

saw all the charity schools, and some of the work in the meetings for women. I met the Christians for conference and visited the workers in their own homes. As scarcely any two live within five miles of each other, this took time. There were many callers at the home where I was entertained. They came early and late. Sometimes there was no leisure; no, not so much as to eat. I think I saw and heard about every side of the work. The week closed with a service of song and thanksgiving to God for his loving kindness.

On a Bicycle Tour.

A CLERGYMAN'S EXPERIENCE WITH LONG, HARD RIDING.

Has Travelled Fully 3,000 Miles On His Wheel—He Makes Some Reflections on the Benefits of the Sport, and Tells of the Dangers.

From the Utica, N. Y., Press.

The Rev. Wm. P. F. Ferguson, Presbyterian Minister at Whitesboro, whose picture we give below, will not be unfamiliar by sight to many readers. A young man, he has still had an extended experience as foreign missionary, teacher, editor, lecturer and pastor, that has given him a wide acquaintance in many parts of the country.

In an interview, a few days ago, he said:

"In the early summer of '94 I went upon a tour-through a part of Ontario on my wheel. My route was from Utica to Cape Vincent, thence by steamer to Kingston, and from there along the north shore of the lake to Toronto and around to Niagara Falls. I arrived at Cape Vincent at five o'clock, having ridden against a strong head wind all day.



"After a delightful sail through the Thousand Islands, I stepped on shore in that quaint old city of Kingston. A shower had fallen, and the streets were damp, so that wisdom would have dic-

tated that I, leg-weary as I was, should have kept in doors, but so anxious was I to see the old city that I spent the whole evening in the streets.

"Five o'clock the next morning brought a very unwelcome discovery. I was lame in both ankles and knees. The head wind and the damp streets had proved an unfortunate combination. I gave, however, little thought to it, supposing it would wear off in a few hours, and the first flush of sunlight saw me speeding out the splendid road that leads toward Napanee.

"Night overtook me at a little village near Port Hope, but found me still lame. I rested the next day, and the next, but it was too late; the mischief was done. I rode a good many miles during the rest of the season, but never a day and seldom a mile without pain.

"The winter came and I put away my wheel, saying, 'Now I will get well,' but to my disappointment I grew worse. Some days my knees almost forbade walking and my ankles would not permit me to wear shoes. At times I suffered severe pain, so severe as to make study a practical impossibility, yet it must be understood that I concealed the condition of affairs as far as possible.

"From being local the trouble began to spread slightly and my anxiety increased. I consulted two physicians and followed their excellent advice, but without result. So the winter passed. One day in March I happened to take in my hand a newspaper in which a good deal of space was taken by an article in relation to Dr. Williams' Pink Pills. I did not at that time know what they were supposed to cure. I should have paid no attention to the article had I not caught the name of a lady whom I knew. Reading, I found that she had been greatly benefited by the use of Pink Pills, and knowing her as I did I had no doubt of the truth of the statement that she had authorized.

"The first box was not gone before I saw a change, and the third had not been finished before all signs of my rheumatic troubles were gone to stay.

"I say 'gone to stay,' for though there has been every opportunity for a return of the trouble, I have not felt the first twinge of it. I have wheeled thousands of miles and never before with so little discomfort. I have had some of the most severe tests of strength and endurance, and have come through them without an ache. For example, one afternoon I rode seventy miles, preached that night and made fifty miles of the hardest kind of road before noon the next day. Another instance was a 'Century run,' the last forty miles

of which were made in a downpour of rain, through mud and slush.

"You should think I would recommend them to others? Well, I have, and have had the pleasure of seeing very good results in a number of instances. Yes, I should feel that I was neglecting a duty if I failed to suggest Pink Pills to any friend whom I knew to be suffering from rheumatism.

"No, that is not the only disease they cure. I personally know of a number of cures from other troubles, but I have needed them only for that, though it would be but fair to add that my general health has been better this summer than ever before in my life."

Dr. Williams' Pink Pills contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are sold in boxes (never in loose form, by the dozen or hundred) at 50 cents a box, or six boxes for \$2.50, and may be had of all druggists or directly by mail from Dr. Williams' Medicine Company, Brockville, Ont.

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