W.

## HEALTH AND HOLIDAYS.

The essential point about a real holiday is that it should afford complete change of environment and occu pation, of habits to some extent, per haps of companionship, as well as air. Change of scene alone has a recrea-tive value, inasmuch as it awakens new trains of thought and acouses fresh interests in the mind of the ob server, thus directing the mental ac server, thus directing the mental activities into fresh channels, and, by minded. She gave to her son, John, this rule of life: "Whatever wgakness ypur reason, impairs the tenderness of your conscience, obscures your sense of God, or takes off the relish of spiritworn Horatian aphoriam, it is quite possible at one and the same time to recreate the mind at well as "change the skies.

Change of diet is an able ally of Perhaps the cooking is son 80epe what different from that which one has been accustomed to, the fish and vegetables fresher than one has been in the habit of obtaining at home, the water they have been cooked in is not without a subtle influence of its own, anor is the novelty of the style in which the meals are served without a psychological influence, which reacts on digestion through the well known influence of mind on body. Even when living at home the change involved in dining out has a value.

Then there is necessarily some de gree of change in one's habits of life. gree of change in one's nabits of life. For instance, there is no morning train to the city to catch, no office to hold one prisoner during the best hours of the day, no nerve-wearing "click, click," of the typewriter in one's ears, and, it is to be hoped, no iangling telephone to ring one up jangling telephone to ring one up every five minutes. The holiday-mak-er has the day before him to do with er has the day before him to do with as he pleases, to "loaf and invite his soul," or to "do the lions" with all the energy at his command. He need no longer live with an eye on the clock, but may go to bed and get up when he pleases. For a time, at least, he can afford to be more of a men and less of a machine

when he pieases. For a time, at least, he can afford to be more of a man and less of a machine. The grand factor, however, in the lay view of a holiday is change of air. People do not as a rule take any ac-count of the other changes, which are very real, and certainly tangible, but-they expatiate very largely on the benefits of a change of air. Certainly the air of a place like Brighton seems to be more exhilarating than that of Bayswater, but chemically they are al-most identical. Brighton boasts of its ozone, but if Bayswater would only get up a little earlier in the morning it, too, might revel in the ozone evol-ved in the dewy glades of Kensington Gardens during the small hours of these summer mornings. A change these summer mornings. A change from the town to a quiet seaside or inland village undoubtedly enables one inland viffage undoubtedly enables one to breathe an atmosphere free from the gaseous, organic, and dusty refuse suspended in the air of a big town. In a word, change of air really means change from an impure to a pure air, and in view of the benefits accruing from a liberal supply of the latter, it is a matter for wonder that so mdy people are content to breathe the mere apology for air which is the only re-spirable medium available in our great spirable medium available in our great nties of today.

spirable medium available in our great citues of today. It goes without saying that during the holiday as much time as possible should be spent in the open air, pre-ferably in the pursuit of some sport, such as fishing, some hobby, like bot-apy, geology, or gardening, or some gentle form of exercise, like cycling, To take full advantage of the sunlight -a powerful tonic, stimulant, and al-ternative-is as important as to take full advantage of the fresh air, and that the light rays may have their full effect on the hody, the holiday maker's attime should consist of white, or, at any rate, light-colored fabrics, prefer-able of a locely woven texture. The bandicial effect of sea-bathing is in no little degree due to the action of light

and rapidly moving air on the surface of the body; hence the full effect of the sun-bath should always be secured at the bathing hour.-Dr. Robertson Wal-

## A MOTHER'S RULE.

The mother of John Wesley and Charles Wesley and seventeen other children was a most remarkable wo man-beautiful in person, intelligent refined, systematic, and spiritually ual things in short, whatever increas es the strength and authority of your body over your mind that thing sin to you, however innocent it mu be in its self. Wise mother! Wise son! Exchange

## WHOSOEVER.

Some one tells of an old man that was riding through a country district when he was accosted by a native who asked him for a ride. He soon began to talk to the man and found that he was not saved. The native asked him after a while what his business was in after a while what his business was in those parts. He said, "I represent a very large estate that has just been divided by the will of the testator and some of the heirs live around here, and I am looking for them. Their family name begins with the letter 'S', and they are a very large family." Immedthey are a very large family." Immed-iately the-man became greatly inter-osted. "Why, he said, I know some of them, they are the Smiths, are they not?" "No," said the man, as he looked him earnestly in the face, "their name is "Sinner," and I think you are one of them and I have come to bring you a fortune."

"So grant me, God, from every care

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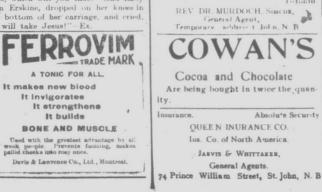
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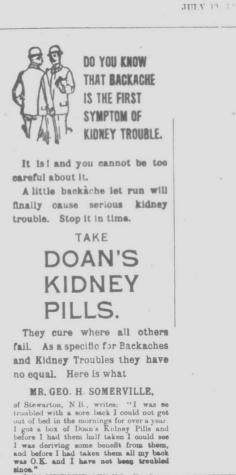
Savings and Loan

So grant me, God, from every ch And stain of passion free,
Aloft thro' virtue's purer air
To hold my course to Thee.
No sin to cloud, no lure to stay,
My soul as home she springs;
Thy sunshine on her joyful way,
Thy freedom in her wings."

AN ECCENTRIC PREACHER AN ECCENTRIC PREACHER. Rowland Hill, the eccentric Welsh preacher was preaching once in the open air. Lady Ann Er-skine came riding by in her carriage. Seeing the great crowd which surrounded the fumous preach er, Lady Ann ordered her conchuran to drive over in order to hear his dis-course. Bowland saw the carriage on the outskirts of the crowd. He surmis-ed that the occupant was a member of ed that the occupant was a member of the nobility. He surmised that it was Lady Ann Erskine, and in that he was

Lady Ann Erskine, and in that he was right. He stopped suddenly in his sermon and said: "Friends I have something to sell!" Everybody was amazed, "Yes," he said, "I have something to offer for sale. It is the soul of Lady Ann Erskine. Do I hear a bidder? Hark! Satan bids! Satan, what do you bid? Satan offers money, position, honor, pleasure. Stop! Do I hear another bidder? Yes, the Lord Jesus Christ bids. Lord Jesus Christ what do You bid? Christ bids eternal life!" Turning to Lady Ann Erskine he said, "Lady Ann, you have heard the two bids; which will you take?" And Lady Ann Erskine, dropped on her knees in the bottom of her carriage, and cried. "I will take Jesus!"-Ex.





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No. 10-Express for Halifax and Syd No 136, 138, 156-Suburban express for Hampton

TRAINS ARRIVE AT ST. JOHN.

No 9-Express from Halifax and Syd-nev. 625 No 7-Express from Sussex 9.00 No 133-Express from Montreal and Quebec 12.50 No 5--Mixed from Moncton 16.30 No 7-Express from Moncton 16.00 No 32-Express from Moncton 17.15 No 12-Express from Moncton 17.15 No 81-Express from Moncton 11.20 No 881-Express from Moncton 11.20 No 881-Express from the Sydneys Hal-ifex Pictou and Moncton (Sunday nly) 1.35

niy) 135 137, 155 Suburban express from Hampton 7

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JULY 19

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great or nobl assume the as coward or we When Coffee ;

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it not only a freshing bever All my, ailm dizziness, the of my blood, tability disapp my sorely a quickly to re build and hav til now. Ha til now. Hay am rejoicing in owe to the us fee." Name fee." Name Battle Creek, 1

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