

## Was Badly Run Down. Milburn's Heart and Nerve Pills Built Her Up.

Mrs. Frank Blough, Sarnia, Ont., writes:—"I embrace the opportunity to write you saying that I have used Milburn's Heart and Nerve Pills, and found them very helpful to me. I was very badly run down, and was taking doctor's medicine. My son, out West, wrote me saying, 'Mother! you use the Milburn's Heart and Nerve Pills, they will be better for you than doctor's medicine.' This I did with good results. I often recommend them to other people. My doctor did not know I was using them, he used to say 'Why! I never saw any one's heart gain up like yours has. You do not need any more medicine.'"

Milburn's Heart and Nerve Pills are 50c. per box, 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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## Sunday Reading

### Consider

Consider  
The lilies of the field, whose bloom  
We are as they;  
Like them fade away,  
As doth a leaf.

### Consider

Consider  
The sparrows of the air, of small account  
Our God doth view  
Whether they fall or mount—  
He guards us too.

### Consider

Consider  
The lilies that do neither spin nor toil  
Yet are most fair—  
What profit all this care  
And all this toil?

### Consider

Consider  
The birds that have no barn nor home  
God gives them food—  
Much more our Father seeks  
To do us good.

### No Sabbath

It would be difficult to find a more striking picture of a land where the Sabbath had been forgotten than this, written by a Scottish printer:

"Think how the abstraction of the Sabbath would hopelessly enslave the working classes with whom we are identified. Think of labor thus going on in one monotonous and continuous and eternal cycle—limbs for ever on the rack, the finger for ever playing, the eyeballs for ever straining, the brow for ever sweating, the feet for ever plodding, and brain for ever throbbing, the shoulder for ever drooping, the loins for ever aching, and the restless mind for ever scheming. Think of the beauty it would efface, of the merry-leartedness it would extinguish, of the giant strength it would tame, of the resources of nature that it would exhaust, of the aspirations it would crush, of the sickness it would breed, of the projects it would wreck, of the groans it would extort, of the lives it would immolate, of the cheerless graves it would prematurely dig. See them toiling and moiling, sweating and fretting, grinding and hewing, weaving and spinning, sowing and gathering, mowing and reaping, raising and building, digging and planting, unloading and storing, striving and struggling—in the garden and in the field, in the granary and in the barn, in the factory and in the mill, in the warehouse and in the shop, on the mountain and in the ditch, on the roadside and in the wood, in the city and in the country, on the sea and on the shore, on the earth in days of brightness and of gloom. What a sad picture would the world present if we had no Sabbath!"

### The Gospel an Artesian Well

The late D. L. Moody, in illustrating the different classes into which Christians can be divided, and in explaining the best kind of a Christian to be, once used the following graphic illustration: "When I was a boy I used to have to pump water for the cattle. Ah, how many times I have pumped with that old right hand until it ached, and many times I used to pump when I could not get any water, and I was taught that when the pump was dry I must pour a pail of water down the pump and then I could get the water up.

"That is what Christians want—a well of living water. We will have plenty of grace to spare—all we need ourselves and plenty for others. We have got into the way now of digging artesian wells better. They don't pump now to get the water. But when they dig the well they cut down through the gravel and through the clay perhaps 1,000 or 2,000 feet, not stopping when they can pump the water up, but they cut to a lower stratum and the water flows up abundantly of itself.

"And so we ought every one of us to be like artesian wells. God has got grace enough for every one of us, and if we were only full of the Holy Ghost what power we would have."

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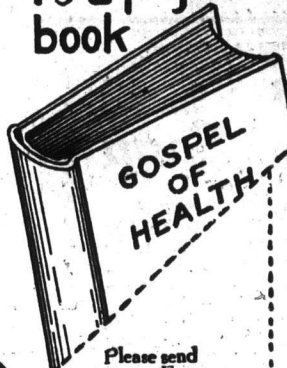
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