

THE LEADER.

The Official Organ of the Truro, N. S., Young Men's Christian Association.

"The Y. M. C. A. is the Business Men's Movement of the Nineteenth Century."

Vol. 1.

TRURO, N. S., JANUARY, 1891.

No. 5.

WHITE AND GREY BLANKETS.

A BIG SALE OF
BLANKETS
THIS MONTH

We have lately secured the
over production of one of the
best Canadian Manufacturers;
also, the over production of the
best Blanket Mill in Nova Scotia,
and now offer to the public
about

500 PAIR
BELOW MILL PRICES.

We guarantee these to be by
far the best value offered in
Town, and would advise our
friends to secure a BARGAIN.
The lot at these very low prices
will be speedily disposed of.

Blanchard, Bentley & Co.

TRURO.

Our Work.

We have never come up to the time
for entering upon the winter's work
when there was such an increasing de-
mand for workers, and the necessity of
the work is so apparent. If we could
sit down beside each committee-man and
show him the importance of his filling
his place faithfully, there would be
more satisfactory results. We cannot
do this, and thus we find ourselves often
doing work that should be done by others.
This should not be, for we cannot do
another's work as well as it should be
done; so the work goes undone. Now
some people think the Secretary can do
everything, and that he is responsible
for all the work that should be done and
for the good behaviour of all the boys
and young men in town. It has been
said in regard to some young men who
have made mistakes and are going
wrong, Where is our Y. M. C. A.? Why
don't they look after them? I don't be-
lieve they amount to much; and many
more unkind things. We don't expect
to do all this. We wish we might. We
are sure if all our activities were heart
and soul in the work, that more would
be brought directly under the restraint
of the work.

We have often wondered if our peo-
ple realized what kind of a looking per-
son it makes of a Secretary who is
spread out so thin that he does not a-
mount to much anywhere. It is a wonder
sometimes that the work goes on so well
under the great pressure and still greater
opposition.

We are in urgent need of more work-
ers just at present. The work must
suffer if we do not get them. Are you
doing anything? Are you willing to?
Call on the Secretary at once, and look
over the different fields needing workers.
—Selected.

Who should be on Committees.

Read the following article and then
volunteer.

1. The man who is willing to take
the load, not the man who has to be
dragged.
2. The man who is willing to endure
hardships, not the man who complains
of it.
3. The man who works for results,
not the man who seeks attention.
4. The man who looks on the bright
side and magnifies things achieved.
5. The man who is an inspiration
to the discouraged and pluck to the
downcast.
6. The man who does not imagine
that the committee belongs to him, but

with faithful services evidences that he
belongs to the committee.

7. Not the man who attends at the
meeting as he does to the work, always
late, but the one who says the business
is mine and I'll meet it on time.

8. Not the man who would have all
know his position, but the man who
introduces plans, the fruit of study and
preparation.

9. Not the man who is cold, or in-
different, and is designed as a figure
head, but the one who throws the
weight of his soul into the undertaking
and his spiritual purpose in it, and who
will undertake it in a spiritual frame
of mind.

Physical.

Read carefully the ten rules given
below for physical development and
then obey them. Try it for a couple of
months and you will be surprised at the
result.

TEN RULES FOR DEVELOPMENT.

1. See that the body is in sound and
healthy condition.
2. Live on wholesome, nourishing
diet.
3. Give the system a sufficient amount
of rest in sleep at regular hours. Eight
hours is usually sufficient.
4. Take exercise. Muscles grow in
strength and size by using. Begin mo-
derately; never overdo.
5. Develop all symmetrically. Each
will help the other.
6. Use plenty of patience and perse-
verance. You cannot change your form
in a day.
7. Avoid all stimulants. There is
nothing in them that builds up muscular
tissue.
8. Bathe sufficiently after muscular
exercise to remove all perspiration.
9. Do not over-eat; it only clogs the
system.
10. Be pure in imagination, body and
practice.

"Maria, we spent exactly \$50 more than
our income last year; we've got to
retrench."

"It was'n't my fault, John, I didn't
lose \$75 on the election, nor pay \$40 in
club dues, nor spend \$85 for cigars, nor
run through with \$120 at the races, nor
endorse a note for a mere acquaintance
and lose it, nor"

"None of these things account for
that \$50. Held on! Here it is! Sub-
scription to the Young Men's Christian
Association \$50. We can't stand that."
—Selected.