

Hearts That Ache.

BY 'HOPE SIDNEY.'

I knelt, and o'er my spirit fell a hush... Of thankfulness to God for blessings given... When sudden, overwhelming, came a rush...

How to Build Up a Church.

Many pastors and laymen are anxious to build up the particular church to which they belong and in which they see their principal field of labor.

If the church is to be built up it must be done by the people and pastor together. Looking to some one else usually brings disappointment and vexation.

When a church is to be built up emphasis must be placed on the spiritual department of the work. A church needs to be strong financially.

ment of the financial condition of the church first. This is contrary to the divine order and can never permanently succeed.

Another error is to place the chief emphasis on the social life and work of the church. This is an important element of church life.

The Early Disciples

BY J. A. CROSS

The Christian of today is apt to think that if he had lived in the days when Jesus was upon earth, it would have been easy to believe in Him and trust Him.

We are impressed with the lack of courage and loyalty on the part of the disciples when we read how they greeted the Saviour upon his triumphal entry into Jerusalem.

Poor Christians.

Yes, there are lots of them. Poor spiritually, we mean. Christians who live beneath their privilege, and have leanness of soul, when they might be strong if they only error.

Christians who are weaklings because they do not exercise themselves in doing the work of the Lord and the church.

Christians who do not feast on the joys of a blessed assurance of a mansion in the skies, simply because avarice and selfishness bind them down to the possessions and ambitions of this world.

Christians who subsist on the husks that the swine eat, when they might be feasting on the rich spiritual viands which are so abundant in Father's house.

Yes, there are many, many poor Christians! What a pity! Dr. John G. Holland said, "The reason why there are so many poor Christians is because the Lord had such poor material out of which to make them."

That is one reason. We think, however, that the chief reason is, many Christians live beneath their privilege—hang on to forbidden things and forbidden ways while trying to serve the Lord.

Their great mistake is in supposing that heaven is a place to get into after death, without any liking for, or adaptation to its society and regulations. To be happy in heaven, there must be love for the great, holy, righteous, benevolent Being who fills all the place.

In other words, the spirit of the kingdom of heaven must be domesticated in our hearts while in this world, or for us there will be no heaven in all God's universe when we die.

Every Day Folks.

BY THE REV. G. G. MOSHER.

The best people in the world are every-day folks. They are made for every-day work and can be depended upon every day in the year.

The Sermon That is After a Soul.

The sermon that is after a soul is, like the Master, "filled with compassion." It will have in it what was in Christ's eyes when he looked on Peter with the curses and denials scarce off that poor disciple's lips.

But the gospel is not simply food for

It is a cry of alarm. It is a call to repentance. If sinners are not brought to Christ, how can they be brought to Christ? Let it never be forgotten that souls are before us every Sabbath—sinful unsaved, perishing, lost souls! Men of God, "throw out the life-line!"—Dr. Herriek Johnson.

Take Time to Serve God.

It is said of a certain railway engineer that his duties call him at a very early hour—three o'clock in the morning. He is a Christian, and knowing full well that soul life must utterly perish without reading and study of the Bible and prayerful devotion, he rises at two o'clock in the morning.

Self-Sacrifice.

Self-sacrifice is at the end of all the blossoms of goodness that have survived the wreck of paradise. There never was a heart but had gleams of it. Shining at times in some royal natures diffusive as the light of the day without clouds, there is yet no life so dark and cloudy but it sends a golden shaft through some opening rift.

If You Catch Cold.

Many things may happen when you catch cold, but the thing that usually happens first is a cough. An inflammation starts up in the bronchial tubes or in the throat, and the discharge of mucus from the head constantly poisons this.

There is a commission to every one who believes. It is to make known to others the grace of the Lord Jesus. This imposes an obligation to be faithful.

Climbing.

Christian life is always an ascent. It is a daily climb out of the past, out of the worldly and the carnal in our hearts, out of sin and ignorance, weakness and littleness, up into the life and light and love of God.

Going Nowhere.

It was Johnny, the seven-year-old, who tired of the "merry-go-round." The previous summer it had fascinated him, and he could not ride on it too often.

FOR NINE YEARS.—Mr. Samuel Bryan, Theford, writes: "For nine years I suffered with ulcerated sores on my leg; I expended over \$100 to physicians, and tried every preparation I heard of or saw recommended for such diseases, but could get no relief."

ONE FACE IS BETTER THAN TEN HEARSAYS. Ask Doctor Burgess, Supt. Hospital for Insane, Montreal, where they have used it for years, for his opinion of "The D. & L." Menthol Plaster.

British Turp Oil Liniment is unsurpassed by any Liniment on the market to-day. It is composed of healing, soothing and cleansing vegetable oils and extracts.

ECZEMA And Every Form of Torturing Disfiguring Skin and Scalp Humours Cured by Cuticura

Complete External and Internal Treatment. The Set, consisting of CUTICURA SOAP, to cleanse the skin of crusts and scales, CUTICURA Ointment, to instantly itching, itching, and soothe and heal, and CUTICURA RESOLVENT, to cool and cleanse the blood.



TROOP OIL LINIMENT

covers a wide field. There is no better application for Cuts, Wounds, Ulcers and all Open Sores, as the soothing and healing properties of this remedy are unsurpassed.

Used as a gargle in all throat affections, such as Diphtheria, Sore Throat, and Ulcerated Tonsils. A large bottle 50c

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From Pneumonia, Typhoid or Scarlatina, Fever, Diphtheria, La Grippe or any Serious Sickness



Require the Nerve Toning, Blood Purifying, Heart Sustaining Action of Milburn's Heart and Nerve Pills.

It is well known that after any serious illness the heart and nerves are extremely weak and the blood greatly impoverished. For these conditions there is no remedy equals Milburn's Heart and Nerve Pills.

Use the genuine MURRAY & LANMAN FLORIDA WATER "The Universal Perfume." For the Handkerchief, Toilet and Bath. Refuse all substitutes.

James D. Fowler's Watches. GOLD, SILVER, GOLD FILLED, NICKLE CASE. \$200 to \$1.50 EACH.

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

Change of Business. The new firm will carry a complete list of Shelf and Builders' Hardware and Table Cutlery, Iron and Steel and Fire Brick, Agricultural Implements, Guns, Revolvers and Sporting Carpenters' Tools, Carriage Paints, Oils, &c., and will be on prices and quality of Goods equal to any other firm in the city.

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