

users. Dr. Hitchcock, of Amherst College, found even greater differences. The difference in the lung capacity is very striking in the two classes, and has been noticed by all observers. It shows the effect of tobacco on the respiration—nicotine being a potent depresser. As regards the effect of nicotine on the mental processes, it is more difficult to interpret the meaning of statistics. Out of the highest scholarship men at Yale only 5 per cent use tobacco, while of the men who do not get appointments sixty per cent use it. It is not necessary to interpret this as meaning that mental decrepitude follows the use of tobacco by young men, for their are other factors to be considered, but it is certainly not conducive to the best work.—*World's Work*.

WHY HIS PASTOR FAILED.

It was because he did not read new books.

It was because he did not cultivate the pastoral habit.

It was because he did not keep fresh in sermonizing.

It was because he was late in getting into his study mornings.

It was because he spent too much time reading the secular papers.

It was because he failed to help himself into a truly devotional frame of mind.

It was because he did not enthrone himself over the missionary cause.

It was because he failed to take interest in the junior league of the church.

It was because he thought it above his dignity to take an interest in the young men and women of his charge.

It was because he spent more time joking the people than praying for their souls.

It was because he did not like to work hard to save souls, so he failed, and was moved, to fail again.—*Rev. Robert Stephens*.

A MORNING HOUR.

An hour spent in taking a morning bath, inflating the lungs with fresh air and eating a hearty breakfast is not usually regarded by intelligent people as an hour lost from the day's work. He who goes to his daily task with his body all aglow and electric will do more and better work in eight hours than he would otherwise do in ten. An hour spent in the closet is not a whit less profitable. Let a man bathe every morning in the sunshine of God's love, inflate his soul with the pure air of heaven and feed freely upon the strong meat of the Word, and he will go forth to the day's work prepared as a giant for the battle, or as a strong man to run a race. It is not a waste of time to spend an hour getting up steam for a day's run—not if we are going by the Beulah-land route. But here and there you will find a man whose presence indicates that he is a stranger to the bathing business, and he will tell you that the busy man has no time for a morning bath. And here and there you will find a church-member whose words indicate that he knows little about soul-bathing, and he will tell you that a man who has a family to support has no time to stay at home mornings to pray and read his Bible. A man may remain unclean until the sight of water chills him.

A Hindu of high standing said a long time ago to the wife of a missionary, "You missionaries are the only persons in whom we really have confidence."

TASTELESS POISON.

There is a good deal of philosophy in the following article from the *Sunday-school Times*.

Tasteless poison is the most dangerous kind, for it shows no danger signal to tell us of its presence in food or drink. There is less to be feared of carbolic acid than of ptomaines. The devil's tasteless poisons are the sins of omission. When he would get us to commit active sin, he must try to conceal the fumes or taste or smell, and it is not always easy to do this. So he prefers to begin with the suggestion that we simply leave something undone, and most of us swallow that poison unsuspectingly. There is no great harm in staying home from church or Sunday-school in mid-summer; we ought to relax at this season of the year (on Sundays, that is; of course three hours of tennis the day before is different), and down goes the poison. So with the letter we did not write, the word for Christ we did not speak, the book we did not read; how the great Poison-Maker must chuckle over the success of his tasteless draughts! For they are deadly character-wreckers, and sure fore-runners of other sins from which we would at first recoil. Watch and pray against the sins of omission.

"WHAT HATH GOD WROUGHT."

In a conversation with Prof. S. F. D. Morse, the inventor of the telegraph, a friend asked him this question:

"Professor Morse, when you were making your experiments yonder in your rooms in the university, did you ever come to a stand, not knowing what to do next?"

"Oh, yes; more than once."
"And at such times what did you do next?"

"I may answer you in confidence, sir," said the professor, "but it is a matter of which the public knows nothing. Whenever I could not see my way clearly, I prayed for more light."

"And the light generally came?"

"Yes. And I may tell you that when flattering honors came to me from America and Europe on account of the invention which bears my name, I never felt I deserved them. I had made a valuable application of electricity, not because I was superior to other men, but solely because God, who meant it for mankind, must reveal it to some one, and was pleased to reveal it to me."

In view of these facts, it is not surprising the inventor's first message was, "What hath God wrought!"

WHAT IS DYING?

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze, and starts for the blue ocean. She is an object of beauty and strength, and I stand and watch her until she hangs like a speck of white cloud just where the sea and sky come down to meet and mingle with each other. Then some one at my side says: "There! She's gone!" Gone where? Gone from my sight—that is all. She is just as large in mast, and hull, and spar, as she was when she left my side, and just as able to bear her load of living freight to the place of her destination. Her diminished size is in me, and not in her.

And just at that moment when some one at my side says, "There! She's gone!" there are other eyes that are watching for her c...; and other

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voices ready to take up the glad shout, "There she comes!"
And that is—"dying."—*Luther F. Beecher*.

Liberty Through Self-Surrender.

"Free to serve!" These words were uttered by a thoughtful woman as she saw a great vessel tossed from its stays and plow its way into the ocean. In the water only could it find its native element. It was in bondage until it was launched. It found its freedom in its preparedness for service.

A man is like that ship. He is not free when he is his own, withheld from God. His truest freedom comes by submission, his emancipation by surrender; he has a man's will only when he submits his will to God's will. God's will is the ocean to him, his native element. Once in that element, once fully yielded to God, he, like the ship in the ocean, is indeed free. He is "free to serve," and in serving finds his highest liberty.—*Rev. G. B. F. Hallock, D. D.*

With Crick in the Back.

You are up against a whole lot of trouble unless you have a strong remedy like Nerviline to settle pain and dislodge stiffness from the muscles and joints. Just rub Nerviline on the painful spot—not much rubbing, because Nerviline has more power than ordinary remedies. You won't suffer long after Nerviline is applied, for it relieves almost instantly. Mr. Philip Adams, of Oakland, says: "If I hadn't used Nerviline, I guess my back would be stiff yet. A few applications of Nerviline took out all the soreness and stiffness. I can recommend Nerviline for any kind of muscular pain, also for rheumatism. Price 25c."

If holy Paul had stayed
In cell or learned shade,
With the priest's white attire
And the saints' tuneful choir,
Men had not gnashed their teeth nor
risen to slay,
But thou hadst been a heathen in thy
day.

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