

Following Jesus.

Master! bid me rest awhile; I have journey'd many a mile...

Long I've known 'tis good for me Patiently to follow Thee; Pardon me when I forget That my way to Thee is set.

Thornier paths by Thee were trod Thou sinless Son of God; Should I then cast down my load While I tread an easier road?

"Mine thy burden; bear it on Till thy time of rest shall dawn; Light as morning's lightest beam Shall My yoke of service seem."

Rise, my soul! whate'er thy lot, Stand therein, and fear it not; Ever go where Jesus leads; He provides for all thy needs.

—Thomas MacKellar, Ph. D.

The Shepherd Psalm.

BY REV. EDWARD JUDSON, D. D.

The thought that meets us at the very entrance of this Psalm is recuperation. Out West there are vast tracts of land, unclaimed and unfenced, over which cattle and horses roam at will...

"I worship thee, sweet will of God, And all thy ways adore, And every day I live I seem To love thee more and more."

But we need comfort as well as recuperation and guidance. Sometimes the path leaves the sunny pastures and drops suddenly down into the dark canon where the sun's rays never penetrate.

The Psalmist seem to take a kind of kodak picture of the sheep at the end of a long day's march. Having traversed hot, sunny wastes and climbed stony hill-sides, they come at last to the desired place of rest.

Jehovah gives rest to the soul that trusts him. The Christian life begins with rest. We are over-driven by the world, stained with sin, torn with remorse.

All through the Christian life we feel these touches of recuperation. Sabbath comes and smooths the soul's plunage soiled and torn by sin.

But the Christian's life is not all rest. Recuperation is followed by guidance. The morning comes. The sun is gleaming on the eastern hill tops.

"I worship thee, sweet will of God, And all thy ways adore, And every day I live I seem To love thee more and more."

There is something contagious about gladness. The occasion of heartfelt appreciation is made of by the thoughtful.

We are told that at the siege of Paris in 1871 when George Moore the philanthropist distributed relief, although people were so far gone with starvation that they were scarcely able to move away with their parcels, many of them fairly broke down with joy.

A poor cripple in the early days of the first century was cured through Peter. In his gladness he did three things. He learned the art of walking suddenly.

he praised God. The people saw him walking, and leaping and praising God, and the joy was a teaching that impressed them greatly.

A native was asked by a hindu trader what he put on his face to make it shine so. When reply was made that he had not put anything on it, the Hindu retorted, "But you do. All you Christians do. I have seen it in Agra, and in Ahmedabad, and in Surat and in Bombay."

There was great joy in a city where Philip preached. And that gladness which comes from a heart, or from a company that has felt the workings of God's grace and love is a boon to the community.

Consecration.

BY REV. DR. MARCUS DODS.

Consecration is not an act to be performed once for all, never to be repeated. Rather it is an act that commits us to a state of life, like the act of marriage.

For consecration, as for the whole spiritual life, it is faith that is required—the belief that the love of Christ is really our inalienable possession.

Self-Pity.

Self-pity is a deadly thing. Whatever crosses our life may hold, whatever unwelcome tasks, un congenial associations, griefs or burdens are ours, let us not fall into the habit of self-commiseration.

What is needed in our home is a higher type of living. The child that comes from a home where father or mother is nagging, and hears either parent speaking unconsciously in the church, will have a contempt for religion.

sake, but for every kind of sake, in these days of book deluge, to keep out of the salt swamps of literature and live on a little rocky island of your own with a spring in it, pure and good.

Cheer Him.

Brother, sister, does your pastor seem dispirited and lack enthusiasm? Try a few words of encouragement and commendation on him. Give him a cordial handshake; slip a dollar or two into his hand as a surprise; tell him of some special help you, or your wife or children, have received from his sermons or his conversation, and then note the effect.

Woman and the Home.

Woman, in her weakness, is yet the strongest force upon the earth. She is the helm of all things human; she comes in many shapes and knocks at many doors; she is quick and patient, and her passion is not ungovernable like that of a man.

Does thy blood beat fast in youth? She will outrun it. Art thou set toward ambition? She will unlock thy inner board and show thee roads that lead to glory.

What is needed in our home is a higher type of living. The child that comes from a home where father or mother is nagging, and hears either parent speaking unconsciously in the church, will have a contempt for religion.

CROUPY COUGHS OF CHILDREN.

The tendency to croup is a foe that all parents have to fight. Croup comes in the night, when the help must be right at hand if it is to be helped at all.

Peculiarities of the Black Sea.

John Murray recently showed how remarkably the Black Sea differs from other seas and oceans. A surface current flows continuously from the Black Sea into the Mediterranean, and an under current from the Mediterranean into the Black Sea.

A young woman recently told her pastor that she believed she loved the Lord Jesus, and that she would like to confess Him openly and unite with the church, but she was afraid it would be difficult for her to be as sober and as solemn as perhaps she ought to be.

An old legend about Thomas, the doubting apostle, suggests an important and needed lesson. Years after the ascension his doubts as to reality of the Lord's resurrection returned with such powers as to occupy all his thoughts.

SORE FEET.—Mrs. E. J. Neill, New Armagh, P. Q., writes: "For nearly six months I was troubled with burning aches and pains in my feet to such an extent that I could not sleep at night, and as my feet were badly swollen I could not wear my boots for weeks."

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If you've suffered from constipation for years, tried all the remedies you heard or read of, without getting the relief the one dose of the medicine afforded—if you've been suffering from the miseries associated with constipation, such as sick headache, nausea, constipation, pimples, eruptions, blood in stools, piles, etc., wouldn't you consider it a blessing to be cured of constipation so that it would stay cured so that the cure will be permanent?

Mrs. G. Gasby, Portage La Proux, Man., writes: "For over two years I was troubled with sick headache and constipation. I tried many different patent medicines, but they only me slight, temporary relief."

The Whole Story in a letter: Pain-Killer (PERRY DAVIS'). From Capt. F. L. Lyle, Police Station No. 5, Montreal: "We frequently use PAIN-KILLER for pains in the head, rheumatism, stiffness, frost bites, etc."

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Change of Business

The subscribers have entered into partnership for the carrying on of GENERAL HARDWARE BUSINESS under the firm name of GUS TWEEDDALE & CO.

On the premises lately occupied by J. M. Wiley. Z. R. EVERETT, E. A. TWEEDDALE

The new firm will carry a complete stock of Shelf and Builders Hardware, Footing and Table Cutlery, Iron and Steel, Cast and Fire Brick, Agricultural Implements, Guns, Revolvers and Sporting Goods, Carpenters' Tools, Carriage Stock, Glass Paints, Oils, etc., and will be up-to-date on prices and quality of Goods; and respectfully solicit a share of your patronage.

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