

kinds of industry and our modern complex civilization is the result.

In our spiritual lives we develop in the same way, by placing our lives under the control of the great spiritual forces that are ours, the power of the truth as it is in the Bible, the power of prayer and the power of the Spirit. These are the forces which lift one's life out of a condition of failure and arrested development into a condition of success and spiritual progress.—*Bap. Commonwealth.*

TRIPPED BY IMPEDIMENTS.

No man can rise to anything very great who allows himself to be tripped or thwarted by impediments. His achievement will be in proportion to his ability to rise triumphantly over the stumbling block which trip others.

There is a weakness in the man who always sees a lion in the way of what he wants to do, whose determination is not strong enough to overcome the obstacle. He has not the inclination to huckle down to solid, hard work. He wants success, but he does not want it badly enough to pay the price. The desire to drift along, to take things easy, to have a good time, overbalances ambition.

Obstacles will look large or small to you according to whether you are large or small.

People who have a tendency to magnify difficulties lack the stamina and grit necessary to win. They are not willing to sacrifice a little comfort and pleasure. They see so much hardship in working their own way through college or starting in business without capital that they do neither. These people always look for somebody to help them, to give them a boost.

"WORK YOUR FEET."

On one of the city streets, a little boy was teaching his younger brother to ride a bicycle. As the older boy ran alongside of the moving wheel and occasionally stretching forth his hand to steady it, we could hear him say, "Work your feet. Work your feet." The boy thus admonished would keep his feet moving, by this action giving momentum to the wheel, and thus was enabled to keep the wheel steady and ride without assistance. The older boy had learned by experience that if his brother ceased to work his feet he would lose his balance and fall.

Herein lies a most valuable lesson for all who would follow Christ. Activity is the secret of Christian growth. Keep moving. "Work your feet" in the Master's service. Let your feet be swift to carry the gospel to those who sit in darkness, for "how beautiful upon the mountains are the feet of Him who bringeth glad tidings. That publisheth peace." Seek opportunities of serving your Lord and there will be no swerving to the right or left, no turning from the path of duty, but a steady movement toward the Christ and the Christ life.

Idleness in the spiritual life is as fatal to growth as it is in the physical. Idleness is death. Activity is life.

Danger of Living with Consumptives.

Is real danger, because the sputum of affected persons diffuses itself through the air and finds lodgment in the systems of others. If exposed to consumption, use fragrant healing Catarrhazone, the most efficient germicide known. No case of catarrh can withstand Catarrhazone, which cures this loathsome disease thoroughly. Cold in the head is cured in a few minutes, and bronchitis, asthma, and lung trouble are cured to stay cured if Catarrhazone is employed. "I don't know any remedy so good for catarrh and bronchitis as Catarrhazone," writes N. T. Eaton, of Knowlton. "It cured me after years of suffering and saved me from consumption." Two months' treatment \$1.00; trial size 25c.

"IN THE WAY OF HIS FATHER."

"Should we wish our children to do as we do" is a question that may help us to decide for the right. A "trifling" departure from the best does not seem so trifling when we think of our children following that example. It is said of one of the kings of Israel that "he did that which was evil in the sight of Jehovah, and walked in the way of his father, and in the way of his mother." What a terrible record! If you knew that your boy was to walk in the way of his father, or in the way of his mother during the next twenty-four hours, would you do some things differently? How do you know that he is not? He is fearfully—or blessedly—likely to.—*Sunday School Times.*

TAKING OUT CHRISTIANITY.

Norah had a model village, and she never tired of setting it up. "What kind of a town is that, Norah?" asked her father. "Is it a Christian town or a heathen town?"

"Oh, a Christian town," Norah answered.

"Suppose we make it a heathen town," her father suggested, "what must we take out?"

"The church," said Norah, setting it to one side.

"Is that all?"

"I suppose so."

"No, indeed," her father said, "the public school must go. There are no public schools in heathen lands. Take the public library, too," her father directed.

"Anything else?" Norah asked, sadly.

"Isn't there a hospital over there?"

"But, father, don't they have hospitals?"

"Not in heathen countries. It was Christ who taught us to care for the sick and the old."

"Then I must take out the Old Ladies' Home," said Norah, very soberly.

"Yes, and that Orphans' Home at the other end of the town."

"Why, father," Norah exclaimed, "there is not a good thing left! I would not live in such a town for anything! Does knowing about Jesus make all that difference?"

HELPS TO PATIENCE.

A woman, whose life has been long checkered with many reverses, said lately: "Nothing has given me more courage to face every day's duties and troubles than a few words spoken to me when I was a child by my old father. He was the village doctor. I came into his office, where he was compounding medicine one day, looking cross and ready to cry.

"What is the matter, Mary?"

"I'm tired! I've been making beds and washing dishes all day, and every day, and what good does it do? Tomorrow the beds will be to make, and the dishes to wash over again."

"Look, my child," he said, "do you see these empty vials? They are all insignificant, cheap things, of no value in themselves; but in one I put a deadly poison, in another a sweet perfume, in a third a healing medicine. Nobody cares for the vials; it is that which they carry which kills or cures. Your daily work, the dishes, washed or unwashed, or the floors swept, are homely things, and count for nothing in themselves; but it is the anger of the sweet patience or zeal or high thoughts that you put into them that shall last. These make your life."

No strain is harder upon the young than to be forced to do work which they feel is beneath their faculties, yet

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no discipline is more helpful. "The wise builder," says Bolton, "watches not the bricks which his journeyman lays, but the manner in which he lays them."—*Epworth Herald.*

Something More Than a Purgative.—To purge is the only effect of many pills now on the market. Parmelee's Vegetable Pills are more than a purgative. They strengthen the stomach, where other pills weaken it. They cleanse the blood by regulating the liver and kidneys, and they stimulate where all other pill compounds depress. Nothing of an injurious nature, used for merely purgative powers, enters into their compositions.

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