

Care of the Body.

This is the advice of the late Prof. J. M. Coates: "Think deliberately of the house you live in, your body; make up your mind firmly not to abuse it, eat nothing that will hurt you, wear nothing that distorts or pains it; do not overload it with victuals, or drink or work; give yourself regular and abundant sleep; keep your body warmly clad. At the first sign of danger from the thousand enemies that surround you defend yourself. Do not take cold; guard yourself against it; if you feel the first symptoms give yourself heroic treatment; get into a fine glow of heat by exercise; take a vigorous walk or run, then guard against a sudden attack of perspiration. This is the only body you will have in this world. A large share of the pleasure and pain of life will come through the use of it. Study deeply and diligently the structure of it, and the pains and penalties that will surely follow a violation of every law of life or health."

The Chemistry of Faith.

He that gave us Christ bath given us all things with him. As it is true to say that Matthew left all to follow Christ, so it is true that he got all that can be wished by following him. It is the chemistry of faith (let me use that word) to turn all things into good and precious ore. It is Abraham's country in a strange land; Jacob's wages, when Laban defrauded him; Moses' honor, when he refused to be the son-in-law of Pharaoh's daughter; Rahab's security, when all Jericho besides did perish; David's rescue, when there was but a step between him and death; the power of the apostles, to be able to cast out devils; Mary Magdalen's sweet ointment, to take away the ill-savor of her sins. Plead, therefore, with the oratory of faith, and say, "Lord, I have no life but in thee; I have no joy but in thee, no salvation but in thee; but I have all these in thee, and how can my soul refuse to be comforted?"—Jeremy Taylor.

In Time of Trouble Say:

First—He brought me here—it is by his will I am in this strait place; in that will I rest.

Next—He will here keep me in his love, and give me grace in this trial to behave as his child.

Then—He will make the trial a blessing, teaching me the lessons he means me to learn, and working in me the grace he intends for me.

Last—In his good time he can bring me out again; how and when he knows.

Say—I am here (1) by God's appointment, (2) in God's keeping, (3) under his training, (4) for his time.—Andrew Murray.

Let us not fall into the error of letting our passions and carnal appetites ride in triumph, while our nobler powers walk in the dust. Grace must reign as a prince and make the members of the body instruments of righteousness. The Holy Spirit loves order, and he therefore sets our powers and faculties in due rank and place giving the highest room to those spiritual faculties which link us with the great King. Let us not disturb the divine arrangement, but ask for grace that we may keep under our body and bring it into subjection. We were not new created to allow our passions to rule over us, but that we, as kings, may reign in Christ Jesus over the triple kingdom of our spirit, soul and body, to the glory of God the Father.—C. H. Spurgeon.

FIT THE GROCER.

Wife Made the Suggestion.

A grocer has excellent opportunity to know the effects of special foods on his customers. Mr. R. A. Lytle of 337 St. Clair St., Cleveland, Ohio, has a long list of customers that have been helped in health by leaving off coffee and using Postum Food Coffee.

He says, regarding his own experience: "Two years ago I had been drinking coffee and must say that I was almost wrecked in my nerves."

"Particularly in the morning I was so irritable and upset that I could hardly wait until the coffee was served, and then I had no appetite for breakfast and did not feel like attending to my store duties."

"One day my wife suggested that inasmuch as I was selling so much Postum Food Coffee there must be some merit in it, and suggested that we try it. I took home a package and she prepared it according to directions. The result was a very happy one. My nervousness gradually disappeared and today my nerves are all right. I would advise everyone effected in any way with nervousness or stomach troubles, to leave off coffee and use Postum Food Coffee."

News Summary.

Rev. Geo. C. Lorimer, pastor of Tremont Temple, Boston, has refused an increase of \$1,000 a year to his salary recently offered by the church. He thinks his present salary of \$7,000 is large enough.

At Richibucto Monday James Mooney, of Buctouche, charged with stealing two hundred and fifty dollars from an old man named Richard, was sentenced by Judge Wells to three years in the penitentiary.

Dr. Leyds, interviewed in Amsterdam, affirmed that the South African war would not be affected by President Kruger's departure for Holland. He further says that as a last resource the Boers would probably trek into German Damaraland.

Lord Roberts reports from Machadodorp, under date of Wednesday, September 12, that General French was heavily engaged that day with the Boers in the hills west of Barberton, and that General Hutton had gone to General French's support.

The reported destruction of Seal Cove, Grand Manan, is without foundation. There has been a brush fire on the back of the island near Grand Harbor, but no buildings were burned. The fire was close to some houses, but rain extinguished the flames and the danger is now over.

Tides in the Petitcodiac river have been unusually high of late. Monday, the 18th, dykes were broken and the athletic grounds, near Winter's coal shed, Moncton, were inundated by two feet of water. The M. & B. Railway track between the station and Lévisville for a distance of over half a mile was submerged.

The Republican voters in Maine elected their state ticket on Monday by a plurality over the Democratic candidates of over 33,000. The four Republican Congressmen were returned by large majorities. The state legislature will remain practically unchanged, all the senators (thirty-one) being Republicans, while 125 out of 151 representatives will also be of that faith, and assures the election of Wm. F. Fyre next winter as senator.

The business portion of the thriving manufacturing town of Paris, Ont., was almost wiped out by fire Thursday morning. The fire started just before one o'clock in Melrum's flour mill. The post office, custom house, Canadian Bank of Commerce, with incandescent electric light station, were the first to follow the mill, and thence the flames spread in all directions. The loss is estimated at \$350,000 with insurance about \$125,000.

At noon Sunday the damage by forest fires within a radius of fifty miles of Bangor was estimated at \$100,000, and since then the flames have made rapid progress through valuable timber. The greatest damage is being done by a fire that started several days ago in South Lagrange, and which had caused a loss of \$50,000 up to Friday night. In Costigan, near Oldtown, a loss of \$50,000 has been caused. In Bangor the air is thick with smoke, and embers fall in the streets. The woods in the territory which surround Ellsworth are afire in half a dozen localities.

The Fredericton Herald's Shogomoc correspondent writes, under date of Sept. 10th:

On Saturday last, while working in his back field, Mr. A. McNally was surprised to hear what seemed to be a young child's voice calling in distress from the woods near by. He started for the woods, calling at the same time to, as he supposed, the lost child. Getting an answer each time, all the time coming nearer, he soon reached the edge of the woods, which borders on the edge of a swamp, and started in to meet the lost one. Before he had advanced twenty rods he was frozen to the spot with terror to hear an unearthly scream as it seemed in the heavens above his head, and on looking up he beheld leaping from tree to tree an animal about the size of a fair-sized dog, only somewhat longer, with a yellow skin and a flat face something like a bob cat, only more savage and terrifying, with two great yellow eyes staring down at him as if with the satanic faction of a devil. Mr. McNally, having left his fork where he had been at work, had nothing with which to defend himself, and had it not been for his presence of mind and nerve he would have surely been torn to pieces right there and then, for just at that moment the animal gathered itself for the leap, as it supposed on its victim, but it reckoned without its host. Just as the beast left the tree, Mr. McNally sprang to one side, and seizing a large pine knot, the only thing at hand, he made a jab at the animal's eyes, thinking to blind it, but missed, the knot going in the open mouth of the animal and choking it and while it was choking, Mr. McNally made for the field, expecting every minute to be pounced upon and torn to pieces. He made the field and seized his fork, determined to kill the beast if possible, but the animal did not follow. It being late the alarm was not given until Sunday morning, whereupon David Mason remarked that it was an Indian devil, and shouldered his rifle and started for the woods.

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Paine's Celery Compound is the acknowledged chief of all medicines for the cure of diseases due to nervous weakness or to a foul condition of the blood. It is the one real remedy known to-day that never fails to benefit. Get Paine's Celery Compound and only "Paine's" if you would be well and strong.

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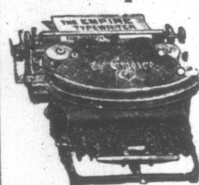
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CURES SCROFULA.

Mrs. James Carr, Umfraville, Hastings Co., Ont., says: "My little boy, two and a half years old, was in a terrible condition and suffered a great deal from scrofulous sores. My husband bought a bottle of Burdock Blood Bitters for him and gave it to him, and by the time he had finished the second bottle there was not a sore to be seen. On account of this wonderful cure I can honestly recommend B.B.B. to all who suffer from any disease arising from bad blood."

CURES BOILS.

Mr. Oliver J. Murray, Charlottetown, P.E.I., writes as follows: "About six months ago I was troubled with painful boils, for which I could get nothing to cure me. As a last resort I tried Burdock Blood Bitters. One bottle completely rid me of boils, and my health was never better than at present."

The Fall Term of WHISTON'S COMMERCIAL COLLEGE

and School of Shorthand and Typewriting will commence on Tuesday, September 4. Students desiring to take a course in Book-keeping, Shorthand and Typewriting, and kindred subjects, which are all thoroughly and successfully taught at this institution, will receive full information upon writing to or calling on the Principal, who will be in his office every day in August between 10 and 12 a. m.

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Equity Sale

There will be sold at Public Auction, at Chubb's Corner (so called), in the City of Saint John, in the City and County of Saint John, in the Province of New Brunswick, on Saturday, the Third day of November next, at the hour of twelve o'clock, noon, pursuant to the directions of a Decreeal Order of the Supreme Court in Equity, made on Tuesday, the Twenty-first day of August, A. D. 1900, in a certain cause therein pending wherein John H. Allen is Plaintiff, and George F. Dunham and Matilda Frances Dunham, his wife, are Defendants, with the approbation of the undersigned Referee in Equity, the mortgaged premises described in said Decreeal Order as: "All that certain lot, piece or parcel of land situate, lying and being on the north side of Peter's Wharf (so called), in Queen's Ward, in the City of Saint John, having a front of thirty-five feet on Peter's Wharf and extending northerly forty-three feet to the side line of land now or formerly owned by the Hendrick's Estate and bounded and bounded as follows to wit: Beginning at the South West Angle of the lot sold by the late Charles I. Peters to one Thomas Nesbit, thence running North along the West side line of the Nesbit lot forty-three feet, or to the South side line of the land owned by the Hendrick's Estate, thence Westerly along the said Hendrick's Estate line thirty-five feet, thence South parallel with the West side of the Nesbit lot forty-three feet, thence East along Peter's Wharf and at right angles with the last mentioned line thirty-five feet to the place of beginning, making a lot thirty-five feet front and forty-three feet deep, together with all and singular the buildings, fence and improvements thereon, and the rights and appurtenances to the said lands and premises belonging or in any wise appertaining, and the reversion and reversions, remainder and remainders, rents, issues and profits thereof, and all the right, title, dower, right of dower, interest, property, claim and demand, whatever both in Law and in Equity or otherwise of them the said George F. Dunham and Matilda Frances Dunham into or out of or upon the said lands and premises thereby conveyed or intended so to be, and any and every part thereof.

For terms of sale apply to the Plaintiff's Solicitor.

Dated the 25th day of August, A. D. 1900.

DANIEL MULLIN, Referee in Equity.

AMON A. WILSON, Plaintiff's Solicitor.