

Prevent Pneumonia

Prevention is always better than cure, even when cure is possible. But so many times pneumonia is not cured that prevention becomes the natural act of instinct of self-preservation which is "the first law of nature." Pneumonia can be prevented and is often cured by the use of Ayer's Cherry Pectoral.

"Some years ago I had a severe cold and was threatened with pneumonia. I could neither eat nor sleep, and was in a wretched condition. I procured a bottle of Ayer's Cherry Pectoral and took it according to the directions, and at the end of fifteen days as well and sound as before the attack. I have recommended it in many cases of pneumonia since, and have never known it to fail in effecting a cure."

JOHN HENRY, St. Joseph, Mo.

"I was attacked with a cold that settled on my lungs, and defied the skill of my physicians so that they considered me incurable. At last I began to use Ayer's Cherry Pectoral, and was entirely cured after having taken two bottles."

FRANCISCO A. SEVERIANO, Taunton, Mass.

Ayer's Cherry Pectoral

Free medical advice to all. All letters answered. Address: Medical Department, J. C. AYER CO., Lowell, Mass.

The Cares of The Household.

Words of Cheer for Wives, Mothers and Daughters—Rev. Dr. Talma's Discourse.

Dr. Talma's sermon today goes through homelife with the tread of one who has seen all its departments and sympathizes with all its sorrows, and has words of cheer for all wives, mothers, daughters and sisters. Text: Luke, x, 40—"Lord, dost thou not care that my sister hath left me to serve alone?"

Yonder is a beautiful village homestead. The man of the house is dead, and his widow is taking charge of the premises. This is the widow, Martha of Bethany. Yes, I know you also the pet of the household. This is Mary, the younger sister, with a book under her arm, and her face having no appearance of anxiety or care. Company has come. Christ stands outside the door, and, of course, there is a good deal of excitement inside the door. The disarranged furniture is hastily put aside, and the hair is brushed back, and the dress is adjusted as well as in so short a time. Mary and Martha can attend to these matters. They do not look at Christ standing at the door until they were newly appareled, or until they had elaborately arranged their tresses, then coming out to greet their affected surprise as though they had not heard the two or three previous knockings, saying: "Why, is that you?" No. They were ladies, and were always presentable, although they may not have always had on their best. They throw open the door, and greet Christ. Christ did not come alone; he had a group of friends with him, and such an influx of city visitors would throw any country home into perturbation. The kitchen, that was that day was a very important department, and I suppose that Martha had no sooner greeted the guests than she fled to that room. Mary had no worriment about household affairs. She had full confidence for the table that was prepared for the dinner in Twelve Lessons. I'll sit down and be good."

So you have often seen a great difference between two sisters. It is noon. Mary is in the parlor with Christ. Martha is in the kitchen. It would have been better if they had divided the work, and then they could have divided the opportunity of listening to Jesus, but Martha was so busy that day. Christ was hungry, and he did not often have a luxurious entertainment. Alas, Mary! If the duty had devolved upon Mary what a repast that would have been! But something went wrong in the kitchen, and Martha lost her patience, and forgetting the proprieties of the occasion, she rushes out of the kitchen into the presence of Christ, saying: "Lord, dost thou not care that my sister hath left me to serve alone?" Christ smiled not a word. He knew Martha had almost worked herself to death to get him something to eat, and so he throws a word of tenderness into his intonation as he says: "Martha, Martha, thou art careful and troubled about many things, but one thing is needful."

As Martha throws open that kitchen door I look in and see a great many household perplexities and anxieties. First, there is the trial of non-appreciation. That is what made Martha so mad with Mary. The younger sister had no estimate of her older sister's fatigues. As now, men bothered with the anxieties of the store, and office, and shop, or coming from the Stock Exchange, when they get home they say: "Oh, you ought to be in our factory a little while; you ought to have to manage eight, or ten, or twenty subordinates, and then you would know what trouble and anxiety are." "Oh,

the wife and the mother has to conduct at the same time a university, a clothing establishment, a restaurant, a laundry, a library, while she is health officer, police and president of her realm! She must do a thousand things, and do them well, in order to keep things going smoothly, and so her brain and her nerves are taxed to the utmost. I am speaking now of the great mass of housekeepers—the women to whom my life is a life, and who, at thirty years of age, look as though they were forty, and at forty look as though they were fifty, and at fifty look as though they were sixty. The fallen are Chalmers, and Terrell, and Gettysburg, and Waterloo are a small number compared with the slain in the great imagination of the kitchen. You go out to the cemetery and you will see that the tombstones all rest beautifully erect; but if those tombstones would speak the truth, thousands of them would say: "Here lies a woman killed by too much mending, and sewing, and baking, and scrubbing, and scouring."

"You think a man of the world that you have all the care and anxieties. If the cares and anxieties of the household should come upon you for the first time, you would be fit for the insane asylum. Oh, woman, though I may fall to stir up an appreciation in the souls of others in regard to your household toils, let me assure you, from the kindness with which Jesus Christ met Martha, that he appreciates all your work from garret to cellar; and that the God of Deborah, Hannah, and Abigail, and Grandmother Lois, and Elizabeth Fry and Hannah More is the God of the housekeeper."

Again, there is the trial of severe economy. Nine hundred and ninety-nine households out of the thousand are subjected to it—some under more and some under less stress of circumstances. Especially if a man smoke expensive cigars and take very costly dinners at the restaurants, he will be severe in demanding domestic economy. This is what kills tens of thousands of women—attempting to make five dollars do the work of seven. A young woman about to enter the married state said to her mother: "How long does the honeymoon last?" The mother answered: "The honeymoon lasts until you ask your husband for money." How some men do dole out money to their wives! "How much do you want?" "A dollar." "You are always wanting a dollar. Can't you do with fifty cents?" If the husband has not the money let him plainly say so. If he has it, let him make cheerful response, remembering that his wife has as much right to it as he has. The thirty years war against high prices, this perpetual study of economies, this lifelong attempt to keep the outgoes less than the income, exhausts the miserable housekeepers. Oh, my sister, this is a part of the divine discipline. And if your life on earth was domestic martyrdom, oh, the joy of an eternity in which you shall have nothing to do except what you choose to do. Martin Luther, who was a great theologian, has had no drugery for eighteen centuries! I quarrel with the theologians who want to distribute all the thrones of heaven among the John Knoxes and the Hugh Latimers and the Theban Legions. Some of the brightest thrones of heaven will be kept for Christian housekeepers. There are many housekeepers who could get along with their tails if it were not for sickness and trouble. The fact is, one-half of the women of the land are more or less invalids. The mountain of domestic labor never had an ache or a pain, may consider household toil insupportable, and toward evening she may skip away to the fields and drive home the millets, and she may until ten o'clock at night sit the house with laughing rackets, but oh, to do the work of life with worn-out constitution, when whooping-cough has been raging for six weeks in the household, when the night is sleepless as the day—that is not so easy! Perhaps this comes after the nerves have been shattered by some bereavement that has left desolation in every room of the house, and the occupant has been hushed into a stupor which needs no mother's lullaby. Oh, she could provide for the whole group a great deal better than she can for a part of the group, now the rest go. Though you may tell her that God is taking care of those who are gone, it is motherlike to brood both for the living and the dead. There is nothing but the old-fashioned religion of Jesus Christ that will take a woman happily through the trials of home life. At first there may be a rebuff, but a novelty that will do for a substitute.

But after awhile the romance is all gone, and then there is something to be prepared for the table that was called "Cookery in Twelve Lessons" will not teach. The recipe for making bread is not a handful of this, a cup of that, and a spoonful of something else. It is not something sweetened with ordinary condiments or flavored with ordinary flavors, or baked in ordinary ovens. It is the loaf of domestic happiness; and all the ingredients come from heaven, and the fruits are plucked from the tree of life, and it is sweetened with the new wine of the kingdom, and it is baked in the oven of home trial. Solomon wrote out of his own experience. He had a wretched home. As men cannot be happy with two wives, much less six hundred; he says, writing out of his own experience: "Better is a dinner of herbs where there is peace, than a stalled ox and hatred therewith."

How great are the responsibilities of housekeepers! Sometimes an indigestible article of food, by its effect upon a king has overturned an empire. A distinguished statesman says one of one thousand unmarried men there are thirty-eight criminals, and of one thousand married men only eighteen are criminals. What a suggestion of home influences! Let the most made of them. Housekeepers by the food they provide, by the couches they spread by the books they introduce, by the influences they bring around their home, are deciding the physical, intellectual, moral, eternal destiny of the race. You say your life is one of sacrifice. I know it. But, my sisters, that is Payson's life; that was Christ's life. We admire it in others, but how very hard it is for us to exercise ourselves! God give us that self-denying spirit, so that whether we are in humble spheres or in conspicuous spheres we may perform our whole duty—for this struggle will soon be over.

One of the most affecting remembrances of my mother is my remembrance of her as a Christian housekeeper. She worked very hard, and when we would come in from summer play and sit down at the table at noon, I remember how she used to come in with beads of perspiration along the lines of gray hair, and how sometimes she would sit down at the table and put her head against her wrinkled hand and say: "Well the fact is, I'm too tired to eat." Long after she might have delegated this duty to others, she would not be satisfied unless she attended to the matter herself. In fact, she all preferred to have her do so, for somehow things tasted better when she prepared them. Some time ago, in an express train, I shot past that old homestead of the South, and I looked out of the window and tried to peer through the dark-

ness. While I was doing so, one of my old schoolmates, whom I had not seen for many years, tapped me on the shoulder and said: "De Witt, I see you are looking out at the scenes of your boyhood." "Oh, yes," I replied, "I was looking at the old place where my mother lived and died." That night in the car the whole scene came back to me. There was the country home. There was the noonday table. There were the children on either side of the table, most of them gone, never to come back.

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Communication With Gen. Sir Wm. Lockhart Interrupted.

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SALMON INDUSTRY GROWING.

British Columbia Canneries Break All Records.

Vancouver, B. C., Jan. 3.—Official returns give the British Columbia salmon pack for the last year as 1,007,328 cases.

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The Delhi Canning Company shipped a thousand cases of corn to Alaska this year.

A bylaw to furnish Tilsonburg with a town hall carried. A bylaw to purchase a driving park was defeated.

Charles Saunders, a young married man, who was in the employ of Mr. Robert Anderson, at the Fletcher House, died of cholera.

Mrs. Catharine Wood, wife of the late Nathan H. Wood, one of the oldest residents of Aymer, died Sunday night.

Mr. James M. Smith, of Port Stanley, passed away on Friday, aged 51 years.

Mrs. Mary Scott, widow of the late Robt. Scott, died Sunday at her residence, concession 3, Delaware, in the 70th year of her age.

Miss Mary Hayward, who lives on Talbot street, St. Thomas, became dependent and swallowed a quantity of toothache medicine, with the result that she almost killed herself.

At one end of the table my father, with smile that never left his countenance even when he lay in his coffin. It was an 84 years' smile—not the smile of manhood, but of Christian courage and of Christian hope.

At the other end of the table was a Christian housekeeper, my mother. She was very tired. I am so glad she has so good a place to rest in. "Blessed are the dead who die in the Lord; they rest from their labors, and their works do follow them."

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