, or milk and water together does nicely. Into this stir one cupful of flour and one teaspoonful of baking-powder. Bake on hot greased griddles in small cakes, and eat with pulverized sugar or honey.

—"No human being can come into this world without increasing or diminishing the sum total of human happiness, not only of the present, but of every subsequent age of humanity."

—"Always say a kind word if you can, if only that it may come in, perhaps with singular opportunity, entering some mournful man's darkened room like a beautiful fire-fly whose happy movements he cannot but watch, forgetting his many troubles."

FREE!

Business College Scholarships

Within the Power of Every Girl and Young Man.

A BUSINESS TRAINING WITHOUT COST.

THE great advantage in these CANADIAN CHURCHMAN offers is that there is no competitive element in them. Every girl or young man stands the same chance. It is not a question of who secures the largest number of subscriptions—the girl or young man in the smallest village has the same good chance as the one in the thickly populated city. Each can get precisely what he or she chooses to work for.

THE BUSINESS CENTRE SELECTED.

THE large Business Colleges selected by the CANADIAN CHURCHMAN to which to send our girls and young men are probably the best and most liberally equipped in the country. They are "The Toronto Business College" and "The British American Business College," both in Toronto. Girls and young men from all over the Dominion are within their walls, and the most skilled teachers preside over them.

WHY THE OFFERS ARE GENEROUS.

THE CANADIAN CHURCHMAN is anxious that the largest possible number of girls and young men should take advantage of these offers for a Free Business College Commercial Training, not because of any pecuniary profit to itself, for there is none. The simplest calculation will show, to any one who studies the offers, that we are not guided by any money consideration. On the other hand, each successful girl or young man whom we send to the Colleges means an actual financial outlay to the CHURCHMAN beyond the income. We have merely changed our methods of business. Instead of spending all on advertising and commission appropriation, we devote a portion of it to this idea, the girls and young men receiving the benefit, while we are satisfied to have the subscriptions which they secure on our books, feeling confident that we can hold the subscribers, in which lies our eventual profit. Of course, in view of these facts, the offers cannot be continued indefinitely, as any one can easily see. It is important therefore that girls and young men should enroll themselves on our books as desirous of trying for the offers. Any girl or young man can learn all particulars by simply writing to the CANADIAN CHURCHMAN, and details will be forwarded. The offers are as follows:—

1. A SEVENTY DOLLAR SCHOLARSHIP

WHICH embraces Practical Book, keeping by double and single entry, Actual and Practical Business, Banking, Business Penmanship, Commercial Arithmetic, Commercial Law, Shorthand, Typewriting, and all branches connected with a sound and practical business training, etc. To any girl or young man who will between this date and January 1st, 1893, send us two hundred (200) annual subscriptions to the CANADIAN CHURCHMAN at \$1.00 each, we will give the above \$70.00 Scholarship.

2. A FORTY-FIVE DOLLAR SCHOLARSHIP

WHICH embraces the same as seventy dollar scholarship, with the exception of Shorthand and Typewriting, for one hundred and twenty (120) annual subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

3. A TWENTY-FIVE DOLLAR SCHOLARSHIP

WHICH is the same as the forty-five dollar scholarship, embracing the same subjects, but is only for three months, for seventy (70) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each, (or a Lady's Twenty-Five Dollar Gold Watch, if preferred.)

4. A Lady's \$15.00 Gold Watch or a Gent's Silver Watch for Forty (40) annual subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.
5. A Lady's \$10.00 Watch, solid coin silver, open face, stem set, handsomely engraved, fitted with a jewel movement, guaranteed to give accurate time; or, a Gent's \$10.00 Open Face, Coin Silver Watch, stem wind and stem set, good reliable movement guaranteed, for twenty-five (25) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.
6. A Lady's \$7.00 Solid Gold, Three Stoned, Genuine Diamond Ring, in star setting of handsome design; or, Gent's \$7.00 Solid Gold, Genuine Diamond Scarf Pin of unique design, for fifteen (15) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.
7. A Lady's \$5.00 Victoria Chain, 14 carat gold, with pendant attachment, or a silver one. A Gent's \$5.00 14 carat Gold Vest Chain, in a variety of patterns of the most modern designs, for ten (10) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.
8. A Lady's \$2.50 Solid Gold Ring, set with two pearls and one garnet, in star setting, each ring put up in a fancy paper plush lined box; or, a Gent's \$2.50 pair of 14 carat gold filled cuff buttons, stylish patterns, for five (5) yearly subscriptions to the CANADIAN CHURCHMAN at \$1.00 each.

Subscription Price in Toronto \$1.50 Yearly.

Address.

FRANK WOOTTEN Toronto, Ontario.