

DO THE BEST YOU CAN.

But Don't Run Into Debt to Have a Little

It is good for you to wish to hear the best music, to see the finest dramatic representations, and to hear the story of some wondrous land told by a good lecturer. But be honest in your enjoyments. You may find greater pleasure in the music, in the play or in the lecture, if you have a girl friend with you, but unless you can afford to take her, unless it means leaving a clear balance sheet, don't do it Mr Almighty Dollar, whose father is millionaire many times, can afford to take the pretty girl you admire to the opera, say five dollars spiece for the tickets, come after her in a carriage, and send her a huge box of flowers when flowers are wirth their weight in gold. But you cannot afford to imitate him-honestly. But send your tily bunch of violets, with your card attached, if you like, ask her to the theatre, and either walk there or go in the street cars. But, because the other fellow does it, don't be small enough to feel that no pleasure is worth offering unless it is offered in the most extravagant fashion.

It this girl is worth your admiration she will appreciate your tiny posy, she will appreciate your reason for entertaining her in the simplest manner, and, if she does understand, don't waste your time th her-she doesn't come near your ideal. The girl who talks to you a great deal about the sweets one man sends her, the flower that come from another, and the way another takes her out, is the girl who wants to have a pencil mark drawn through her name on your day-book, and opposite you should write, "Unprofitable, not worth cultivating." You are not living just for today, consequently in making friends you are making them for life, and silly girls, foolish girls and extravagant girls are not worthy of consideration.

Opportunity.

Opportunities, numerous and golden,

much as peoples and nations strive after this ideal of the Christian home that they will be happy. The curse of the present

day is the divorce court. Christ taught that there was just one cause in the sight of God that could put an end to the marriage bond. But in these days the slightest show of temper; the slightest, the most trivial matter for disagreement; preference for another woman or man; any godless idea of opinion that might occupy the mind ; tiredness of connection in lite and mutual attachment ; poverty unexpected ; the wreck of fortune; corrupt and wicked motives; these things sunder those whom God hath joined together. And when children are regarded as a nuisance, when the club is the very life of the husband-when the husband is at this place, the wife at the other, the children with relatives or left to the care of the servants, what is to be expected? There will be confusion and misery and evil work. It is just in proportion as you follow the example of Christ in your whole life that sweet old song which has greeted you-after a hard day's work -when you sat by the fireside will become part of your very life, "Home, home, sweet sweet home; be it never so humble, theres no place like home." '- Rev. Canon Du-Moulin.

Blasts From the Ram's Horn.

God alone can tell where our personal influence is going to stop.

It you have parted with your sins, don't hunt them up to say good-bye to them. It takes both grace and grit to get along pleasantly with people who never make mistakes.

The cross we pick out for ourselves is always heavy.

Whenever the world comes face to face with unselfish love it has to stop and think. Some fellows get very low down in getting up in the world.

Self denial is about the last thing some people undertake when they start out to be Christians.

saying : 'My child, it is thus I will that thy found myself a little better. This led me to continue using it, and short'y I was able service be weary and lifeless, and deficient in all earthly reward and pleasure, what is that to thee, so long as it my will? What I do theu knowest not row, but thou shalt know hereafter. Follow thou me without questioning the love which inflicts this weariness and sadness and seeming privation of all thou most de'ightest in.'

Happy Homer.

The sweetest and happiest homeshomes to which men in weary life look back with yearning too deep for tears homes whose recollections linger round our manhood like light and the sunshine and the sweet air, into which no base thing can intrude-are homes where brethren dwell together in unity ; where, because all love God, all love their brothers also; where, because all are very dear to all, each is dearer to each than to himself .--Rev. Dr. Frederick W. Farrar.

The Truly Brave Soul.

The truly brave soul does not quail before or shrink from life's hardships, but heroica'ly faces them, assured that they are a part of that divinely ordained life discipline which fits the soul for an eternity of bliss Th's life is the school in which faithful, diligent, brave students are fitted, by severe discipline, for the glories of the life which is to come.

At the End of Lit-.

Blessed is everyone who, as the end of this life draws near, can say, "I am now ready to be offered. I have fought the good fight. I have finished my course. I have kept the faith: Henceforth there is laid up for me the crown of righteousness which the Lord, the righteous Judge, shall Answers. give me at that day."

Saved, Saved, Saved. Always live below your income. If you are making \$5 per week save a dollar and

put these dollars out at interest. Knowledge Put to Use.

The importance of what we know is derived largely from its influence on the will or conduct.-Bishop Spalding.

to take solid food, and the sickness gradua'ly left me. Holding to this medicinethe only one that had ever helped me-I grew stronger and stronger until I was in good health. Without Mother Seigel's Cu ative Syrup I should never have recovered; and you must try to imagine how greatful I feel. I never can put my thankfulness in words. Yours truly (Signed) (Mrs.), Mary Jane Hilliar, Rimpton, near Sherborne, Dorset, March 9th, 1893." We rest at this. Here is a life history How can we comment on it adequately? What a pity that this woman should have to suffered! What a satisfaction to know

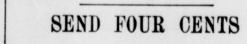
TRY

that she suffers no more! And yet-the lost time, the lost happiness! Ah, yes! Mother Seigel bad reason enough to induce her to labour as she did to relieve her sister women. Think Heaven for her success Mrs. Hilliar's real disease was of the

stomach-indigestion and dyspepsi; in herited, probably, and made chronic by circumstances. The remedy the finally used cured this, and so freed her from all the symptoms and re ults. How kindly are the arms that carry us in our weakness. How glorious not to need them !

They had no Dinner.

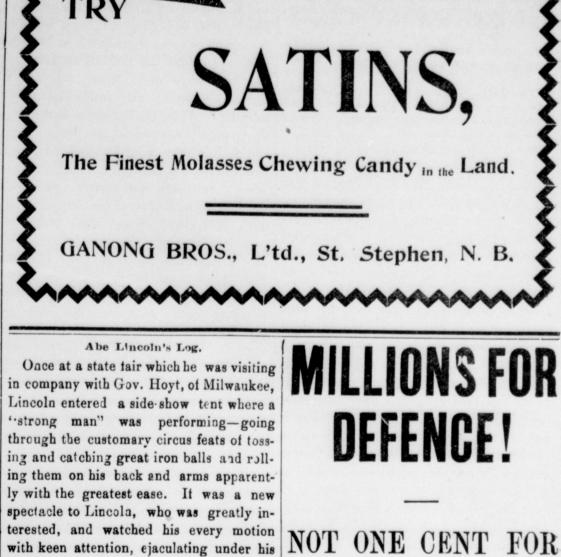
The absent-mindedness of a certain well known Scotch professor is notorious. Not long ago he invited a few select friends to dine wih him; and upon their arrival, some short time before the hour set apart for dinner, the professor suggested a walk through the conservatory and grounds until the gong should sound the dinner hour. After spending a short time inspecting flowers, plants, etc., host and guests came suddenly to a small gate at the end of the lawn. "Ab," said the professor to his astonished guests, "assuredly this will be a much nearer way home for you than going back to the front.' And, all unconscious



For Six Fancy Dolls With Extra Dresses.

The manufacturers of the popular Diamond Dyes have a taking novelty which they are sending out to every city, town and village in Canada. This novelty is known as the Diamond Dye doll with extra dresses. Six of these dolls with six extra dresses

George ! by George !" Seeing his interest, Gov. Hoyt, when the performance was ended, asked him to come up and be introduced to the athlete. Lincoln at once complied, and stood for a moment looking Safety of his invitation to dinner, he opened the down upon the man who happened to be gate and bowed his guests out .- London very short, in evident astonishment that such a little fellow could be so strong; then his amazement got the better of him. and he burst out into speech. "Why," be exclaimed, still gazing down-When ward from his elevation of a foot or so above the man's head, "why I could lick salt off the top of your hat !" With the earlier anecdotes of Lincoln's size and strength are linked always other anecdotes of his story-telling in the intervals between working hours, when his long. gaunt figure would be stretched at ease,



breath at each new achievement, "By TRIBUTE.

of Canadians Assured

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Paine's Celery Compound is Used.

It has ever been the boast of Britons, that they never shall be slaves. The Briton's heart warms to freedom ; his blood is aroused when human beings become mere chattels-bought and sold like animals.

PROGRESS, SATURDAY, MAY 2, 1896,

ever wave before us on the march along the busy pathway of lite. The work of the present must be done now or never, so much depends upon to-day. Some things may be deferred, some omitted, but with every day there may come to us an opportunity which if misimproved shall return no more. From every heart should arise the great question, "Lord, what wilt thou have me to do?" and with open eyes and ready hands we should watch and wait to do our appointed work. Who can estimate the loss that may result from the neglect of a single opportunity? A life may hang'in the scale, a soul may be saved by the faithful performance of the duty of to-day ; hence, while we should not give way to depression, nor sink down beneath a load of anxiety, we should ever hold ourselves responsible to God, and continually watch that opportunities which are granted to us may not pass by unnoticed and unimproved. The path we tread, the business in which we engage, the recreation which we enjoy, the company with which we associate, the strangers who may chance to be thrown in our way, all these 'may afford us opportunities of doing good, [or blessing those around us, and sowing seed which may produce fruit to life eternal. Not only in the acts which we do, but in the words which we speak. and in the tempers which we exhibit, we may be wielding an unconscious influence which will tell upon the welfare of others, and which may settle their decisions when the balance hangs tremblingly before them. O's, we little know the mischief which

may be done by an angry word, or act, or look ! Around us are souls whose prosperity may hang suspended, as it were, in scale; that tremble at a breath ; and it may be fien to us to decide their course for the right, even unconsciously, or without effort or intention .- Rev. W. L. Martin.

The Boy Who Says "We."

Don't laugh at the boy who magnifies his place. You may see him going to the postoffice with a big bundle of his employer's letters, which he displays with as much pride as if they were his own. He feels important, and he looks it. But he is poud of his place. He is attending to business. He likes to have the world know that he is at work for a busy concern. A great merchant once said. "I would not give much for a boy who does not say 'we' before he has been with us a fortnight.' The boy who says "we" identifies himself with the concern. Its interests are his. He sticks up for its credit and reputation. He takes pleasure in his work, and hopes one day to say "we" in earnest. The boy will reap what he sows if he has grit and ticks to his job. You may tak

Christ has nowhere promised to bear the burdens of those who borrow trouble. A little weed has no more right to live than a big one. To spare any kind of sin may mean to lose your own lite. The man who has a high opinion of himself doesn't know it bimself.

The man who looks for difficulties will find two where he only expected one.

Self-Denial.

Life in the individual is never preserved without self-denial. Self-denial from religious motives is spohen of by St. Paul as a sacrifice to God. This is what he means when he talks of each Christian being a living sacrifice. The death of the sacrifice is the death to sin, the life of the sacrifice is the life of righteousness. These two parts of holiness are inseparable. Death and life run parallel in the experience of the true Christian. Without the death of self-denial, there can be no life of grace. The cardinal principle of Christianity, in the domain of morals, is that the vital sacrifice which alone preserves the individual, the church and the race finds no motive excepting in religion, a true feeling of responsibility to the moral ruler of the universe.

Making Vows.

Vows, rightly and properly made, should be religiously kept. Some are hasty in making them, and as hasty in breaking them. Others are slow in vowing, but equally slow in going back upon them, Broken vows are great hindrances in Christian experience and in aggressive work. Well-maintained vows are a source of inspiration to greater undertakings and holier living.

Wisdom and grace are the two main requisities in their formation and execution. Intelligence indicates the proper occasions for making them, and divine strength enables the soul to put them into practice. The great thing is to vow in the Lord, and to pray in His name and by

His help. Doing Ono's Best.

That is all you can dem and from peopleand all one can insist upon from one's self -to do one's best in every sphere and situation. In the shop or factory, at home or at school, in the pulpit or on the bench, the inexorable law is the law of doing one's best. As to what is the best, that is left to the individual, and it is not our business to set down a canon or standard as to our neighbors conduct. Let us sweep the snow from our own sidewalk first; let us do the nearest duty to be done; let us breathe into our work all our manhood or womanhood, all are earnestness and determination. Then we can peep a little

Too many grieve over the past, dream of the future, but never act in the present.

Dreamers.

The entire grace, happings and virtue of (a young man's) life depends on his contentment in doing what he can dutifully, and in staying where he is peaceably .-Ruskin.

No person goes through life entire'y unappreciated. It would be a sorry world if we judged all our friends by the outside.

SPEAKING OF LONG AGO.

Today, as I pen these lines, one picture rom the long-vanished past rises in my memory as clearly as though it hung on a wall before my very eyes. It is of a boy about fourteen years old, propped up in a creat arm-chair with pillows and bedclothes, and gazing through a window. He is just convalescing after a long and dangerous illness, and still thin, pale, and weak. The strong arms of his loving father have taken him from the bed and p'aced him snugly by the window in order that he may see his playmates at their games in the snow; for the times is mid-winter. They wave their hands to him and he waves this hand feebly to them. The scene is from my own boyhood, forty years ago. What magic has conjured it up now? Only a sentence from a letter.

This: "I was so weak that for years I had to be carried upstairs to bed." A lady speaks thus of her girlhood. What meant; but alas! too often what really happens in this perverted world. Children should never suffer pain, for pain is punishment. For whose offences, then-surely not their own-do the little ones sicken and die by uncounted millions? "From childhood," so runs the letter.

'I was always delicate. When fourteen years old I got a chill on the lungs which left me in a weak state. Indeed, I was always tired and weary, and never knew what it was to feel strong.'

Now, tell me, if you can, what sadder reading one is apt to come upon than this? Fancy a young girl being always tired, weary, and weak?—too weak to climb the stairs to her own bed! so feeble and lifeless as to require to be carried over the house through which she should have skipped and danced like a tawn. What had so crushed her? Disease? What disease and how caused ?

"I was very pale," continues the letter 'My feet were cold and clammy, and hot sweats now and again brust over me. My appetite was poor; and, a'ter eating, I suffered such pain at the chest and sides that it often amounted to agony; and the pa'pitation of the heart was so bad that many times I got no sleep at night on

account of it." And this at an age when the heart should beat quickly only with feelings of joy and hope; and girlish forms in their beds should be as quiet as recumb nt statues. "After a time," says the writer, "I could take liquid nourishment only, my had not even strength to walk across the for family expenses. floor; and all who saw me said it was impossible that I should ever get well.

"From time to time I say

will be sent to any address upon receipt of four cents in stamps. These dolls are very artistic and ornamental, and delight

he young people. When you order the dolls, ask for card of forty five samples of dyed cloth, and build a flatboat, there was preserved and Dyes; these are sent free of cost. Wells log called Abe's log, whereon he and his & Richardson Co., 200 Mountain Street, Montreal.

Long-Lived Animals. It is generally agreed among naturalists that the tortoise is the longest lived of all the animals. There are many instances of them attaining the extraordinary age of 250 years, while one is actually mentioned as reaching the unparalleled age of 405 years. Notwithstanding these examples, which, of conrse, are exceptionally rare, the ordinary tortoise only lives on a average from 100 to I50 years.

A CAREFUL STUDENT OF SOCIAL RE-FORM

Rev. W. Galbraith, LL. B., Pastor of Elm Street Methodist Church. Toronto, Has a Good Word to Say of Dr. Agnew's Catarrhal Powder.

The Rev. Wm. Galbraith, LL B., is one of the thoughtful preachers of the day The active interest he has taken in ques tions of social retorm has given him wide influence outside of his own church, where his itfl ience is undisputed. His mind is of the kind that thinks out a problem, and a pitiable thing. It is not what nature then he is able to speak with force and intelligence. He is to be credited with examining into the merits of Dr. Agnew's Catarrhal Powder, with the same bent of mind. And what does he say? That in this medicine he has found a remedy that gives quick relief for cold in the head. which is so uncomfortable to everybody, and giving relief there it helps, perhaps, more than any other remedy to stave off the ill effects that come from catarrbal trouble

One short puff of the breath through the Blower, supplied with each bottle of Dr. Agnew's Catarrhal Powder, diffuses this powder over the surface of the nasal passages. Painless and delightful to use, it relieves in ten minutes, and permanently cures catarrh, hay fever, colds, headache, sore throat, tonsilitis and deafness. Sixty cents. Sample bottle with blower sent on receipt of 10c. in stamps or silver. S. G. Detchon, 44 Church street, Toronto.

Welt-Paid Buropean Rulers.

Italy can have 10,000 men slaughtered Abyssinia and still pay her king \$2,600. 000 a year, while the price of macaroni is going steadily down. The civil list of the Ferman emperor is about \$4,000,000 a year, besides large revenues from vast estates belonging to the royal family. The czar of all the Russias owns in fee simple 1,000,000 square miles of cultivated land. and enjoys an income of \$12,000,000. The king of Spain, little Alfonso XIII., if he is of a saving disposition, will be one of the stomach being too weak to retain anything | richest sovereigns in Europe when he comes solid. Thus, I gradually wasted away of age. The state allows him \$1,400,000 until I was nothing but skin and bone. I a year, with an additional \$600,000 for

TRIED, TESTED AND TRUE.

him was helpless with laughter. In one for defence ; but, never, never will they town, where he stopped four weeks to book of directions for dyeing with Diamond pointed out for many years a peeled mean? Just what we say-that we are too

> listeners used to sit lounging and whittling in the summer evenings. So irresistibly funny were the yarns that Abe told there. that, said the narrator, who used to be one of the boys "whenever he'd end up in his his unexpected way, the boys on the log would whoop and roll off." The result of

this appreciative friction, constantly repeated, was that Abe's log, so long as it was in existence displayed a polish like a mirror from one end to the other.-Youth's Campanion.

Brazilian Black Diamonds.

Although the greatest Diamond mines in the world are in South Africa, Brazil exports more diamonds to that part than any. where else on earth, says a London paper. The explanation is easy. They are black diamonds, and not of the kind used for jewelery. The place of their greatest utility is underground in mines. South Africa does not produce them, but it could

not well get along without them. Black diamond is the hardest substance known. Its utility has not only been realized for about twenty years, and improvements are constantly being made in it. The rough stones are taken and split by machinery in a way that was unknown until recently. The split must follow the grain. If it does not the stone will be wasted. Each stone is split into stones of different sizes. The cubes are then welded into mining drills if they are to be used for boring. The steel is cast about the diamond so that it cannot get loose. In the same way nearly all diamond saws are made. They are circular saws. E ery tooth is a black diamond cube. It is fastened on when the steel portion of the instrument is in a molten state.

The attempt to make these stones artificially has proved a failure in every instance. The cost is greater than the market price of the Brazillan diamond. Black diamonds weigh ordinarily less than 100 carats, ranging all the way down to half a carat. The largest in existence was found only a short time ago, its weight being 320 carats. The diamond was sold to a museum for £8 000.

The Unappreciated Value of a Cent. "Until recently I never appreciated fully the value of a cent." a talkative individual remarked, as he replaced a cent that had fallen from his pocket to the floor of the car. "The difference of a cent in the bids for the \$100,000,000 of government bonds was \$10,000. I didn't buck against Morgan for the whole lot lately because I couldn't raise the difference. At about that time I had a controversy in regard to interest with

and he would pour out stories, anecdotes British subjects will suffer patiently even and bits of mimicry till the crowd around extreme taxation of the raising of millions pay tribute to any foreign master.

British subjects-men women and children-are slaves too often! What do we often miserable bondmen and bondwomen. when we might revel in freedom and strength.

Thousands of us are slaves to some trouble or disease that makes this ear hly pilgrimage burdensome and oppressive.

Why suffer longer? We have near us a nighty and powerful deliverer and rescuer nown as Paine's Celery Compound that juickly banishes our assailing and tormentg enemies that come too often in the form rbeumatism, neuralgia, dyspeps'a, indigestion, constipation, heart disease, nervousness, sleeplessness and blood diseases.

Why encourage and pay tribute to such death-dealing masters ? Our bodies should be free, clean, pure, and fitted for the full enjoyment of true life. That wor'd renowed prescription, Paine's Celery Compound. gives perfect health, strength and life. It removes every trace of disease from the body. and purifies the blood

This is the season to banish every weight and oppression. Let the renovating work be commenced now. so that summer and hot weather may be met with strong and vigorous bodies and clear heads. Paine's Celery Compound has in past spring seasons saved thousands of sufferers ; it will do the same for you today, weary and sick mortal.

Whn you decide to use the great healthgiver, see that your dealer gives you the kind that CURES. Ask for Paine's Celery Compound, and see that it has the trademark, the "stalk of celery." No other preparations will suit your case.

Japan Has no Domestic Animals.

Japan is a land without the domestic anımal. It is this lack which strikes the stranger so forcibly in looking upon Japanese landscapes. There are no cows-the Japanese neither drinks milk nor eats meat. There are but few horses, and these are imported mainly for the use of the foreigners. The freight cars in the city streets are pulled and pushed by coolies, and the pleasure carriages are drawn by men. There are but tew dogs, and these are neither used as watch dogs, beasts of burden nor in hunting, except by foreigners. There are no sheep in Japan, and wool is not used in clothing, silk and cotton being the staples. There are no pigs-pork is an unknown article of diet, and lard is not used in cooking. There are no goats or mules or donkeys in Japan, and a special agent of a society for the prevention of cruelty to animals there would have a perpetual picnic, with nothing to do but to wear fine clothes and collect they early dues.

DOCTORS AND FLY BLISTERS FAIL

But One Dose of South American Rheumatic Cure Relleves and Half a Bottle

sticks to his job. Tou may take on your		From time to time I saw doctor after	Thorsands Know of the Quick and Certain	the secretary of a trust company that	Cures.
hat to him as one of the future solid mon	at our neighbor and see how he is getting	doctor, and twice went to the Sherborne	Thoreands Know of the guick and Certain	the sectoring of a financial After ma	
hat to him as one of the future solid men	along and whether the result is worthy or	Hospital, but received no benefit from the	Relief that Comes from South American	carried one of my small accounts. After my	Robert E. Gibson, Pembroke's well.
of the town. Let his employer do the fair	along and whether the result is worthy or	treatment there. At last the doctors said	Kidney Cure.	pass book had been balanced I noticed that	known merchant: "I contracted rheu-
thing by him ; check him kindly if he shows	unwortuy.	that both my about and bounds avera alarm	This medicine will not cure all the ille	interest to the amount of \$12.00 had been	matism in very severe form in 1888, and
signs of being too big in his place ; council	Unquestioning Obedience.	ated and that there was no hope of my re-	the flesh is heir to, but it will cure kidney	allamed It seems to me it might have been	have suffered untold misery each spring since. I have repeatedly applied fly
	Nielten alle an in la demote at	covery I was now so had that I could	trouble of whatever kind-no case too	anowed. It seems to me it might have been	since. I have repeatedly applied fly
him as to his habits and associates, and oc-			anounted It will ours encedily_sure	\$14. and I worked at the figures quite a	blisters with but little success. Doctors
casionally show him a pleasant prospect of	The weary day chucu, think that a day	take nothing but weak brandy and water	aggravated. It will cute spectury-sure	while I found that the amount should have	whom I consulted likewise failed to re-
admanagement A little manage door on how	offered to God in weariness and quiet en-		rener in six nours. It is fich in heating	wille. I found that the company got the	liona I mas induced to try South American
est boy a heap of good. Good luck to the	onered to God in wearmess and quiet en-	"In this hopeless condition I lingered	powers, and whilst it quickly gives ease,	been \$13 992, but the company got the	lieve, I was induced to try South American
	dunance may have you fullow joy than the	on until March. 1890, when I heard of	where pain existed before, it also gives	benefit of the half cent, and I didn't induce	Rheumatic Cure by Mr. W. F. C. Bethel,
boy who says we:	hightest have ing for the joy that the	Mother Seigel's Curative Syrup, Al-	strength to the weak and deranged organs.	the secretary to transfer it to my account.	of the Dickson Drug Company. The first
	brightest, happinest seasons of enjoyment	though I had given up all hope of domining	making the care complete and lesting	I thought afterward that if a company that	dose gave me instant relief and half a
There is no Place Like Home.	can do. And when morning brings a fresh	though I had given up all hope of deriving	making the care complete and fasting.	has a capital of \$1 000 000 and a surplus	dose gave me instant relief and half a bottle cured."
"I want to say to you now, with all the	beginning, it may be in weariness of body	less, sent for a bottle of the Syrup and	Kidney Cure has done for them will tell	of \$500,000 can ngure on half cents, 1	As a cure for rheumatism this remedy is
	and spirit, strive to hear the voice of God			ought to be careful with cents."	certainly peerless.