

Family Circle.

PRESERVE YOUR STRENGTH.

Every person born into the world has a certain amount of strength, which may be nourished, increased, preserved, squandered or destroyed. In young persons there is an apparent superabundance of strength. Persons feel vigorous, wakeful, alert, and sometimes hardly know what weariness means; but the strength thus bountifully bestowed is sometimes prodigally expended, and men and women who in early days were full of strength and vigor, become enfeebled, and perhaps end their lives prematurely with weakness, weariness, and pain. They had all the strength they needed, they wasted and abused it, and when they came at last to the great tests of endurance they were unable to bear them, and sank down into feebleness, helplessness and disease. Such persons, whose native vigor should have made them able to do much for themselves and the world, come in after days to helpless, and dependent, and a burden to all around them.

No man or woman has a right to be thus needlessly burdensome. It is the business of men and women to be strong, and to bear burdens: to be able to help those that have need, and to do valiant service in the cause of the heavenly Master. But if through gluttony, intemperance, sensual excess, rash activity, and needless exertion, they come to be crippled, helpless, and mere encumbrances in the world, they have a sad account to give to Him who has entrusted to them strength, talent, and ability.

Strength can be wasted as money can be wasted; it can be saved as money can be saved. He who spends more than he gains every day, is on the road to poverty and distress. He who gains more than he spends, is on the way to prosperity. So he who spends to-day more strength than he gains, is in a bad way, and on the downward road. He who gains more strength than he spends, is on the road to health, and vigor, and activity.

A man to conserve his strength should know just how he stands. The man who borrows money and spends, keeping no accounts, and never balancing his books, will have flush times for the present, and ruin and disaster come at the end. The man who earns his money before he spends it, and who knows just how he stands, is in a much safer position.

One great cause of physical decay and overthrow is the deception caused by stimulation. A man or woman works till weariness is felt, and it is time to rest, and then instead of resting commences to stimulate. Tea, coffee, beer, wine, cider, rum, gin, brandy, etc., are thrown into the system and lash the jaded energies, and the person feels as if new life and vigor were imparted, and is ready then for another struggle. But the end is utter exhaustion and bankruptcy; and persons who thus stimulate and go beyond their natural strength, find it out the following morning, when they are more weary than they were at night.

There is little danger from hard work, provided persons will see to it that they are *thoroughly rested in the morning*; but if they become so weary that they cannot sleep at night, or that a night's sleep does not rest and refresh them, then they are on the road to physical ruin. Any person who feels excessive weariness in the morning is on the wrong road, and needs to stop; and it is the duty of every Christian, and of every intelligent person to carefully consider these things, and not rush blindly on until arrested by some sudden shock, or by a fit of sickness which often

proves fatal to one who is "all run down." It is the duty of sensible people to guard in season against these break-downs. Many people will do anything when it is too late to do anything. They will travel, spend money, diet, rest, and do a dozen things, any one of which done in season would have been amply sufficient for the protection of their health. Prevention is better than cure. It is easier to save money while it is going, than it is to regain it after it has been wasted. It is easier to save health while we have it than it is to wreck our health, and then try in vain to restore it. We may think that necessity is laid upon us now, to work beyond our strength, but we are almost sure to see a day when the need will be greater than now; hence we must save our strength and prepare ourselves for those emergencies which are sure to come.

Keep the machinery in good order and well oiled. Do not allow it to run creaking and rattling. If there is a pain or a lame spot work over it and cure it. Take as much care of yourself as you would of a horse after a hard day's work, and you will find yourself repaid for your labor when your eye is not dim, nor your natural force abated.—*Sel.*

SAVING IN SEASON.

A man with a bag full of gold sees no special necessity for economy; but if he spends with a prodigal hand, and scatters, and lavishes, and wastes, the time may come when his gold and his silver will be gone; and when he has only a few pennies left in the bottom of his pocket, he may be willing to economize and to save, but will find that it is too late to save when there is nothing left to be saved. When a man has "spent all," it is useless to talk about saving; the mischief is done, and he must take the consequences.

The same principle holds good in matters of bodily health and strength. There are people who have health, strength, and constitution enough to live and labor seventy, eighty, or ninety years, if they do not waste their vigor and vitality. But in early life they are so full of energy, that nothing harms or wears them; they can eat, drink, work, and indulge themselves in any way they please; but by and by they find they have gone too far, they have exhausted their capital, broken their health, and are beyond repair. There was a time when no one could advise them or teach them anything; now they are willing to take advice, to spend money, to travel, to rest, to diet, to do anything that will restore them to health. And the feebleness they grow the harder they labor to avoid the doom that approaches. No cost or pains are too great; they are willing to do anything, when they can do nothing, and when nothing they undertake to do will avail anything.

A young girl will injure her constitution, break every law of health, constrict her waist, compress her chest, expose herself to the cold with insufficient clothing, and laugh at all warnings and entreaties; but by and by when she sits in a rocking-chair propped up by pillows, coughing her life away in consumption, she is willing to dress warmly and loosely, live carefully, take rest, avoid exposure, and do anything you tell her; but it is too late!

The time to take care is when you have something to take care of. The time to save is when there is something to be saved. The time to learn wisdom is before folly has done its utmost; and the time to do right is *now*.

Seek ye the Lord while He may be found, call ye upon Him while He is near.