THE CHRISTIAN MESSENGER.

Expanding the Lungs.

Step out into the purest air you can find; stand perfectly erect, with head and shoulders back, and then, fixing the lips as if you were going to whistle, draw the air through the lips into the lungs. When the chest is about half tull, gradually raise the arms, keeping them ex-PART 3. - Our Lord's first passover, and subsequent tended with the palms of the hands down, as you suck in the air, so as to bring them over the head just as the lungs are quite full. Then MATTHEW ii. 13-25: At passover Jesus drives the drop the thumbs inward, and alter gently forcing the arms backward and the chest open, bigot." reverse the process by which you draw your breath until the lungs are empty. This process should be repeated immediately after bathing, MATTHEW iii. 1-21: Our Lord's incourse with Nicoand also several tiu es through the day. It is impossible to describe to one who has never tried it the glorious sense of vigor which tol lows this exercise. It is the best expectorant in the world. We know a gentleman the measure of whose chest has been increased by this means some three or four inches during as many months.

Total Depravity,

BY THE REV. I. S. SPENCER, D. D.

About to call upon a young woman, to whom I had sometimes spoken on the subject of religion, but who uniformly appeared very indifferent, I began to consider what I should say to her. I recollected that, although she had always fluence her mind against religion. I recollected, also, that I had heard of her inclination towards another denomination, whose religious sentiments were very different from my own; and thought, therefore, that I must take care not to awaken prejudices, but aim to reach her conscience and her beart. The most of her relatives and friends were members of my church. She had been religiously educated, and was a knew, therefore, that she must have consider loved amusements and thoughtless society; and shall I leave you and say no more ?" I supposed she would be very reluctant to yield Again his voice was choked with weeping; any personal attention to her salvation, lest it

to the Bible and your own good sense. Is there again. anything unreasonable, or unkind, and bigutry

in asking this ?"

salvation as you are doing? I know you will shown me mercy. It was all grace. answer me trankly."

"No; I do not think it is."

" Have you long thought so ?"

"Yes; to tell you the truth, I have, a good while."

"Indeed! and how came you still to neglect ?" "I don't know !- But they keep talking to me,-a kind of scolding I call it; and they talk believe I should not have been led to my in such a way, that I am provoked, and my Saviour." mind turns against religion. If they would talk to me as you do, and reason with me, and not religion, which she still lives to honour. be dinging at me, and treating me as if I were a fool, I should not teel so."

Said I, "They may be unwise perhaps, but they mean well; and you ought to remember that religion is not to be blamed for their folly. And now, my dear girl, let me ask you serious- of large streams; a belm is a little thing, but it ly,-will you attend to this matter of your sal- governs the course of a ship; a bridle-bit is a further delay? If you are not disposed to do look, a smile, a frown, are all little things, but so; if you think it best, and right, and reasona- powerful for good ar evil. Think of this, and very regular attendant upon divine worship; 1 anything more to you about it ;- then say so, it is a shilling, hand it over. You know not able intellectual knowledge on the subject of but I will be still. I am not going to annoy your word sacred-keep it to children; they religion. But she was a gay young woman, you or treat you unpolitely. What do you say? will mark it sconer than any one else, and the

"I don't wish you to leave me."

"Well, do you wish to seek the Lord ?" "I wish to be sared," said she. "But I

conscience. You are not against me, but vised her to avoid them as much as possible : against your own reason and good sense, - and without letting her know it, I privately reagainst your known duty, while you lead a quested her officious exhorters to say nothing to prayerless life. I am surprised that a girl of ber. But I found it bard work to keep them your good mind will do so. You are just yield. still. And when she complained to me again of ing to the desires of a wicked and deceitful their officious inquiries about her feelings, I reheart. I do not ask you to think as I think, or quested her to leave the room whenever any one feel as I feel; I only ask you to act according of them should venture on such an inquiry

She continued her prayerful attempts after the knowledge of salvation, and in a few weeks " Oh no, sir. But I am sorry I called you a she found peace and joy in believing in Christ. She told me she knew her entire depravity; TI

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"I am glad of it. I respect you for it. You "but," said she, "I never should have believed spoke as you felt. But let that pass. I just it, if I had not found it out by my own experiwant you to attend to religion in your own way, ence. It was just as you told me. When I and according to God's word. I did not come really tried to be a Christian, such as is debere to abuse you, or domineer over you, but to scribed in the Bible, I found my heart was all reason with you. And now, suffer me to ask sin and enmity to God. And I am sure I never you if you think it right and safe to neglect should have turned to Christ, if God had not

"Now I believe in total depravity. But I learned it alone. You did not convince me of

"I never tried," said I.

"I know you didn't; and it was well for me that you let it alone. If you had tried to prove it, or gone into a dispute about Univarianism, I

She afterwards made a public profession of

Little things.

Springs are little things, but they are sources vation as well as you can, according to the little thing, but see its use and powers; nails word of God and with prayer, and endeavour and pegs are little things, but they hold the to be saved? Will you do it without any parts of a large building together; a word, a ble to neglect it; if you do not wish me to say mind the little things. Pay that little debt; if and I will urge you no more. I shall be sorry, what important events hang upon it. Keep effect will probably be as lasting as lite. Mind the little things.

The dying Child,

Sunday, April 26th, 1868.

Souths' Department.

BIBLE LESSONS.

Sunday, April 19th, 1868.

transactions until the second.

traders out of the temple.

Recite,-MATTHEW XXI. 12-13.

Recite-NUMBERS XXI. 8,9.

124

demus.

I knew a collier in Staffordshire who had one dear little girl, the last of four or five. This child was the light of his eyes; and as he came from the pit at night she used to meet him at the door of his cot to welcome him home. One day when he came in to dinner he missed his little darling, and going into the house with his heavy coal-pit clogs, his wife called him upstairs. The stillness of the place and her quiet voice made his heart sick, and a foreboding of evil came upon him. His wife told him they were going to lose their little lamb; she had a convulsive fit, and the doctor said she couldn't been polite to me, yet she evidently did not live. As the tears made turrows down his black like me; and therefore I deemed it my duty, if face, and he leaned over his darling, she said : possible, not to allow her dislike to me to in-" Daddy, sing

"'Here is no-rest, is no rest.'"

"No, my chilo, 1 can't sing; 1'm choking; 1 can't sing."

" O do, daddy, sing ' Here is no rest.'" The poor fellow tried to sing

"Here o'er the earth as a stranger 1 roam, Here is no rest, is no rest."

But his voice could make no way against his trouble. Then he tried again, for he wanted to please his sweet little girl.

" Here are afflictions and trials severe, Here is no rest, is no rest ; Here I must part with the friends I hold dear,

Yet I am blest, I am blest." but the little one whispered, " Come, daddy, should interfere with her pleasures. And

sing 'Sweet is the promise,'" and the poor beyond all this, I had heard that she possessed a never can believe in total depravity. The father goes on again :

" Sweet is the promise I read in Thy Word, Blessed are they who have died in the Lord, They have been called to receive their reward ; There, there is rest, there is rest "

" That's it, daddy," cried the child, "that's it;" and with her arms around the collier's asked whether she was willing to talk with me neck, she died happy in the Lord.

Evidences of a good hope.

1. An inward and heartfelt satisfaction in contemplating the character and attributes of you, but to induce you to act agreeably to your God, as revealed in the Scriptures. " A spirit, own." infinite, eternal and unchangeable in his being, power, holiness, justice, goodness and truth."

penalty.

3. Satistaction in the worship of God, and in the ordinances of the gospel. Secret prayer ; think you can say that of me." tamily prayer ; the prayer-meeting ; public worship; the Lord's Supper.

to be like Christ.

5. A benevolent affection and desire for the happiness of all mankind.

6. Cheerfulness in practising self denial for Christ's sake; leaving off bad and expensive habits for Christ's sake, or for the sake of other people, as for our own sake; giving cheerfully to bless the world and spread religion.

7. A mind to forgive and pray for enemies.

8. An habitual mind to consult God in all mind what I think. I am no rule for you. do ?"

9. A fixed determination to do every duty to God, to ourselves, to all men.

Remarks. 1. The "assurance of hope" is desirable.

2. Others have obtained it, and why may not we obtain it ?

3. The comfort of a good hope will amply pudent." compensate for all the effort which its attainment costs.-Christian Secretary.

"Who wants to be a gentleman !"

as much of a gentleman as a man who sits at a mahogany one; he may behave just as correctly, be quite as polite. and act as well in every respect Dr. Chalmers used to say that "it was wonderful to see how religion taught a man to handle his knite and fork." We quite believe it; and the power of Christian principle-of the Bible-will make a man a " True Gentleman " at table. As we have often said, the Bible teaches attention to others, and the Christian will be attentive to those within his reach : he

will help them before himself; he will give them it. But I suppose you believe you are a sinner?" do?" said she ; " I have no peace, day or night ! gists. the best; he will be moderate in eating and drinking; he will be no loud talker; he will not bolt what he eats, and gulp down what he drinks; because he has learned to master his body, instead of allowing his body to master him; and even the little et ceteras of good manners he will soon pick up, if he have a little common observation-and be willing, as the Bible teaches him, not to give offence in anything, and to please all men to their edification It is wonderful what the Bible can do for us "You and I don't agree," said she. all, in the common things of daily life; let men read it, and act on it, and they will soon see well as for the next.-Child's World.

great share of independence, and the more her doccrine disgusts me. It sounds so much like friends had urged her to attend to ber salvation, cant. I never will believe it. I abhor it. And the more she seemed resolved to neglect it.

I rang the bell, inquired for ber, and she on the subject of her religion. She replied,think as you do about religion."

"I do not ask you to think as I do. I may be wrong; but the word of God is right. have not come here to intrude my opinions upon

toss of the head, "you all say so; but if any-2. Delight in God's law, its precepts and body ventures to differ from you, then they are heretics,' and 'reprobates.'"

"Well-I mean-mother, and the rest of follow it." them; and, I suppose, you are just like them. 4. A peculiar love to those who are striving It I do differ from you, I think I might be let alone, and left to my own way."

"Most certainly," said 1, " if your own way is right."

"Well," says she, " I am a Unitarian "

you were anything."

the Unitarians than like you."

our ways : "" Lord, what wilt thou have me to do not ask you to think as I do. Let all that will you try to do it ?"

go. You may call me fool, or bigot, or-"

"You are no fool; but I think you are a bigot," said she.

" Very well," said I; "I am happy to find) you so frank. And you-"

to say that; indeed I did not. That is too im-

"Not a bit," said I. "It is just right."

"Well," said she, " it is true that I think so; but it was not polite to say it."

what I am. I wish to ask you about yourself so when they tried to be Christians. first, and then you may say anything to me that

A man who sits at a pine table may be just you please to say. Do you believe the Bible ?' "Yes; to be sure I do !" said she, tartly. For example, are you daily praying to God to ately entreated me not to neglect ber. pardon and save you ?"

"No!" said she, with an impudent accent. call upon him while he is near ?""

total depravity."

I won't believe it."

"Perhaps not," said I. "I do not ask you to soon met me in the parlour. I immediately believe it. But I ask you to repent of sin now told her for what purpose I had called, and - to improve your day of grace, and get ready for death and heaven. I ask you to love the world supremely no longer-to deny yourself "I am willing to talk with you, but I don't and follow Christ, as you know you ought to do. When you sincerely try to do these things, you will begin to find out something about your heart masticates the food thus stored away in his that you do not know now."

"But I don't like doctrines ! I want a practical religion !"

" That practical religion is the very thing I am "Yes," she replied, with a very significant urging upon you : the practice of prayer-the practice of repentance-the practice of self-denial -the practice of loving and serving God in faith. I care no more about doctrines than you do, for "I beg pardon, Miss S____, I really do not their own sake. I only want truth, which shall guide you rightly and safely, and want you to

"Well," said she, "it I attempt to be religious, I shall be a Unitarian."

"Be a Unitarian, then, if the Bible and the Holy Spirit will make you one. Do not be afraid to be a Unitarian. But get at the truth, and follow it, according to your own sober "I am very glad to hear it; I did not know judgment. Study your Bible for your own heart. Get right. Pray God to direct you. "I mean," said she, " that I think more like And never rest till you feel that God is your be regarded as a wise provision of nature, entriend and you are his. . I beseech you to this, abling them to sally forth where the food is "I doubt it," said I; " but no matter. Never because I love you and wish you to be right plenty, and in a short time fill themselves, and and happy. And now, my dear girl, tell me,

"Yes, sir, I will."

"I thank you for that promise. And I do trust God will bless you."

In a few days she sent for me. I found her very sad. She told me she was in trouble. "Oh !" said she, blushing, "I did not mean She had not found it so easy a thing to be a Christian as she expected. Her heart rebelled and recoiled; and she did not know what was the matter. Her mind would wander. The world would intrude. Instead of "getting nearer to religion, she was getting further off every "I thank you for saying it. But no matter day." She wanted to know if other people felt

I said but little to her, except to direct her to God's promises to those that seek him with all their heart. She desired me to pray with her, "Are you aiming to live according to it? which I did. As I rose to depart, she affection-

About ten days after this she sent for me again. I obeyed her summons. She told me, " Does not the Bible command you to pray? with tears in her eyes, that she never dreamed To seek the Lord while he may be found, and she was so wicked. She said the more she tried. to love God and give up sin, the more her own "Yes, I know that; but I don't believe in beart opposed her. Her sins not only appeared greater, but it seemed to her that sinning was tack may almost always be warded off. "No matter. I do not ask you to believe in as natural to her as breathing. "What shall I

Agriculture, &c.,

Chewing the Cud.

Ruminating animals gather their food rapidly, give it a few cuts with the teeth, and swallow it. It goes to an interior receptacle, where it is moistened; this is very essential if it be dry hay. When the animal has filled himself, he stomach, raising it cud by cud. When a portion is completely masticated it passes to another receptacle, and the progress of digestion goes on. Thus an ox, if left to himself, will raise and masticate all his food thus stored away in his stomach. If he be pushed and worked hard, and do not have time to masticate, he talls cff in flesh, his health is poor, his digestion is incompleto. The horse, on the contrary, however much in a hurry he may be, must masticate each mouthful before he swallows it. A bungry ox let into a meadow will fill himself in twenty minutes, while a horse would want at least an hour and twenty minutes to take the same amount of grass. The ox, the deer, sheep, goat, chamois and rabbit, being the natural prey of ferocious beasts, are endowed with the extra stomach in which hastily to store away the food without mastication; this may perhaps

retire to a place of safety to ruminate their food at their leisure.

The Quaker Poet hath proclaimed That all his neighbors round, Have used Grace's Salve, and proved it, too, The best they ever found.

Pain cannot long exist where Blood's Rheumatic Compound is faithfully used. Its reputation as a pain curing agent is unsurpassed by any yet discovered.

If your horse has a common cold, catarrhal Fever, or Distemper, (symptoms-fever, cough nasal discharge of a brownish color,)give Sheridan's Cavalry Condition Powders.

BE PROMPT IN CASE OF PARALYSIS .- At the first symptom of Paralysis, which is generally either a pricking sensation or a partial numbress, rub the part affected long and vigorously with undiluted Ready Relief, and administer it, diluted, every three hours till the symptoms cease. By this means a paralytic at-

Price 25 cents per bottle. Sold by Drug-

"Wby, yes," she said impatiently. " And need God's forgiveness ?" " Yes"

" Are you seeking for it ?" " No."

"Ought you not to be seeking for it ?" "Yes; I suppose so."

"Well, then, will you begin, without any more delay, and act as you know you ought, in order to be saved?"

My resolutions are weak as water." I repeated texts of Scripture to her. " In me

is thy help "-" Let the wicked forsake his way, and the unrighteous man his thoughts," his thoughts are wrong, " and let him return unto the Lord, and he will have mercy upon him, and to our God, for he will abundantly pardon" -" Strive to enter in at the strait gate." I saw her several times. She said her great majority of those whose circumstances troubles increased upon her, temptations came will admit of it, will be supplied with the Cabup every day, and it seemed to her "there inet Organs as well as with the piano-forte, so "No matter for that. But we agree in one never was so wicked a heart as she had to con- as to have the best means at command for perthing; I think exactly as you do, that you tend with." Among other things, she said, torming every variety of composition suited to the that it is a GRAND TEACHER for this world as ought to seek the Lord. But you don't agree some Christian people would keep talking to requirments of refined taste in the house or so-

THE RIGHT INSTRUMENT .- We are not surprised to find that the Cabinet Organs made by Mason & Hamlin are rapidly winning their way into the families as well as into the church es and musical societies of the land. They are meeting with a steadily increasing demand, and we think the time is not far distant when the with yourself. Your course disagrees with your | her, and she did not wish to hear them. I ad- | cial circle .- Providence Journal.