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WILMER ATKINSON, CHAS. F. JENKINS. Address, FARM JOURNAL, PHILADELPHIA

### TEMPERANCE COLUMN.

Contributed by the Woman's Christian Temperance Union of Hampstead, N. B.

Rise up ye Women that are at Ease

REMEMBER THE SABBATH.

"Remember the Sabbath." It is the message and voice of our Father—yours and mine, and full of the tender yearning love of His great heart for His children, created in His likeness and redeemed by His love. He knows our proneness to forget, and so in one form or another He gives the message repeatedly.

He first gave it in Eden, where He set the example of resting after six days work, and better still laid His quieting hand on His eager children to whom the world with its beauty was new and attractive, and set apart for them that first day of their married life and each weekly return of the day, for the quiet intercourse with Him which should keep them mindful of their high birth and destiny, and full of love for their Father. So "God blessed the Sabbath day and hallowed it" forever.

Later the message was written by God's own hand on stone tablets that it might be preserved among the nation's treasures. It was thundered on Sinai, that it might echo round the world with the majesty and authority of the King of kings. In bondage and captivity as well as in the land of promise, the prophet continually reminded the chosen people that the Sabbath was sacred to God, a sign by the observance of which His people should always be known, their loyalty to Him be tested, and their security and prosperity be assured.

When the Son of God came, and found His rest day made an unspeakable burden, He restored it to its rightful place, the day pre-eminently "made for man," to save him from tyranny and provide for the needs of his soul, the crown of his life, the day hallowed and blessed for rest and worship.

In these crowding, restless days in which we live, when the Sabbath is more than ever needed and more than ever practically forgotten, there comes to each of us the command, the very words of which are full of entreaty: Remember the Sabbath. It is as though the heart of God was filled with compassion for the world, because it is missing the sweetness and grandeur of life by being ground down by unceasing toil, or corroded by constant cares and frictions, or crushed by selfishness, and He says, Remember the Sabbath and what it can do for you; embrace it, and let it lead you to peace and gladness, to God and heaven.

As I write these words there arises before me a vast army of railroad men, compelled by their calling to work on Sabbath; and they have said to me, "We are not included; we who perhaps need it most, are shut out from religion because we have no Sabbath." Nay, my friends, in a blessed sense we are not under the law, but under grace." Paul wrote to a servant, "If thou mayest be free use it rather;" but if not, "doing service as to the Lord and not to men."

So I believe he would say to you—if you can secure the Sabbath day, so if not, still serve the Lord heartily, keeping a conscience void of offence toward God and man, and whether on the train or in the shop or at home, Remember the Sabbath to do no unnecessary work, and use the remaining hours for rest and to secure the greatest moral benefit from the day.

Do all you can by words and petition to secure a national legal rest day, and throw your whole influence in favor of Sabbath keeping. It is a duty you owe to your families, your comrades, your own soul, and to God.

The same message would be given to such help in our kitchens as are compelled to do much work that in itself is needless on that day. Do not thereby feel excused for not using the rest of the day aright, but attend public worship and not places of dissipation and amusement.

And let me urge all our young people not to let their bicycles tempt them to desert the house of God or desecrate the day by long excursions on their bicycles or attendance on baseball. And in choosing employments, so far as possible choose those with the most Sabbath privileges. God honors those who honor His day, even at great personal sacrifice; and the tradesman who closes his shop on Sabbath is almost certain, other things being equal, to secure in the long run the best financial success, though his faith is sometimes long tested, and some accounts are left to be squared in the next world; but the Lord is a sure paymaster and He says: "Blessed is the man that keepeth the Sabbath." Would that all wage earners would earn and receive this offered blessing.

Sisters,—home makers, and society moulders, oft-times well nigh distracted with the ceaseless problems and burdens of life, needing the rest that seldom comes—upon you the master urges, "Remember the Sabbath, and make it the days of blessing designed." Make it your rest day. Do not, I beg, countenance Sunday visiting and receptions, that make it for many a day of social dissipation; refuse to give place to the Sunday newspaper; furnish a simple dinner, remembering if you have help, with what jealous care God guards their rights, saying "that thy man servant and thy maid

servant may rest as well as thou." They may not use the time as you approve; but can you not win their confidence and teach them how to use it? remembering in any event, God commands you to give them rest.

Set your face resolutely against all Sunday excursions, and make it the sweet attractive home day for husband and children, with music, reading rest, and talk commingled; and whether you be a Christian or not, remember it is a sacred day, and accustom the family to attend church and Sabbath school regularly, yourself leading, and not sending them.

On the ministers and active workers for Christ of every name and organization He relies for help. In order to remember the Sabbath in all its relations we need to be often reminded of it by our pastors; and in these days of unsettled convictions, we beseech you, emphasize frequently the sacredness of the day, and never, never by your own example, dear Christian friends, lead others to think you esteem the fourth commandment as of less obligation than others of the ten, or that you are willing by your patronage to encourage Sunday work or our public servants in cars or postoffice. Christian Endeavorers are especially urged to work with literature, example, and influence to save our endangered Sabbath, both as a civil rest day and a holy day.

As a nation we are at the parting of the ways. The line is being drawn, not between the church and the world, but between the conscientious and patriotic, who use the day aright, refuse to employ labor, to patronize the public and Government desecrators, (the railroads, post-office, and Sunday paper,) or to demand that freight or mail shall be transported for them on Sabbath; and the larger class in the church and out, who put pleasure, convenience, and money making before God's law of the Sabbath. On which side of the line are we?

There is increased interest in this question, and the tide of public sentiment is rising; and yet the whole trend of affairs is toward a complete secularization of the day. In that way the Jewish nation went down as God foretold, and that way leads to disaster for us. Upon Christian business men the responsibility largely rests, because they to so great an extent control legislation, and exert so wide an influence; yet every voter, every Christian, every patriot has a duty to the public that may not be shirked, and each of us will find our own lives and those of our own dear ones helped or marred according to our treatment of the Fourth Commandment.

"Remember the Sabbath day to keep it holy. Six days shalt thou labor and do all thy work; but the seventh day is a Sabbath unto the Lord thy God; in it thou shalt not do any work, thou nor thy son nor thy daughter, thy man servant nor thy maid servant, nor thy cattle, nor thy ass, nor any of thy beasts: for in six days the Lord made heaven and earth, the sea and all that in them is, and rested the seventh day, wherefore the Lord blessed the Sabbath day and hallowed it."—Ex. 20: 8-11.

"If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the Lord, honorable; and shalt honor him, not doing thy own ways, nor finding thine own pleasure, nor speaking thine own words; then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth and feed thee with the heritage of Jacob thy father; for the mouth of the Lord hath spoken it."—Isaiah 58: 13, 14.

### Light Lunch for an Invalid.

Good sponge cake served with sweet cream or a glass of milk is an excellent lunch for an invalid. A simple and excellent rule calls for two cupfuls of pastry flour, one cup and a half of powdered sugar four eggs, one spoonful cream tartar and a scant half teaspoonful of soda, two tablespoonfuls of lemon juice and a half cup of cold water, or if preferred a half cupful of boiling water put in last. Measure the flour after sifting once, then sift four times. Beat the yolks until lemon colored and creamy and the whites until stiff, adding the cream tartar to the whites, stir will, then the yolks, flavoring soda dissolved in the water, and flour. Beat until light and bake from 20 to 30 minutes in a moderate oven.

A police inspector, being informed that a restaurateur was serving game out of season, visits the restaurant in plain clothes and orders dinner. "Waiter, partridge for me."

The inspector finishes his dinner leisurely and then says to the waiter, "Ask the boss to step this way a minute."

"What for?" "I wish to notify him to appear in court to-morrow and answer for selling partridge out of season. I am the police inspector and have secured the necessary evidence against him."

Waiter—It wasn't partridge you had. Police Inspector (uneasily)—What was it then? Waiter (cheerfully)—Crow. The inspector swooned.

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Health and vigor depends largely upon the action of the lungs, and when this important function is impaired disease and weakness must ensue.

A celebrated health club enjoins upon each member the duty of taking one hundred deep breaths every day, advising that these be drawn in sections of ten each, at convenient seasons. Those who practice learn to take advantage of the freshest air to be taken in the course of the day. The first ten are enjoyed after leaving the morning bath. The shoulders are thrown back, the chin is level or slightly raised, the arms held tightly at the side, the lips are firmly closed. "Never breathe with the mouth open," is an admonition which cannot be too rigidly enforced.

The ten breaths are drawn from new, live air, not that which has stagnated all night in the house. Each inspiration is slow and steady, filling the lungs to their depths, the live air is held a few seconds, then expired as slowly as it was drawn. To throw it out in pants is hurtful to muscle and tissues.

Ten breaths taken in this way will not only strengthen and refresh the respiratory apparatus, but quicken the blood into a livelier flow so naturally and healthfully that the action of the heart is made irregular. The skin all over the body is tinged with a clear pink, the system having been awakened all along the line of life. In cold weather ten deep breaths, taken on the ferry-boat, or in the teeth of a north wind tearing down the street, will warm one from head to toe. The thought and the action become an instinct in time, the duty a pleasure which is missed when omitted.

### Age and Sleep.

Teela says that negroes live to an advanced age because they sleep so much. He believes that a man has just so many hours to be awake, and that the more of them he uses up in day the shorter his life will be. A man might live to be two hundred if he could sleep most of the time. The proper way to economize time, therefore, is to sleep whenever there is nothing better to do.—Medical News.

### Wood's Phosphodine,

The Great English Remedy. Sold and recommended by all druggists in Canada. Only reliable medicine discovered. Sixty-day packages guaranteed to cure all forms of Sexual Weakness, all effects of abuse or excess, Mental Worry, Excessive use of Tobacco, Opium or Stimulants. Mailed on receipt of price, one package \$1, six, \$5. One will please stick with care. Pamphlets free to any address. The Wood Company, Windsor, Ont.

Woods Phosphodine is sold in Gagetown by J. W. Dickie and C. S. Babbitt.

### THE BOOK OF THE YEAR.

"The Bow-legged Ghost and Other Stories."

With an introduction by America's greatest poet, "The Bow-legged Ghost," "The Man Who Kept his Feet," "The Possible Title of Future Books," "Selling Locks of Hair," "No Woman, No Fad," "Society Accesses," etc. etc. This first edition bound in cloth, printed on extra fine paper, and absolutely the best humorous book published. Worth \$2.50, mailed postpaid for \$1.00. Order at once. Send for our new special illustrated catalogue mailed free. Give us the lowest prices on all good books. Address all orders to THE WERNER COMPANY, Publishers and Manufacturers, AKRON, OHIO. [The Werner Company is thoroughly reliable.]—Editor.

In the Probate Court of Queens County,

To the Sheriff of the County of Queens or any Constable within the said County,

GREETING: Whereas Charles Hogan, a creditor of the estate of Charles O'Neal, hath filed a petition in this Honorable Court praying that a citation may be issued calling upon William O'Neal, Administrator of the estate of the said Charles O'Neal, the heirs next of kin, and all others interested in the estate of the said Charles O'Neal, to show cause why this Honorable Court should not grant a license to sell or lease the real estate of the said Charles O'Neal to satisfy the debt of the said Charles Hogan and any other debts of the said deceased which may yet remain unpaid. You are therefore required to cite the said William O'Neal, Administrator of the estate of the said Charles O'Neal, the heirs and next of kin of said Charles O'Neal, and all others interested in said estate to appear before me at a Court of Probate to be held at my office, in the Parish of Gagetown, within and for said County of Queens, on WEDNESDAY, THE EIGHTH DAY OF NOVEMBER, A. D. 1899, at 2 o'clock in the afternoon, to show cause why the real estate of the said deceased should not be sold or leased as prayed for. Given under my hand and the Seal of the said Court, this 13th day of September A. D. 1899.

A. W. EBBETT, Judge of Probate in and for Queens County JOHN W. DICKIE, Registrar. JOHN R. DUNN, Proctor for Petitioner.

### Notice of Administration.

Notice is hereby given that Letters of Administration of the Estate of Mary C. Perry, late of the Parish of Johnston, deceased, have been granted to the undersigned G. Whitfield Perry by the Probate Court of the County of Queens. All persons satisfied by the said Estate are required to make immediate payment and any persons having claims against the Estate are requested to present the same duly attested for payment to the undersigned administrator. Dated October 3rd, 1899. G. WHITFIELD PERRY, Administrator Estate Mary C. Perry

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### Farm for Sale.

The Farm of the late J. J. Camp, situated on the Jemseg, in Queens County, containing one hundred acres, thirty acres under cultivation; house two barns, out-buildings, well, small orchard, together with single horse farm wagon, (new), mowing machine, sleighs, sleds, etc. Price reasonable.

For further particulars apply to either of the undersigned. GEO. R. CAMP, Upper Sheffield. W. CAMP, Sussex, N. B.

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### Farm for Sale.

The Farm on Maquapit Lake, Queens County, known as Denton's Point, containing 80 acres, more or less, good dwelling House, barns and outhouses. Never failing well of water, good orchard and other fruit, farm well fenced with Cedar. For particulars apply to, JACOB BALMAIN, Scotchtown, Queens Co., N. B.

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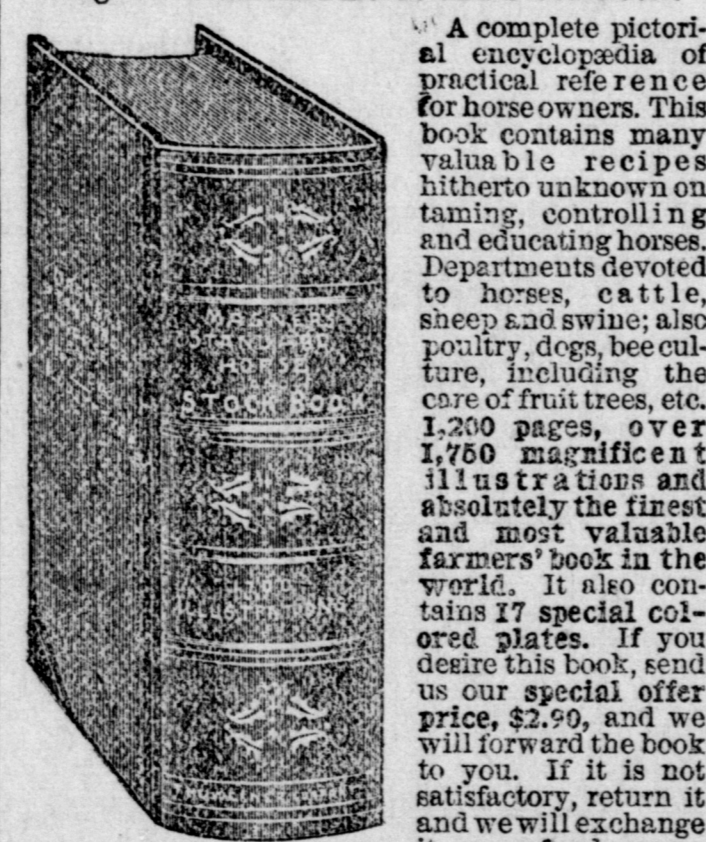
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### MONCTON 1899 Woolen Mills 1899

I have much pleasure in announcing to my customers and the general public that I will make them my annual call with a full line of goods from the above mills which will consist of

YARNS, SHIRTINGS, FLANNELS, BLANKETING, RUGGING, HOMESPUNNS, TWEEDS, OVERCOATINGS, AND DRESS GOODS.

These goods need no introduction to you as for the past ten years I have called upon you. You have seen that great improvements have been made each year in the style, coloring and finish and this year is no exception. I am confident that I can offer you goods not excelled by any mill in the maritime provinces, and as this will be the last season I will call on you in this century I trust you will continue to give me the pleasure you have so generously bestowed in the past and assist me to make my sales the largest of any year I have had the pleasure of dealing with you.

I am, Yours very truly, A. D. McLEAN.

CAMBRIDGE, April 7, h, 1899.

### A Rare Chance for Business.

Owing to ill health I have decided to sell my interest in the Mill at Gagetown. The building was intended for a grist mill in the upper story. The Rotary and Belts are the best. A 48 inch inserted tooth Saw. Only a few feet from the Public Wharf.

There is also in position for work a Maple Leaf Grinder which has only been used a few weeks.

For further particulars inquire or write to R. DEB. SCOTT, Gagetown, N. B.

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### NOTICE.

The notice published in this paper by Jas. H. Ryder, is an absolute falsehood, and I challenge him to prove I am the owner of a bay mare and colt or have such under care. MRS. WM. RYDER, Campbell Settlement, Johnston, C. Co.

### WANTED.

A girl to do general house work. Must have references. Apply to MRS. JAMES S. NEILL, Fredericton, N. B.