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Testimonial.

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Dear Sirs—The Williams Piano I purchased  
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R. M. LANGILLE.

Westville, N. S., April 22 '96. 11 min

**The Secret of Health.**

Don't worry.  
Don't hurry. "Too swift arrives  
as tardy as too slow."  
"Simplify! simplify! simplify!"  
Don't over-eat. Don't starve.  
"Let your moderation be known to  
all men."

Count the fresh air day and  
night. "Oh if you knew what was  
in the air!"

Sleep and rest abundantly.  
Sleep is Nature's benediction.

Spend less nervous energy each  
day than you make.

Be cheerful. "A light heart  
lives long."

Think only healthful thoughts.  
"As a man thinketh in heart, so  
is he."

"Seek peace and pursue it."  
"Work like a man, but don't  
be worked to death."

Avoid passion and excitement.  
A moment's anger may prove fatal.

Associate with healthy people.  
Health is contagious as well as  
disease.

Don't carry the whole world on  
your shoulders, far less the uni-  
verse. Trust the Eternal.

"Never despair." Lost hope is  
a fatal disease.

"If ye know these things, hap-  
py are ye if ye do them."—*Homc.*

We were told, many years ago  
by a relative, that the late Rev.  
Mr. Young (Jedburgh) was once  
visiting the deathbed of an aged  
member of his congregation, who  
was hourly looking for his last  
change. 'Well, my friend,' said  
the minister, 'how do you feel  
yourself to-day?' 'Very weel, sir,  
was the calm and solemn answer,  
'very weel, but just a wee confused  
wi' the flittin'.

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Reading Desks, Pulpits,  
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Chairs and seats for Churches  
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Designs and  
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the year 1892 I was in bed  
five weeks with Erysipelas  
swollen out DOCTORS GAVE  
HER UP.



of all hum-  
an shape, fast sinking, and  
given up to die. At this  
crisis Nyassan was used  
and in a most wonderful  
way I was cured in a few  
days."

**The Nyassan Medicine Co, Truro, N.S.**

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promptly done at our office,  
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