

It would be difficult to find in a compass so limited so many lessons of rare excellence.

No one (young or old) can read them without being benefited.

In this busy age when men look for exhaustiveness combined with brevity, a lecture in which these points meet so happily will be all the more welcome.

The Board are pleased to be the medium through which this lecture is placed before the public, and which they hope ere long will find its way into every home in the Dominion.

JOHN MACDONALD,  
*President Y.M.C.A.*

BOARD ROOM,  
June 22, 1876.