

Clear Exposition of the Efficiency of Appeals to God.

not expect to have strength except you furnish it proper food. It is with the mind; if you provide proper food it will be strong. It is a very good plan to have a regular course of reading for the mind. It is not necessary to read two heavy, or too pious, but to let frivolous reading come in for a while. Constant reading of the literature ruins the memory and weakens the mind. So that a man who reads church history, biography, and the lives of some of the notable men and women of the Church will not only strengthen his mind but mentally and spiritually but mentally

Divine Providence, while
mining in advance the effects of
to happen in the material
around us, has also determined
order of their occurrence and
causes that are to produce
Now, among these causes human
hold a conspicuous place and
taken into account. Man will
such and such an act, say, ad
prayer to the Lord, or perform
penitential act with a view to
an extraordinary favor not ob

There are some people who think seven weeks a long time to refrain from theatre-going, or parties, or when you think of it seven weeks is a very small fraction of the year. The rest of the time you may devote to pleasure—this, only, is asked, that you refrain for a few short weeks. You not do this for our Lord's sake.

To be truly temperate we must be moderate in eating and drinking, and in fasting, too. We must have self confidence without selfishness and self-respect without haughtiness. We must neither be anxious nor apathetic, neither cowardly nor overbold. We may be polite without being deceitful, and candid without being rude. We need not be busy yet we must not talk incessantly.

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or too free or offensive perspiration
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