

body we must be living in obedience to the spiritual and moral as well as the physical laws of God.

What a poor specimen of a Christian you are apt to be after being kept all day in a stuffy room with your physical and mental powers at low ebb!

You are depressed, bad-tempered, morbid and cranky. How exhilarating it is at such times to get out to the field of sport, to relax the mind and to inhale the pure ozone of heaven. In a short time we are new creatures,—re-created. And if there is any place in the world where sports stand in necessary relation to the development of true character, it is in this country in our winter seasons. Early in the fall we put on our double windows and double doors and keep them on till late in the spring. We shut ourselves in and keep nature and life out. We sleep with windows closed, or fail to sleep because they are closed.

The field of sport is the expert physician. We can summon to our bedside all the doctors in creation and faithfully submit to all the drugs they may prescribe, but in nine cases out of ten it will not begin to be so effective as an hour spent under the canopy of Heaven, where you can bathe your lungs with God's pure air and satisfy your thirst with His pure beverage.

And as a further incitement to health, the field of sport gives scope for common sense in dress. It takes you away for a short time—but as a wonderful relief—from a lot of nonsensical dress which custom and fashion and selfish commercial greed force upon us. The high heel and pinched toe are not tolerated on the campus for a moment. Your head for a time escapes a load of absurd millinery and your face gets a chance to speak its message without affectation or misnamed ornamentation. As Dryden says:

"Better to hunt in fields for health un-
bought
Than fee the doctor for a nauseous draught.
The wise for cure on exercise depend;
God never made His work for man to
mend."

The campus is one of the best of places for discovering and curing a diseased mind, for testing and strengthening the weak spot in your armour, for revealing and repairing the breaches in what otherwise is a walled city. Many a young fellow has even to his own surprise and shame, demonstrated in the field of sport that the under current of his life was not what it should be, and the experience has resulted in his everlasting good. "Bunyan," in "The Holy War," has portrayed in a wonderful manner the struggle that goes on through life between the forces of good and evil—and perhaps some of the greatest battles of life have been fought on the campus. Many a person has there proved himself as great a hero as Wellington at Waterloo, or Nelson at Trafalgar, but God and himself alone witnessed the conflict. The true sport will on the field refuse to go the mean, the low, or the cowardly thing, but even there under the canopy of Heaven, and occupied with what may seem the trivial things of life, he will be able to see God and feel His presence and reflect His character. In his own character will grow and develop in the spirit of love, service, and sacrifice.—From an Anonymous Contributor.

Smile a smile;
While you smile,
Another smiles;
And soon there are miles
And miles of smiles,
And life's worth while
If you but smile.

Welcome Strangers

Be careful to welcome strangers at the league meetings. A few weeks ago a young man entered a meeting. Being a stranger, he took a seat a little to one side of the young people. No one noticed him, or gave him welcome. Going out he was met at the door, and asked to stay, by a brother just coming. "No," he said, "I guess I am not wanted." Greet the strangers! They are from home, lonely and open to approach and sympathy. The late Doctor Reid, secretary of the Missionary Society, once declared that a welcome and warm hand-clasp given to his grandfather at old John Street, "shook generations of Reids into the Methodist Church."—Pittsburg Christian Advocate.

Smiled Into the Church

Mr. D. L. Moody, in describing the work of his "Yoke-fellows' Band," in which a young convert and an experienced Christian were set to work together, used to delight in telling about a young Swede, who, not understanding English, stood at the corner of the street and gave out printed invitations to the passers-by to attend the evening services in the mission.

Mr. Moody said he had a happy smile, and showed a white and beautiful set of teeth. If they thanked him, he smiled; if they cursed him, it was all the same, he smiled. He did not understand, and the people thought they never knew such a good-natured fellow, and felt all the more inclined to accept the invitation to attend the church services. They were really smiled into the church.—Sel.

The Helpful Word

Give the young and struggling a word of encouragement when you can. You would not leave these plants in your window-boxes without water, nor refuse to open the shutters that the sunlight might fall upon them; but you would leave some human flower to suffer from want of appreciation or the sunlight of encouragement.

There are a few hardy souls that can struggle along on stony soil—shrubs that can wait for the dews and sunbeams, vines that can climb without kindly training, but only a few. Utter the kind word when you can see that it is deserved. The thought that "no one cares and no one knows" blights many a bud of promise. Be it the young artist at his easel, the young preacher in his pulpit, the workman at his bench, the boy at his mathematical problems, or your little girl at the piano, give what praise you can.—Sel.

Laughter as Medicine

Laughter induces a mental exhilaration.

The habit of frequent and hearty laughter will not only save you from a doctor's bill but will also save you years of your life.

There is good philosophy as well as good health in the maxim, "Laugh, and grow fat."

Laughter is a foe to pain and disease and a sure cure for the "blues," melancholy, and worry.

Laughter is contagious. Be cheerful, and you make everybody around you happy, harmonious, and healthful.

Laughter and good cheer make life of life, and love of life is half of health.

Use laughter as a table sauce; it sets the organs to dancing, and thus stimulates the digestive processes.

Laughter keeps the heart and face young, and enhances physical beauty.

Laughter is Nature's device for exercising the internal organs and giving us pleasure at the same time.

It sends the blood bounding through the body, increases the respiration, and gives warmth and glow to the whole system.

It expands the chest, and forces the poisoned air from the least used lung cell.

Perfect health, which may be destroyed by a piece of bad news, by grief or anxiety, is often restored by a good, hearty laugh.

A jolly physician is often better than all his pills.—Sel.

A Suggestive Programme

We give in reduced form, the contents of a very attractive bill of fare provided for an evening's enjoyment, and profit. Such a programme you might have to advantage in your League, perhaps. If you try it, let us know.

An "UP" Evening

Will be held at the

EPWORTH LEAGUE OF ELIZABETH STREET CHURCH.

ON MONDAY, OCT. 4th, 1909.

The Meeting to Commence Sharp at 8. A Cordial invitation is extended to all.

PROGRAMME.

- 1—OPENING EXERCISES, conducted by President.
- 2—PAPER on "Look Up," by 1st Vice-President.
Miss Leggett
- 3—DUET
Master James and Miss W. Aikenhead
- 4—PAPER on "Lift Up," by 2nd Vice-President.
Miss Hubbard
- 5—DUET
Misses Cline and Deegan
- 6—PAPER on "Read Up," by 3rd Vice-President.
Mr. Partridge
- 7—RECITATION
Mrs. Hughson
- 8—PAPER on "Brush Up," by 4th Vice-President.
Mr. Corbett
- 9—SOLO
Miss Edna Raynor
- 10—PAPER on "Write Up," by the Secretary.
Mr. Hughson
- 11—PAPER on "Pay Up," by Treasurer.
Miss Bowers
- 12—PAPER on "Grow Up," by junior President.
Miss Turner
- 13—The President to conclude the Programme with a brief address, entitled, "Summed Up."

Rev. J. B. Aikenhead, Chairman.

There's a light that shines in the heavenly blue,
Shining for sinners like me and you.
'Tis the Sun of God's Love, so pure, de-
vine.
Right into your darkened heart 'twill
shine,
And illumine even that sinful place.
If you will but lift to heaven your face.
Lift up your face to the heavenly blue.
For God's great love shines there for you.
—James A. Bell.

Of ready wit, the Archbishop of Canterbury is a great example. He was going in with a number of other clergy to luncheon after some great ecclesiastical function, when an unctuous dignitary observed: "Now to put a bridle on our appetites!"

Quick as lightning the Archbishop retorted: "Say, rather, now to put a bit between your teeth."

"Those who bring sunshine into the lives of others cannot keep it from themselves."