#### A Perfect Trust.

Oh, for the peace of a perfect trust, My 1 ving God, in Thee, Unwavering faith that never doubts, Thou choosest hest for me.

Best though my plans be all upeet, Best, though my way be rough, Best, though my earthly store be scant, In Thee I have enough.

Best though my health and strength be Though weary days be mine, Shut out from much that others have,

Not my will, Lord, but Thine.

And even though disappointments come They, too, are best for me, To wean me from this changing earth, And lead me nearer Thee.

Oh, for the peace of a perfect trust, That looks away from all, That sees Thy hand in everything-In great events or small.

That hears Thy voice-a Father's voice-Directing for the best, no for the peace of a perfect trust, A heart with Thee at rest,

### Conditions of Spiritual Health.

A most remarkable similarity seems to exist between the conditions necessary for the health of the body and the health of the soul. So close is this concurrence, indeed, that one might but one instance, among many, of the uniformity of the laws which govern the realms of matter and spirit.

Let us look, for a moment, at some of the conditions of spiritual health, and note how closely they are allied to of the body.

great, the cardinal law of spiritual with the working of the spiritual reahealth, is activity. The soul's welfare son. In a word, it is a diseased condivery largely depends upon the normal tion of the soul-the condition which use of the functions which God has supplies Christianity with its fanatics, given it. As in the economy of the its false converts, and its intolerants. body, so also in the economy of the soul, the proper use of its powers determines in greatest measure the condi- | What is gained by the excessive activtion of the organism. An idle function ty of any power? Nothing, indeed, means so much decrease of vitality and but weakness and loss of self-control. power. To carry the analogy, perhaps, The same rule holds good in physical their entire willingness to accept God's to extremes, we may say that there is and spiritual life-moderation the nora fatty degeneration of the spiritual structure as well as of the muscular. It is through lack of activity that the

soul deteriorates more rapidly than in any other way. Spiritual health, then, depends chiefly upon the energetic and systematic use of the spiritual powers. But it depends, | ple to the exclusion of Christ and salalso, upon the symmetrical development | vation. The sources of diversion are of these powers. As on the physical numerous, and many of them have the side of his nature, so too on the spirit- grip of a giant. The age is intensely ual, it will not do for a man to be onesided in his culture. The specialist in power of body and mind is taxed to its athletics is seldom a thoroughly healthy utmost. Invention, business, enterman; seldom enjoys a long life, or immunity from disease. So the specialist and balance of the powers of the soul, play of all the functions, which are the conditions of the highest well-being. make a very disproportionate Christian indeed. So do too much humility and too little purity. Take the catalogue of spiritual graces given in the Beatitudes, and see how rounded and symmetrical and healthful a Christian you can make of yourself by cultivating them all. Let your soul rejoice in the activity of all its normal powers, spiritual athletes in the church to-day, who would be in far better condition themselves and exercise a far healthier influence, if they only realized that the can leap the loftiest hurdle of faith, or lift the heaviest weight of charity, but mercy and courage, submission and Saviour. and eternal harmony.

tance all others.

delay to a second condition, which is, of the soul is in like measure depensouls are immaterial, is no reason why they should be able to exist indeual organisms, with spiritual functions

once spiritual food.

and in sufficient abundance, to ensure | the superficial, fussy, pretentious thing | young monk, "Father, when shall we the health of the soul. There can be out of many lives, and what will be begin to preach?" And the father busy they all are. Such a visit will be no spiritual health when the soul is fed left? Think of the waste of time, of looked down upon his son, and said, upon such husks as the empty theories | money, of gifts and opportunities, for | "My child, we have been preaching; of the theosophists or the spiritualists, which fashionable society is respon- we were preaching while we were walkor seated at such Barmecide tables as sible. It is kin to money-love. You ing. We have been seen-looked at; those of the agnostics, or tantalized by cannot join its bannered ranks without our behavior has been remarked; and the substanceless dreams of the orient- money, and when your money is gone so we have delivered a morning seralists. Nay, spiritual nourishment it strikes your name from the roll. mon. Ah! my son, it is of no use must be rich and abundant and strength- Preach the Gospel to these with hope that we walk anywhere to preach, unening, such as is afforded only by a re- of success! They seldom hear and less we preach as we walk."-Rev. ligion which satisfies doubts, and when they do, there is no beauty in it John Baird. soothes sorrows, and explains the mys- that they should desire it. It is a teries of life, and robs the very grave dreadful destroyer of mothers and of its victory. And where shall such daughters, of young men, of not a few food for the soul be found, save in the husbands and wives. As long as soblessed Book which tells the story of ciety, with its tribute to pride, and its our Lord's most wonderful, most beau- occasion for indulgence, commands and tiful, most satisfying life and words? absorbs a soul, that soul will not be Simplicity is the note of real refine- tempt to win each of them. I am al-Feed upon the simple truth of this concerned about so trifling a thing as Book, O soul, and thou shalt surely salvation, nor inclined to listen to so ine culture. The absence of it is the them; and in all the skilful ways I find that food which will nourish thee dry a tale as the Gospel. The flesh is evidence of some form of immaturity know I personally seek to bring each unto life eternal!

hygiene and transfer them in toto to go into paroxysms at a camp-meet- absorb. These lead. We can only ently, because most people confuse it way of doing things. Let us be readier the science of spiritual health. This is ing, or to become a fanatic on any look on sadly and say: "God have with some form of display or elaboration and the science of spiritual health. This is ing, or to become a fanatic on any the hysterical religious condition of a Rhodes, in St. Mark's Messenger. Tolstoi, who advocates the extinction of the race for Christ's sake! All these are fair examples of a lack of spiritual moderation-the soul suffering itself to the conditions which govern the health | be carried, or urged, to extremes. \* Such a condition inevitably destroys | faith, with God's hand of discipline. And, first, we may observe, that the balance and consistency. It interferes Illustrations of this are multiplied be-

Why should not the soul be moderate in the exercise of all its functions mal condition of activity. - Z. Herald.

## The Peril of the Soul from Absorption Perhaps there never was a time

when so many things absorbed the attention and interest of so many peoactive, restless, aggressive. Every prise, are all great captains, whose tread is heard in every direction. a spiritual culture loses that harmony There is not only ambition to do, but a burning, consuming lust to acquire. that integrity of life, that perfect inter- | Money is a noble servant; properly used it is an instrument of great good; but when the love of it becomes mas-Too much faith and too little charity | ter, it is as merciless as the grave. When a man's heart and eyes and hands and brain are all absorbed in and too little faith, or too much charity | the accumulation of money, the stones on the street have as much ear for the Gospel as he. As easily might you hope to arrest the winds that blow, or the dashing streams of a mountain flood, as this man. He has no time to think, nor to care about his soul. Why should he be thus concerned, as long but avoid the special training of any as business is prosperous and dividends his feet to saving profit if we have not one of them. There are too many are good? He is absorbed, sucked up into the sponge of the money greed, until there is nothing of him to appeal something out of the usual order overhighest type of Christian is not he who takes and brings this man to a halt, leads him to awake and come to himself, he will go on content in his dehe who unites in a simple, earnest soul lusion until the sudden burst of exthe power to believe and the power to ternal things opens his eyes, just when his. All our lives ought to be such help, the grace of humility and the death is closing them, and eternity that it is easily seen that we love and grace of enthusiasm for righteousness, parts its portals to reveal a rejected follow Jesus Christ. The life preaches

character which rounds the circle of man who suffers himself to be wholly the graces, and proves that man can absorbed with money-getting is sucbe, like God, a being of infinite variety cess. When a man is making money than religion, while visiting Fenelon, and loves it, he has no sense of de-We have dwelt somewhat at length pendence. He is satisfied. Others beautiful character, that he said at npon this first condition of spiritual may be in danger, but he is safe. That parting, "If I stay here any longer I health because it so outranks in impor- is the time of his peril. On that hid- shall become a Christian in spite of den rock in life's seas many a one has But we must pass on without farther | run his bark and gone down. It is a mercy when God shatters the bubble the necessity of abundant nourish- and turns the poor soul from the boast The faithful Christian is always preachment. Everybody knows how essen- that it has need of nothing, to the ing, and his life is the sermon he tial nourishment is to the maintenance humble confession that it has need of preaches. It is told of Francis Assisi, of physical health; but perhaps it is not everything. To the love of money and that going into "the cloisters of his so generally understood that the health its power to absorb the whole man may monastery one day, and laying his

Society, with all its train of follies, the young man. And they walked are not mere phantasms, capable of sub- is another. The parade and sham and along their way, conversing as they the week about the importance of such sisting upon nothing. They are spirit- exactions of society, what a tyranny it went. They wound their way down it! How its enchanted victims step the principal streets, round the lowly one. and therefore demand for their subsist- to its bidding! They are as verily alleys and lanes, and even to the outcaptured as prisoners in war. They skirts of the town and to the village with chose present; it will help them Precisely as is the case with the body, are as verily in chains as were slaves beyond, till they found themselves at and may not harm you.

this food must be of the best quality, when sold to the highest bidder. Take the monastery again. Then said the master, and while its poor, frail pulses some kind of crudity of taste. The separate one to the Saviour." Is not Once more: Spiritual health is con- throb, society will be sought and greatest things, the most beautiful her method evident enough and preditioned upon the exercise of moder- adored. Sometimes we must leave things, and the most enduring things cisely the right method? Specific ation. It is possible to overdo spirit- the poor creature in the burning build- are always simple. When Savonarola prayer and specific personal work! ually as well as physically. The result | ing to his dreadful fate; all approaches | was put to the rack with the expecta- | Can any Sunday-school teacher strike of over-activity of the mind or the are cut off. What can we do with the tion that many secrets would be wrung a better method? The leaven in the body is insanity in the one case, pros- large class who are wholly absorbed from him, he declared that his secrets meal must impart its quality to the tration in the other. The result of with money-getting, and with the were few because his purposes had particle next it; so the whole mass over-activity of the soul is ecstasy. equally great number whose God is been great. The more comprehensive will at last be leavened. Personal Now ecstasy is not a healthful spiritual society? The approaches are all cut the man's character, the greater the Prayer for and personal work toward condition, let religionists of the old off. To them Christ's tears and blood work of art, the more marked will be separate souls—no general praying or school claim what they will. It is not are empty sentiment. Their thought- the element of simplicity in both. Real a sign of spiritual health for a person less march is to death. Other things elegance is a rare quality; rare, apparspecial religious dogma, or to get into mercy!" Reader, is it you?-Dr.

## Sanctified Affliction.

It seems almost impossible to pos sess a ripened character, matured in the virtues of patience, charity and fore our eyes almost daily. Net long ago we had occasion to visit a Christian household the members of which it had not been our privilege to see for a long period. Affliction had repeatedly visited them. Their experiences of faith and holy patience that had been reported by letter were fully confirmed to us by a personal interview. The steadiness of their christian purpose dispensation; their utter lack of the murmuring spirit; their manifest acquaintance with God as a most intimate friend; their firm reliance upon His word of promise; their tender interest in all persons similarly afflicted—these were among the evidences of holy character refined in the furnace.

Affliction is never to be sought by us in the present probationary period; it is enough to leave to God, our Father, the method and the measure of disciplinary experiences; but when they come according to His own choosing, the compensations are so rich and enduring that no one should admit one rebellious thought on account of them.

Living Epistles. living epistles of Christ. It is as we if it is to be really beautiful. Here, succeed in reminding men of him that as elsewhere, the sound rule is to hold we succeed in Christian life. It is a constantly before one the highest aims; poor thing by our tone and attainments and to let those aims express themselves to remind men merely of others; but naturally through all one's actions and it is glorious thing when they feel of surroundings. To preserve simplicity, us that a true follower of Christ has one must be unaffectedly attached to crossed their path. We bring Christ noble things .- Christian Union. near to men just as we live near to him ourselves. Earnest disciple life points to the Master, and exemplifies his moulding power. We have not sat at caught his spirit, and if the aim of our lives be not self-interpretive. He is a defective Christian whose Christianity to. Poor, wilted, lost soul! Unless is not obvious, as he is an incompetent artist whose picture needs to be explained. There are many Christians who need to be described. It is information to know they are Christ's. No one dreams of regarding them as more effectually than the lips, and peace, love and purity—in short, a The greatest evil that can befall a any short coming in conduct nulli- your brethren or the stranger at some fies our influence for good. Lord other time and place. Peterborough, more famous for humor was so charmed with his piety and myself." There are more who preach than preachers, and there are more places to preach from than the pulpit. be attributed the useless life and final hand on the shoulder of a young monk, dent upon spiritual food. Because our loss of many souls in this day of ours. he said to him, "Brother, let us go in-But this money-seeking is not the to the town and preach." So they only source of absorption in our day. went forth, the venerable father and

hear of a Sunday-school teacher who

## Cultivate Simplicity.

One of the greatest charms of char- she said, "but always daily and also acter is simplicity, but it is the charm specifically one by one. I crave speciwhich of all others appears to be most fic blessing on John or James or Jane, difficult of attainment or preservation. and that I may be helped in specific atment, of thorough taste, and of genu- so constant in my visitation of each of one finds every kind of comfort and luxury, but there are very few houses where one discovers real elegance, because in very few houses which represent large expenditures of money has the element of simplicity been preserved. Over ornamentation, crowded rooms, and a general sense of oppressiveness are, as a rule, characteris tics of most handsome homes. Simplicity is the exception; and yet simplicity is the infallible sign of genuine In mind and character, as the

instruments of influence and of pleasure multiply, simplicity seems to slip away There are few who can secure prosperity without parting with simplicity. First elaboration and then some false note of self-consciousness, inflation, or that kind of social pride which is only another name for vulgarity, are likely to manifest themselves. The man or woman who can preserve entire simplicity in a life which is constantly enlarging has a fine nature. In this country especially, where there are no at church, and the evening according social lines which rigidly determine to your taste, in the cricket-field or at social position, men and women who the opera, and you will soon find that thorough intellectual culture are constantly tempted to some form of social self assertion, to some kind of elabora-It is well to remember that in all this there is an inevitable element of vulgarity; that social life, on its finer sides, Our calling in this world is to be like all art, must be simple and sincere | Scott.

# The Prayer Meeting,

1. Forget all about it until the

HOW TO KILL IT.

2. Come ten minutes late, and sit near the door.

3. Drag the music slow, painfully slow; such singing is so appropriate for

a dead prayer meeting. 4. When themeeting is begun, wait

for others to speak or pray. 5. When you do take part, occupy

about twenty minutes. 6. Be sure to bewail the low spirit-

ual condition of the church. 7. When the meeting closes go out

as from a funeral. You can speak with

8. If you mention the meeting during the week, tell how dull it was. 9. If this does not kill the prayer

HOW TO HELP IT.

2. Be in your seat when the bell

stops ringing Sing as though you enjoyed the

4. Be among the first to do your

5. Occupy a very few minutes in giving a present experience.

or shine, especially rain. 7. Speak to some one else through

8. Make a point of shaking hands

If this does not help it then visit the children's meeting and see how to you an inspiration. - Church Record.

# How Her Scholars Were Converted.

When I lived in Brooklyn I used to

was surprisingly successful in the conversion of her scholars. Class after class passed from beneath her hand to glad follows:acceptance of the Lord Jesus and to union with this church. Finally she revealed the secret of her success. "1 do not pray for my class in the mass, of the heart to heart, hand to hand,

OVERCOMING EVIL WITH GOOD. -You cannot drive darkness out of a room with a club; you cannot drive it out with the military; nor would it yield to the mandate of the President. So, you cannot drive evil out of a man with a club, nor from the world with soldiers, nor even by ecclesiastical authority. As the only thing that conquers darkness is light, so the only thing which conquers evil is good. "Be not overcome of evil, but overcome evil with good," not only points out the only way, but also the only alternative for the one who would not be the slave of evil. Everyone who is not overcoming evil with good is surely being overcome of evil. In the irrepressible conflict between good and evil in every man's soul it must be victory or defeat. - Christian Standard.

A DIVIDED SUNDAY .- Give to the world one half of the Sunday, and you will find that religion has no strong hold of the other. Pass the morning lack thorough social training or thoughts of the evening's hazards and bets intrude themselves on the sermon, and that recollections of the popular melodies interfere with the psalms. tion or display which will catch the eye | Religion is thus treated like King Lear, and give a new sense of importance. to whom his ungrateful daughters first denied one half of his stipulated attendance, and then made it a question whether they should grant him any is a delicate and beautiful art, and, share of what remained. -Sir Walter

> Be very careful how you jest on serious subjects.

The man who has no joy in giving has no joy in anything.

The great man is he who does not lose his child-heart -Mencius.

If God's word be in the heart it will 1888 then be on the tongue, for "out of the abundance of the heart the mouth speaketh.

Five minutes under the influence of a sweet and sunny disposition will give you a blessing that will last all through a busy day.

#### Minard's Liniment is used by Physicians.

CONSIDER THIS FACT.

HE fact that rheumatism is caused by an acid in the blood points to the remedy Burdock Blood Bitters, which removes all impurities from the blood not only poisonous rheumatic humors but even obstinate scrofulous and cancerous taints.

The Proprietors of Parmelee's Pills | Porquet, | Elementary French Grammarare constantly receiving letters similar | Duval, to the following, which explains itself Mr. John A. Beam, Waterloo, Ont., writes :- "I never used any medicine that can equal Parmelee's Pills for meeting, stay away entirely six months Dyspepsia or Liver and Kidney Complaints. The relief experienced after using them was wonderful." As a safe family medicine Parmelee's Vegetable 1. Read the list of topics from time Pills can be given in all cases requiring a Cathartic.

Take good care of your beard and keep it clear of gray hairs so as to retain your young looks by using Buckingham's Dye for the Whiskers.

Jabesh Snow, Gunning Cove, N. S. writes: - "I was completely prostrated with the asthma, but hearing of Dr. Thomas' Ecectric Oil, I procured a bottle, and it done me so much good that 6. Be present every meeting, rain I got another, and before it was used, I was well. My son was cured of a bad cold by the use of half a bottle. It goes like wild-fire, and makes cures wherever it is used.

> More cases of sick headache, bilious ness, constipation, can be cured in less time, with less medicine, and for less money, by using Carter's Little Liver Pills, than by any other means.



INTERCOLONIAL RAILWAY.

WINTER ARBANGEMENT. 1891. () N and after MONDAY, 24th Nov.h 1890, the trains of this Railway will run daily (Sunday excepted), as

TRAINS WILL LEAVE ST. JOHN.

Day Express for Halifax and Campbellton ..... Accommodation for Point du Chene 10.40 Fast Express for Halifax..... 13.30 Express for Sussex...... 16.30 Fast Express for Quebec & Montreal 16.55

express trains leaving St. John at 7.10 o'clock, and Halifax at 7.15. Passengers from St. John for Quebec and Montreal leave St John at 16.55 and take sleeping car at Moncton.

A parlor car runs each way on

The train leaving St. John for Quebec and Montreal on Saturday at 16.55 o'clock will run to destination, arriving at Montreal at 18.05 Sunday evening.

TRAINS WILL ARRIVE AT ST, JOHN,

Express from Sussex....... Fast express from Quebec and Montreal (Monday excepted) ..... 9.35 Accommodation from Point du Day Express from Halifax ...... 19.20 Fast Express from Hatifax...... 22.30

The trains of the Intercolonial Railway to and from Montreal and Quebec, are lighted by electricity and heated by steam from the locomotive. All trains are run by Eastern Stand

D. POTTINGER, Chief Superintendent Railway Office, Moncton, N. B. 20th Nov., 1890.

# NEW BRUNSWICK DEVISION.

All Rail Line to Boston. &c. The Short Line to Montreal, &c.

ARRANGEMENT OF TRAINS

In Effect October 12th, 1890.

# Eastern Standard Time.

LEAVE FREDERICTON. 5.20 A. M. - Express for Fredericton Junction, St. John, and intermediate points. Vanceboro. Bangor, Portland, Boston, and point West; St. Stephen, St. Andrews, Houlton, and

10.30 A M-For Fredericton Junction, St John and all points east. P. M. - For Fredericton Junction, St.

RETURNING TO FREDERICTON. From St. John 6.30, 7.35, a. m.; 4.40 p. m.; Fredericton Junction, 8.10. a m,

12.10 a.m, 6.25 p.m.; McAdamJunction, 10.47 a. m.; 2.15 p. m.; Vanceboro, 10.25 a. m., 12.45 p m.; St. Stephen, 7.45, 10.15 a. m.; St. An-

drews, 6.55 a. m. ARRIVING IN FREDERICTON. 9:20 a. m., 1.20, 7.20 p. m.

LEAVE GIBSON. 6.20 A. M. - Mixed for Woodstock and points north. ARRIVE AT GIBSON.

5.10 P. M.-Mixed from Woodstock, and H. P. TIMMERMAN. E. McPHERSON, Gen. Supt Dist. Pass. Agent.



Price, 25 cents per both

## UNIVERSITY 1888 -OF-

New Brunswick And all COLLEGES in the Maritime Provinces.

The Plays of Moliere, at Hall's Book Store
The Plays of Racine, The Works of Corneille, The Works of Chateaubriaud. Turrell's Lecons Francaise Pujols French Class Book G ammaire Francaise par F. P. B. Le Luthier De Cremoue by Coppee, "La Joie Fait Peur, by De Girardin," Causeries Avec Mes Eleves par Sauvear, Saintsbury Primer of French

Literature, Spier and Surennes French and English Dictionary French Treser by De Porquet, Sequel to French Treser by De

M. S. HALL Next door to Staples' drug store, Fisher's Building, Fredericton.

GUNS AND SPORTING GOODS

Just received (Direct Importation).

CASES Guns and Rifles. as follows: Winchester Magazine and Single Shot; The Marlin Rifle, full and half magazine, Double Barrel Breach Loading, price from \$10 to \$40; Single Shot do.; Muzzle Loading Guns, double and single, price from \$4 to \$10. The above are the best value that ever came in my store, and an intending purchaser would do well to call and examine the above named stock before purchasing else-

Also a full and complete stock Sporting and Rifle Powder, Shot, Shells and Caps, Pouches, Belts and Cartridges, Primers, Gunlocks, Revolvers, Gun Cases, Covers and Bags, Shells loaded to der.

Wholesale and retai, at

NEILL'S Hardware Store.

BLACKSMITHS COAL.

JUST received one woodboat load Green B Blacksmith's Coal. For sale by the barrel, chaldron or car load, at NEILL'S Hardware Store.

MARCH

Few ot As neg hand.

the upp treatme Ch C. O. writes: was so

given u physicia ence, pi more m possible worst. say, wit

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DR. J.

Sold by a

Burd

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PROMO' DIGESTI

ACTS ON TH BOWEL

Burdo BITTE REGULA'

LIVER Burdo

BITTER REGULAT

KIDNEY Burdo BLOO BITTER

BLOOD.

PURIFIE

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