

THROUGH SORROW'S GATE.

There are many things, besides sorrow's gate—gentleness, tact, sympathy, strength, beautiful traits of character, which seem to find no other mode of entrance into life. Long for unclouded joy as we may, it still remains true that few of us would choose for our most valued friend one who has never suffered. The eyes that have not known tears must needs lack something of tenderness. The heart that never has been torn with anguish and loss has never sounded its own depths, and cannot measure those of another. The soul grows strong through storm and conflict if it ever grows strong at all, and, however sweet a nature may be, we find it incomplete and unsatisfying if it has never known the softening, hallowing touch of grief. There are dark pages in our lives where we would gladly have changed the story if we could. There are wounds that still ache, and losses that even yet are hard to bear; but however we may feel about the sorrow itself, there are few of us who would be willing to give up all that it has brought us and taught us—to be just what we were before it touched us. There are some precious gains that come through sorrow's gate.—Wellspring.

CHRIST'S THOUGHT OF YOU.

Cannot you go to Christ to-day and find the idea of yourself in Him? It is certainly there. In Christ's thought at this moment there is a picture of you which is perfectly distinct and separate and clear. It is not a vague, blurred picture of a good man with all the special colors washed away, with nothing to distinguish it from any other good man in town. It is a picture of you. It is you with your own temptations conquered and your own type of goodness, different from any other man's in the world, in all the ages perfectly attained. If you give up your life to serving and loving Christ, one of the blessings of your consecration of yourself to Him will be that in Him there will be open to you this pattern of yourself. You will see your possible self as He sees it, and then life will have but one purpose and wish for you, which will be that you realize that idea of yourself which you have seen in Him.—Ex.

THE CREDULITY OF INCREDULITY.

There is the more reason for trying to help an honest doubter, because he is not at rest in the region of doubt. Skepticism is a restless sea, on which any one who sails is tossed up and down and driven to and fro in endless uncertainty. There is no solid ground

THE VALUE OF CHARCOAL.

**The People Know How Useful it is in Preserving Health and Beauty.**

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and most for the money is in Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal and other harmless antiseptic in tablet form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from its continued use, but on the contrary, great benefit.

A Buffalo physician, in speaking of the benefits of charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in the stomach and bowels, and to clear the complexion and purify the breath, mouth and throat. I also believe the liver is greatly benefited by the daily use of them. They cost but twenty a box at drug stores, and although in some sense a patient preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets."

on which to stand until something true is found and believed. They who pulled down our faith should build up something better, for man is a "religious animal," and needs a religion. It is fair to ask for some better book if we are to give up the Bible, and for some better Saviour if we are to abandon Jesus Christ. The theistic theory may not satisfy some men, but they can not be content with a chaos of absurdities, a mere jumble of conflicting and contradictory notions, in its place. It is scarcely sane to scout one theory for supposed lack of proof, only to accept other unproven theories instead. Napoleon once said to skeptical officers who were about him: "You gentlemen seem to make amends for not believing in Christianity by making haste to believe anything else." If faith sometimes runs into credulity, what about the credulity of incredulity? The folly of believing too much is not so great as the folly of believing too little. Some doubters imitate the eastern dervish, who bidden to search in a river-bed for the philosopher's stone, got into the habit of throwing away whatever he picked up, and so flung away the priceless treasure even when he had it in his hand.—From "The Gordian Knot," By Arthur T. Pierson.

CORNER CHRISTIANS.

There is a multitude of people, any one of whom, if the Lord should speak in trumpet tones and ask for the services of some one to command the forces of right as they engage in combat with the forces of evil, would cry eagerly, "Here, Lord!" but who would be as mute as oysters if, instead, the Lord should ask for privates in this same army—men and women to stay in modest places and lead consistent lives.

Yet it is true, in Christian life as in military life, no general was ever yet a general who had not first proven his worth in a humble capacity.

It is even so with God's generals. Before a man can be a leader in the great battle of right against wrong, he must have proven his capacity in the humblest station that God has seen fit to put him in.

These are the Christians who let their light shine in the corners, and the crying need of the day is not for more generals, but for more corner Christians.—American Illustrated Methodist Magazine.

A LESSON FROM THE SEA.

"I often recall," says an old sailor, "my first night at sea. A storm had come up and we had put back under a point of land which broke the wind a little, but still the sea had a rake on us and we were in danger of drifting. I was on the anchor watch and it was my duty to give warning in case the ship should drag her anchor. It was a long night to me. I was very anxious whether I should know if the ship really did drift. How could I tell? I found that, going forward and placing my hand on the chain, I could tell by feeling it whether the anchor was dragging or not; and how often that night I went forward and placed my hand on that chain! And very often since then I have wondered whether I am drifting away from God and then I go away and pray."

Sometimes during that long, stormy night I would be startled by a rumbling sound, and I would put my hand on the chain and find it was not the anchor dragging, but only the chain grating against the rocks on the bottom. And sometimes now in temptation and trial, I become afraid, and upon praying I find that, away down deep in my heart I do love God, and my hope is in his salvation. And I want just to say a word to you boys: Boys, keep an anchor watch, lest before you are aware you may be upon the rocks.—Selected.

A man's opinion depends largely on his experience. If I should tell a South Sea Islander that I walked across a New Hampshire lake in January, he might tell me that that was contrary to reason, but I should know that what he meant to say was that it was contrary to his experience. When the evangelist tells me that Jesus walked across a Palestinian lake in April, I have no right to say that the story is contrary to reason. It is simply contrary to my experience. But my experience is rather a diminutive affair. If I am to cut down Christianity to the dimensions of my experience, there will not be much left. The fact is, Christ transcends my experience at every point. What he says runs as far beyond me as what he did. "I do always those things that are pleasing unto him." That is further beyond me than walking on the water.—Dr. Charles E. Jefferson.

THE CANADIAN NORTH-WEST.

HOMESTEAD REGULATIONS.

Any even numbered section of Dominion Lands in Manitoba or the North-west Territories, excepting 8 and 26, which has not been homesteaded, or reserved to provide wood lots for settlers, or for other purposes, may be homesteaded upon by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less.

ENTRY.

Entry may be made personally at the local land office for the District in which the land to be taken is situate, or if the homesteader desires he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the Local Agent for the district in which the land is situate, receive authority for some one to make entry for him. A fee of \$10 is charged for a homestead entry.

HOMESTEAD DUTIES.

A settler who has been granted an entry for a homestead is required by the provisions of the Dominion Lands Act and the amendments thereto to perform the conditions connected therewith, under one of the following plans:—

(1) At least six months' residence upon and cultivation of the land in each year during the term of three years.

(2) If the father (or mother, if the father is deceased) of any person who is eligible to make a homestead entry under the provisions of this Act, resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by such person residing with the father or mother.

(3) If a settler has obtained a patent for his homestead, or a certificate for the issue of such patent countersigned in the manner prescribed by this Act, and has obtained entry for a second homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by residence upon the first homestead if the second homestead is in the vicinity of the first homestead.

(4) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the requirements of this Act as to residence may be satisfied by residence upon said land.

The term "vicinity" used above is meant to indicate the same township or an adjoining or cornering township.

A settler who avails himself of the provisions of Clauses (2) (3) or (4) must cultivate 30 acres of his homestead, or substitute 20 head of stock, with buildings for their accommodation, and have besides 80 acres substantially fenced.

Every homesteader who fails to comply with the requirements of the homestead law is liable to have his entry cancelled, and the land may again be thrown open for entry.

APPLICATION FOR PATENT

Should be made at the end of the three years, before the Local Agent, Sub-Agent or the Homestead Inspector. Before making application for patent, the settler must give six months' notice in writing to the Commissioner of Dominion Lands at Ottawa of his intention to do so.

INFORMATION.

Newly arrived immigrants will receive at the Immigration Office in Winnipeg, or at any Dominion Lands Office in Manitoba or the North-west Territories information as to the lands that are open for entry, and from the officers in charge, free of expense, advice and assistance in securing lands to suit them. Full information respecting the land, timber, coal and mineral laws, as well as respecting Dominion Lands in the Railway Belt in British Columbia, may be obtained upon application to the Secretary of the Department of the Interior, Ottawa; the Commissioner of Immigration, Winnipeg, Manitoba; or to any of the Dominion Lands Agents in Manitoba or the North-west Territories.

**JAMES A. SMART,**

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N. B. In addition to Free Grant Lands, for which the Regulations above stated refer, thousands of acres of most desirable lands are available for lease or purchase from Railroad and other corporations and private firms in Western Canada.

The BREAD of the PEOPLE.

A few years ago only the well-to-do thought it necessary to buy Ogilvie's Flour, but to-day everybody who appreciates a first-class loaf of bread is willing to pay the extra cost and get Ogilvie's. Of course it is but fair to say that while the price of Ogilvie's is higher than ordinary brands, the flour itself goes so much farther that it is really the cheapest flour on the market. Dealers should never hesitate to recommend Ogilvie's to all classes of trade, as it combines economy and quality, two things most essential in an article of such general use.

To Housekeepers!

**Woodills**

Do You Use It?