## Points Discussed.



You are aware that you cannot go without food and still retain your strength; yet you do neglect the exercise and recreation necessary to perfect health and long life.

Why don't you buy a bicycle, ride it and add ten long years to your life? You can then, with clear brain and added energy, accomplish more than you do now, and in less time.

With an easy-running Stearns bicycle you can save "enough time to enable you to make delightful outings.

The Stearns is called the Yellow Fellow because of its orange finish; we have it in black if you prefer.

Ask our Agent, or send direct for beautiful '97 "Year Book."



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The Montreal Witness gives it nearly three columns of space, and says: "We could wish that thousands besides. Methodists would read it to kindle and fan the flame of Canadian patriotism, and that all might learn the imperishable power and beauty of Godliness and true religion in humble life."

WILLIAM BRIGGS, 29-33 Richmond St. W., TORONTO.