

tics he must "bolt" whenever his party heads on the wrong track. I have watched the career of thousands of young men for the past fifty years. The great majority of those who fail in life have failed for want of courage. They had no fibre to face lions of any kind. I have seen others who had the conscience and the courage to take Daniel's course, and they have discovered that God had "shut the mouths of the lions" and given them victory. If facing a duty and standing up for Christ costs dearly, it pays gloriously in the end. Retreat always brings ruin. My friend, ever be afraid of one thing, and that is the frown of God! His smile means heaven; His frown means hell!

Health Column.

QUESTIONS AND ANSWERS

Question—I am greatly troubled with sleeplessness, but have a morbid horror of anything in the form of a sleeping draught. Can you recommend any plan for promoting sleep—other than drugs—and which is not injurious to health?

Answer—Take a moderate amount of exercise in the open air, during the day, but be careful to stop short of fatigue. Do not read any exciting books or papers during the evening, or at least for an hour before retiring. Do not eat a meal just before going to bed; the last meal should be taken from two to three hours before retiring. Lie perfectly on your back, without a pillow—the spinal column perfectly straight. Now take at least a dozen long, deep, full breaths, and fix your mind earnestly on "sleep," "rest," "restful sleep." Then turn quietly and gently on the right side, and before you are aware, the "drowsy god" will have claimed you, and sweet balmy sleep will be yours. Try it.

Question—Can you inform me why sea air is so helpful in a large number of cases, and yet positively injurious in others? And to what is the beneficial effects of sea air due?

Answer—The tonic effect of sea air is mainly due to the ozone, which is produced by the action of the oxygen contained in the air, upon water in motion, such as waves and breakers. Some of its bracing effect is held to be due to the presence of iodine and chlorine, which are disengaged from the sea water by physical and atmospheric action. Ozone is found in mountain air, and in winds blowing over dewy fields in the early morning, but there is a bracing quality in sea air superior to any of these, and is, in all probability, due to the causes stated. Why it should be that the same beneficial effect is not manifested in all cases, it would be difficult to say. If we positively knew that, we should have made a great advance in treating disease. The fact remains that in organic diseases, sea air seems to possess but little remedial value, but in cases where the system needs toning more than anything else, sea air will sometimes appear to perform miracles in restoring the sick to health. Constitutional diseases, like rickets often mend rapidly under its influences, while rheumatism is but little helped, and frequently returned.

Question—Will you please explain why toast is considered better, as an article of diet, even than stale bread? I know that there is a general opinion among doctors, to that effect, but I am desirous of knowing something more than the simple fact, that it is. I would know why it is so.

Answer—Toast is better, as an article of diet, than ordinary bread, for the simple reason that it is better cooked, and therefore, more easily digested. The fact of cutting bread into small pieces, and subjecting the newly cut surfaces to the action of heat, not only destroys the life of the yeast, and eliminates some of the harmful products of yeast fermentation, but the added heat practically advances the digestion of the bread, by converting the starch granules into a higher form of dextrin, so that the stomach can deal with it more successfully.

Question—My eyes are very weak, and lately they water very much, which is very annoying. My glasses suit me as they are very strong, but I am afraid they will get worse. There are no good oculists in this town, therefore I take the liberty of asking you.

Answer—It is more than probable that the watering of the eyes is due (in a great measure) to improperly fitting glasses, for it is well

known to eye specialists that that is a principal cause not only of eye trouble, but numerous nervous affections. If there are no good oculists in your town, it would pay you handsomely to pay a trip to some other city, and consult a competent man, for sight is too precious a gift to risk the loss of it for the sake of the extra expense. In the meantime, to strengthen the eyes, it will be found highly beneficial to dip the face in cold water every morning—with the eyes wide open, and to close and open them several times while immersed in the water, thus bringing the water in contact with all parts of the conjunctive.

Temperance Column.

"What Intemperance Costs Our Nation."

The great question which many people ask these days concerning a thing is, what does it cost? Sometimes this is a very proper question. At other times, to place this question in the position of first importance is the height of folly. In regard to the evil of intemperance, the primary consideration is, not how much *cash* does it cost the nation, but how much *character* does it cost. The moral issue is of more importance in the long run, than the financial issue.

But in our topic we are to deal with what the liquor traffic costs our nation—how much of the hard earnings of the people of Canada is consumed by the monster, known as Strong Drink.

WHAT CANADA PAYS FOR DRINK.

The amount is almost incredible. It is enormous. And the worst of it is, we get no real value for the expenditure. The people of Canada spend annually for drink the vast sum of \$40,000,000 in round figures. And this amount is a loss to the spender—a dead loss. When money is spent for clothing, food or other such commodities, the purchaser has value for his outlay. But when money is spent for strong drink, the purchaser is simply impoverished, and not benefited by the transaction. Then there is all the grain destroyed in the manufacture of liquor, which should be regarded as loss, for if not destroyed by the distillers, it would be available for other and profitable uses. And the value of the grain thus used is over a million dollars.

SACRIFICE OF HUMAN LIFE.

Estimate also, if you can, the value of lives sacrificed to the liquor habit. Careful computation shows that 3,000 lives are annually cut short in Canada by intemperance, each death robbing the country of an average of ten years of productive labor. It is estimated we sustain in this way an annual loss of fourteen millions. The distress, heart breaks, and misery caused by these deaths, money cannot estimate. There is also the item of misdirected work. The country loses by having about 13,000 men engaged in making and selling liquor, not actually adding anything to the wealth of the country. If properly employed, these then would add to the country an amount of wealth estimated at over seven millions.

A BIRD'S EYE VIEW.

Now in summing up all these items of cost to our country, we reach a total of over \$143,000,000. But as there is a revenue from the liquor traffic of about nine millions, we have a total loss to Canada through the liquor traffic every year of more than one hundred and thirty-four millions of dollars. What a startling revelation these figures make!

HOW TO END IT!

There are three means that may be used to end it. *First*, continue to create public sentiment without ceasing, against the curse of the liquor traffic. *Second*, let every one convinced of the evils of intemperance, become a total abstainer now and forevermore, remembering that if all the people of Canada were total abstainers the traffic would die for want of nourishment and support. *Third*, the monster evil is not to be perpetuated by license laws, but cut down by the prohibition axe, for this is the only effectual remedy for this ghastly disease on the body politic. The power to annihilate the liquor traffic resides in the government. But the people are the government, and when the people are ready to strike the final blow the work will be

done. *Vote it out.* Kill it with the bullets made of ballots, and the curse will end, provided we have behind the enacted law a strong, healthy intelligent, public opinion.

Making The Truth Plain.

It is the office of the preacher to make the truth impressively plain so as to forcibly impress. To do this one must apprehend it clearly himself. The preacher who is endowed with these gifts possesses essentials which should tend to make him great. Perhaps no preacher of his generation possessed these endowments to a greater degree or exerted a more far-reaching influence for good than Mr. Spurgeon. Impressive simplicity was stamped upon all his sermons and utterances. Whilst sitting one day in his vestry in the midst of inquirers, there entered a young man who had come all the way from Holland to ask the question so often asked: "What shall I do to be saved?" As he entered and addressed Mr. Spurgeon in broken English, Mr. Spurgeon inquired:

"Where did you come from?"

"I came from Flushing, sir, by boat."

"And you want to know what you must do to be saved? Well it is a long way to come to ask that question. You know what the answer is: 'Believe in the Lord Jesus Christ, and thou shalt be saved.'"

"But I cannot believe in Jesus Christ."

"Well, now," said Mr. Spurgeon, "look here, I have believed in Him a good many years, and I do trust Him, but if you know something or other against him, I should like to know it, for I do not like to be deceived."

"No, sir; I do not know of anything against Him."

"Why don't you trust him then? Could you trust me?"

"Yes, I would trust you with anything."

"But you do not know much about me."

No, not much; only I know that you are a preacher of the Word, and I believe that you are honest, and I could trust you."

"Do you mean to say," said Mr. Spurgeon, "you could trust me, and then tell me that you cannot trust Jesus Christ? You must have found out something bad about Him. Let me know it."

He stood still and thought for a moment, and then said: "Dear me, I can see it now. Why of course I can trust Him. I cannot help trusting Him. He is such a blessed One that I must trust Him. Good-bye, sir," he added. "I will go back to Flushing; it is all right now."

A Wise Answer.

A young man in Massachusetts, when offered a package of infidel publications is said to have made the following admirable reply: "If you have anything better than the Sermon on the Mount, the Parable of the Prodigal Son, and that of the Good Samaritan; or if you have any better code of morals than the Ten Commandments, or anything more consoling or beautiful than the Twenty-third Psalm; or on the whole, anything that will throw more light on the future and reveal to me a Father more merciful and kind than the New Testament please send it along."

Simple Lessons, But Hard to Learn

When John Newton was in his declining years he wrote:

"When I was young I was sure of many things. There are only two things of which I am sure now; one is that I am a miserable sinner, and the other that Christ is an all-sufficient Saviour."

He is well taught who gets these two lessons. Have you learned them? They are worth more than any other wisdom. There will come a time when they will be worth more to you than all the world's philosophy or all the world's gold.

The saddest ignorance in this world is not to know the pleasure that comes from self-sacrifice.