

pox the authorities would soon find a place for him—and what are the evils of smallpox compared with the dreadful evils of the license system, which is not only tolerated but legalized?

"Oh, girls, if I had ten thousand tongues I would use them all against this accursed liquor traffic. I would say to every girl, 'Never marry a man who touches an ounce of the liquid hell'—not even to reform him. It has seldom been a success.' If the words, 'Please do not touch liquor,' from the lips of the girl a man loves, are not enough to spoil his taste for alcoholic drinks, 'Farewell for ever' should be the next and last remark she should ever make to him. My Aunt Berta went through the dark waters and gained the fearful knowledge at the expense of happiness, health and life itself. She loved her husband passionately and her misery was all the greater because of her love.

"Now my story is finished. It is true in every particular. Do you wonder I cry, 'Down with the saloon!' As long as I have breath I'll talk against it, pray against it, fight against it, pray against it and if ever I have a chance, vote against it. Will you help?

"Verna Harvey was to full for utterance. She slipped out of the armchair and hurried out of the room. She had a great question to decide and needed to be alone with God.

"And to-day when people wonder why such a fine intelligent girl as Verna Harvey is unmarried, Miss Cameron thanks God that the story of Berta Nelson's misery saved her bright pupil from a similar fate."

### A Man's Only Real Foe

When Governor Charles E. Hughes was beginning his heroic campaign to secure the passage of his anti-racket gambling bills many of his so-called friends warned him of the violent attacks he would certainly be subjected to were he to adopt such a course. "The opposition will stop at nothing; they will defame your character, they will ruin you politically." "Gentlemen," said the governor, "there is only one man in this world who can harm Charles E. Hughes, and that man is Charles E. Hughes." Absalom was the author of his own undoing.—*Sci.*

### A Resourceful Housewife

Lizzie, the inexperienced cook, poked her head in at the dining-room door. "Please, ma'am," she asked, "how will I know when the puddin' is cooked?"

"Stick a knife into it," said her mistress—also inexperienced—recalling the instructions in the cook-book. "If the knife comes out clean, the pudding is ready to serve."

"I'll do that, ma'am."

"And—oh, just a minute, Lizzie." The mistress had a bright idea. "If the knife does come out clean, you might stick all the rest of the knives into the pudding."—*Youth's Companion.*

He who loses his temper, loses much beside. He loses his self-respect; he loses the respect of others; he loses an element out of his character and reputation which he cannot regain; he loses vital force and stamps an impression on his whole being which time cannot efface.—*Selected.*

Johnny: "Mamma, my toes are not as hard as leather, are they?" Mamma: "No, Johnny." Johnny: "Then, mamma, how do they wear themselves through my shoes?"



## Life Talks With Young Men

BY ONE OF THEMSELVES



I HEARD a young man referred to the other day as a triangular man. We often hear men called four square men, or all round men. It does not matter which of these three geometrical terms we use, the meaning is the same.

They denote completeness and harmony and a proper relationship between the various functions and activities of our lives. It means that the claims of the physical, mental and spiritual have been decided, that a harmonious development of these has brought about a manhood that is good to look upon.

Are we good to look upon? Are our lives sweet and clean, and do they present a completeness that is wholesome and refreshing? Is there anything more pleasing than to come in contact with a man full of health and vigor, with a clean, cultured, searching mind and a renewed heart? To him life is good and it is all good, for he cannot help but get the best out of all of it. And for ourselves and for our friends, I do not think we can crave anything better than to have a man beaming in a sound body, and with them a spiritual life that has been enriched by the love and personality of Christ.

A friend of mine said the other day, "What you say is all right, but it sounds rather ideal." Perhaps you think with him that this is rather ideal. It may be, but don't be afraid of ideals. Once I did not believe very much in ideals, but I have changed my mind, as every honest man who thinks, must sometimes do. Ideals make good companions. Live with them and grow up to them.

There is as harmonious development of physical, mental and spiritual is best, I don't think you will question. An abnormal development of any of these without relation to the others almost invariably results in disaster. An abnormal physical development without the elevating influence of heart and mind will make a man brutal and degenerate. A too prominent development of the mental without regard to the claims of the body and health, has brought bright minds to insanity on the one hand; and where heart development has been neglected, to a carping cynicism and perhaps even atheism on the other. And oftentimes a too zealous pursuit of things spiritual unguided by reason and prudence has resulted in a spiritual fanaticism which has but defeated the end in view. So we can readily see this month, to urge on you the importance of a mental development.

There is a development of character and grace must be maintained. The spread of as of supreme value should predominate. We have had several talks that permeate more particularly to the growth of this part of our nature. I want, very briefly, this month, to urge on you the importance of a mental development. A short time ago two men, one a lawyer the other a business man, were discussing one of the wealthiest men in Canada. The lawyer said, "Talk to him fifteen minutes and you have had enough. There is nothing to him; his mind is that of a boy!"

We are growing in years. We are growing in stature. Are we growing in mind development? Is our mind "that of a boy"? What a happy combination it would be if our minds could be puerile only in their innocence and truth, and verile in their strength of development.

How then are we to develop our minds? If I were to go into some specific methods

of development I would only be telling you a good deal of what you already know and have read. You have seen articles on the right use of time, proper methods of study, the value of reading and observation. You must select your own methods. I want to lay down a general principle that is broader than specific methods.

The law of development in the physical, mental or spiritual is identical. It is simply this, *nourishment and use*. Nourish the body properly and use it well, and it develops. You readily understand that. Nourish the mind properly and use it, and it will develop. Nourishment and use—that is the general law involved.

This naturally divides itself into two parts: proper nourishment and proper use. For a body to grow you have to feed it, and you have to feed it on proper food. Give it those things that have not in them the elements of strength, and it will not develop. The same is true of the mind. You have to give it proper nourishment. Use any method you like, still you have got to nourish it. Give it weak food and it stays weak. Give it strong food and it grows.

So the crucial question is, on what are you feeding your mind? Dime novels? It won't grow. Sensationalism? It won't grow. Unclean stories? It won't grow. Small, mean gossip? It won't grow. No; you have got to have something stronger than these.

There is a story that the giraffe finally became the long-necked animal we know day from constantly reaching upward after the best and tenderest shoots of trees. Are you a mental giraffe? Are you reaching after the best? You cannot afford to do otherwise.

Fill your mind with the experiences and lives of worthy men. Get in touch with their best thoughts. Store your mind with the best of all the ages. Some one has said, "Fill your sack full of peas and you may defy Satan to fill it with beans." Fill your mind with the pure, the true and the good. Fill it with things that make for noble manhood, for large and liberal-mindedness; then there will be no room for the mean, the unwholesome and the sordid. Yours will be the mind of the man.

Never did such opportunities offer for its use of a fully developed and well-trained mind as to-day. The pulpit is *deserted* not only because of its spirituality, but because there goes with it mind growth. It is so everywhere. The mentally great man, other things being equal, predominates. It must be so. The world to-day needs your strength of body and your strength of heart, and it needs your strength of mind.

As I am writing this I can look out over one of the most notable battlegrounds in our history. A great issue was decided. History was changed. And right around us everywhere to-day great issues are being decided. History is being changed and by men of thought. Get lined up with them? Assume your share of the burden; nourish your God-given mentality and use it for the good of your fellow men. Your mind is a God-given possession as well as your body and spirit, and through it you can glorify Him. May our minds be puerile in their innocence and truth, but verile in their strength and growth. With body, mind and heart relatively developed and concentrated you will be a greater man, a grander Christian, and a better servant.