

**TEMPERANCE.**

There is a common belief that alcohol gives new strength and energy after fatigue sets in. The sensation of fatigue is one of the safety valves of our machine; to stifle the feeling of fatigue, in order to do more work, is like closing the safety valve so that the boiler may be overheated and explosion result.

It is commonly thought that alcoholic drinks aid digestion, but in reality the contrary would appear to be the case, for it has been proven that a meal without alcohol is more quickly followed by hunger than a meal with alcohol.

In connection with the sanitation of armies, thousands of experiments upon large bodies of men have been made and have led to the result that, in peace or war, in every climate, in heat, cold, or rain, soldiers are better able to endure the fatigue of the most exhausting marches when they are not allowed any alcohol at all.

That mental exertions of all kinds are better undergone without alcohol is generally admitted by most people who have made the trial.

It appears certain that from 70 to 80 per cent. of crime, 80 to 90 per cent. of all poverty and from 10 to 40 cent. of the suicides in most civilized countries are to be ascribed to alcohol—*Westminster Review*.

**EVERY DAY.**

We should commence every day with God. The busiest and best man in Jerusalem was wont say: "In the morning will I direct my prayer to Thee, and will look up." I will sing aloud of Thy mercy in the morning." Daniel, too, saluted his God with prayer and praise at early dawn. We begin the day unwisely, and at great risk to our lives, if we leave our chamber without a secret conference with our Almighty Friend.

Every Christian, when he puts on his clothes, should also put on his spiritual armor. Before the day's march begins, he should gather up a portion of heavenly manna to feed the inner man. As the Oriental traveller sets out for the sultry journey of the burning sands, by leading up his camel under the palm tree's shade, and fills his water flagon from the crystal fountain which sparkles at its roots, so doth Christ's pilgrim draw his morning supplies from the exhaustless spring.—*Selected*.

**SILENCE.**

It is not easy to explain in a few words the multitude of evils which proceeded from the tongue. It is a sentence pronounced by the Holy Spirit that much speaking is never exempt from sin. The habit of speaking much is a source of vice, a sign of ignorance and folly. In vain does he who cannot bridle his tongue labor to acquire the gift of prayer, peace of heart, and union with God; he will never succeed. Christian soul? if thou wilt advance in perfection and in the love of God, I cannot say to thee too often, speak little, speak low, speak without excitement,

but when necessary, speak not ever uncharitable, speak meekly, speak with simplicity, speak truthfully, speak without affectation, without precipitation, without vanity; speak when thou oughtest to speak, and keep silent when thou shouldst keep it.—*Selected*

**CURED OF ASTHMA.**

HOW A YOUNG LADY IN TORONTO WAS RESTORED TO HEALTH.

She Suffered for Year from this Distressing Complaint, and on Occasions was Confin'd to her Room for Weeks—Her Father tells How She was Cured.

From the Brockville Recorder.

Mr. Reuben Barber, architect, of the city of Toronto, at one time a resident of Merrickville, has been visiting old friends and relatives in and around the village recently. While chatting with the *Recorder* correspondent, the recent wonderful cures in the vicinity through the use of Dr. Williams' Pink Pills came up, when Mr. Barber said he had an experience in his own family quite as remarkable. Asked if he would give the particulars, Mr. Barber said that some seven years ago, while living in Mount Forest, his daughter took a severe cold which developed into asthma. At first she would be confined to her room for days, and to see her struggling for breath one would think she could not possibly live an hour. As she grew older the asthmatic spasms became more frequent and of longer duration. Sometimes she would be unable to leave her room for weeks, and then she would rally and be better for a short time. After we moved to Toronto she was put under the care of one of the best doctors in the city. At first his treatment seemed to help her, but after a few months she became as bad as ever and the medicine did not appear to do her the slightest good. We had now fully made up our minds that the trouble was incurable. We had read so much of Dr. Williams' Pink Pills that we determined to give them a trial, really looking upon them as a sort of forlorn hope. My daughter began taking the pills and continued the treatment for about six months, when she found herself entirely free from the distressing disease. Seven months have now passed since she took the last box, and she has never had the slightest spasm or return of the trouble. "She is now the picture of health," says Mr. Barber, "and we give the entire credit to Dr. Williams' Pink Pills, and lose no opportunity of sounding the praises of this great medicine." These pills are a positive cure for all troubles arising from a vitiated condition of the blood or a shattered nervous system. Sold by all dealers, or by mail, from the Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N.Y., at 50 cents a box, or six boxes for \$2.50. There are numerous imitations and substitutions against which the public is cautioned.

A gentleman was riding the Susquehanna river on horseback and found himself becoming so dizzy as to be in danger of losing his seat. Suddenly his companion cried, "look

up." He did so and recovered his balance. Does not our danger arise from this constant downward look? Is our salvation not dependent upon a similar change in the direction of our eyes?

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