A GENCY.

HAVING recently, and at considerable expense, fitted up the necessary machinery and appliances for the successful carrying on of the manufacture of VENE-TIAN BLINDS, parties in want of BLINDS of this description, would do well to give us a call before purchasing elsewhere.

Orders for any style of VENETIAN BLINDS received at the Clock and Picture Frame Establishment of T. H.

at the Clock and Picture Frame Establishment of T. H. KEOHAN, 21 Germain street, or at the Manufactory, where The Subscribers have always on hand—Doors, Sashes, &c., and which, from their facilities, they can make to order with the utmost despatch and upon the most reasonable terms.

Our personal attention is given to every variety of Car-pentering, House Building and General Jobbing, and mo-perate charges made.

A. CHRISTIE & Co.,
April 4.

Dooley's Building, Waterloo St.

GEORGE THOMAS, Gommission Merchant and Ship Broker,
Water Street, St. John, N. B
Central Fire Insurance Company Agent at St. John,
Dec. 4. GEORGE THOMAS.

M. FRANCIS & SONS, New Brunswick Boot and Shoe Manufactory, 188 Prince William Street.

WE have been manufacturing very extensively during the winter, and are now prepared to meet our Wholesale and Retail customers with an assortment not to be surpassed. We now offer THILDE HUNDRED and FIFTY CASES of the usual assortment, embracing all qualities and styles made.

Ladies'. Misses' and Childrens' Serge, Kid, Goat, Calf, Pebled Calf and Grain, in Balmoral, Congress, Imitation Balmoral, Imitation Button and all the newest styles made.

Men's, Boys' and Youths Welling on BOOTS; Balmeral, Congress, Oxford Ties and Brogans, suitable for Spring and Summer wear, made of the best English, French and Domestic manufacture. Domestic manufacture.

The above Stock will be sold as low as any other establishment in this City

Wholesale and retail buyers will please call and judge for themselves in regard to quality and prices.

The Goods recommended in this establishment can be relied on—strict orders being given to the salesmen not to misrepresent goods. Terms CASH.

April 18.

M. FRANCIS & SONS. FIRST PRIZE CABINET ORGANS

PROVINCIAL EXPOSITION, Oct. 13, 1867. The first and only prizes for Cabiner Organs was Awarded to A. LAURILLIARD.

READ THE JUDGES REPORT:

M. LAURILLIARD exhibits a fine toned large Cabinet
Organ, with two banks of Keys, Eight Stops,

FIRST PRIZE.

Mr. L. also shows a Cabinet Organ in Rosewood Case, Double Reed, with Knee Stop and Automatic Swell, of great power and purity of tone, which is entitled to Honorable Mention.

Also, an Organ in Native Wood, and one in Black Walnut, without Stops.

FIRST PRIZE.

These Instruments are equal in every respect to the best American makers, and will be sold at 20 per cent, less than can be importeed.

Every instrument fully warranted. An inspection respectfully solicited.

PIANO WAREROOM—Sheffield House, No. 5, Market Square.

(Oct. 17.)

A. LAURILLIARD. PHOTOGRAPHS!

SPECIAL NOTICE.

Right on the Corner King and Germain Streets. is a mighty power for good. It is admirably MR. MARSTERS thanks the public for their very liberal patronage in the past, and begs to say that having M al patronage in the past, and begs to say that having just thoroughly Renovated, Enlarged and Improved his Establishment, and increased his facilities for producing First Class Work, he is determined to merit a largely in creased patronage.

He has now the finest rooms and best skylights in the City, and is enabled, by long experience and practic, to proomise his patrons a style of work that is not surpassed anywhere, with perfect confidence.

Notwithstanding the present low prices, he will use only

the Best Materials, having made ample arrangements to A newly fitted up Ladies' Dressing Room, which is en-tirely private, has been added for the convenience of his

Lady customers.

All kinds of work furnished at short notice. Miniature, Magascopic and Stereoscopic in Photograph

Ambrotype or Oil.

N. B.—Having in possession the Negatives of his predetessor, Mr. J. N. Durland, copies can be furnished.

Remember, right on the Corner King and Germain Sts May 30.

J. D. MARSTERS.

# Royal Insurance Company.

FIRE.

MODERATE PREMIUMS. Prompt and Liberal Settlement of Losses LOSS AND DAMAGE BY

EXPLOSION OF GAS MADE GOOD.

LIFE HONUSES

Hitherto among the Bargest ever Declared by any Office. RESOLUTION OF DIRECTORS, 1887, To increase further the Proportion of Profits

ed besign en to Assured. PROFITS DIVIDED EVERY FIVE YEARS, To Policies then in existence, Two entire Years.

CAPITAL. TWO MILLIONS Sterling, (TEN MILLIONS DOLLARS), And Large Reserve Fund.

ANNUAL INCOME, nearly \$800,000 Sterling. Deposited at Ottawa in Dominion Securities, \$150,000. AGENT FOR NEW BRUNSWICK.

JAMES J. KAYE, Savings Bank Building. St. John, N. B., April 2, 1869. NORTH BRITISH AND MERCANTILE

INSURANCE COMPANY. Of EDINBURGH AND LONDON.

ESTABLISHED IN 1829.

CAPITAL, £2,000,000 Sterling.

Invested Funds (1864), £2,304,512 7 10 Stg.

Annual Revenue, 564,468 16 2 Stg. FIRE DEPARTMENT. THIS COMPANY Insures against loss or damage by Fire—Dwellings, Household Farniture, Farm Property, Stores, Merchandise, Vessels on Stocks or in Harbour, and other Insurable Property, on the most favorable terms. Claims settled promptly without reference to the Head

LIFE DEPARTMENT.

INDISPUTABILITY. reets.

March 26.

HENRY JACK.

General Agent.

FIRST GOLD MEDAL

MASON & HAMLIN.

bakers; and there are also missionaries who, either in whole or in part, visit the soldiers, drovers, sailors, gypsies, gas men, letter carriers; the French, Germans, Italians, Spaniards, Irish, Welsh, and Danes; and also the workhouses (including the casual wards), hospitals docks, railway stations, &c., and in all these departments of labor the Society has been much blessed.

LIVERPOOL AND LONDON AND GLOBE FIRE AND LIFE INSURANCE COMPANY!

Do our readers wish to see a live church? Here is one as reported by the Baptist Tidings. It is a Baptist church in Lousiana composed of 100 members, about one half white, and they mostly females. They have two Sunday schools in which nearly all take part. Raise their pastor's salary in advance, to be paid him quarterly, and more than he would eccept as necessary for his support. They are building a parsonage worth \$2,000; expended seven hundred dellars last year to repair their meeting house; sent \$140 to the association for missions; some of the members travelled Fund paid up and invested ... £3.212,348 5s. 1d. stg. ved in Fire Riaks, 1864, £743,674 stg. ire Riaks, 1864, 520,459 EDWARD ALLISON.

Christ-Our "All in All."

With which to approach my God,

Than his own mercy boundless free, Through Christ on man bestowed.

Receives, and answers every prayer.

A Father's love, a Father's care

I need no other priest
Than one High Priest above;

His intercession ne'er has ceased

Since first I knew His love.

I need no human car

I need no works by me

Through that my faith shall never fail,

Even when passing death's dark vale.

In which to pour my prayer; My great High Priest is ever near;

On Him I trust my care.
To Him, Him only, I confess,
Who can alone absolve and bless.

Wrought with laborious care,

The bliss of heaven to share.

Has there secured my dwelling place.

Beads, relics, martyrs' shrines.

Easy His yoke, His burden light.

To guide my steps to heaven, Than that on which I daily look,

"Unto salvation makes us wise."

By God's own Spirit given; And this, when He illumes our eyes,

My soul to anneal, my guilt to effice, When this brief life expires.

His blood has cleansed me from all sin.

Heaven's portals at that word fly wide

No passport do I need beside.

Charlotte Elliott, Author of "Just as I am."

The London City Mission.

those wondrous forces of evil that are found in

that great city. The origin and progress of this

Society are thus briefly sketched by the English correspondent of the National Baptist.

Rather more than thirty-four years ago Mr.

Nasmith, a Scotchman, came to London. He had

been engaged in mission efforts in his own coun-

ry; and came impressed with the importance of

doing a similar work in this city, in which all

evangelical Christians should unite. He came

with letters of introduction to various ministers.

They approved his object; but doubted its practicability. But he would not be discouraged;

and I think it was on May 16th, 1856, he and

two others formed the society; they immediately sought for missionaries and for funds to carry on

the work they had determined on. The Society soon gained the confidence of the Christian pub-

lic, and rapidly increased the number of its sup-porters. The increase during the last few years

nas not been so great as formerly, because numer-

ous other agencies of a similar character have sprung into existence; but it is still by far the

largest of them all, the number of missionaries

being three hundred and sixty-one, and the re-

ceipts for the last year being £40,288 or \$194,-

994. The object of the Society is to seek the

spiritual good of those who are carcless about, or

opposed to, religion. The missionaries are en-

tirely devoted to their work, and are not allowed

to engage in any secular occupation in connection

therewith. The character of their work, and

the large blessing that has attended it, will be seen from the following statements:—During

the last year the missionaries paid 1,987,259

visits, of which 255,102 were to the sick and

dying. They distributed 2,667,901 religious tracts, and 6,756 copies of the Scriptures, and lent 45,514 books. They held 26,859 in-door

meetings and Bible closses, at which the average

attendance was twenty-nine, and 3,764 out-door

different Evangelical Churches, and were the

means of restoring 242 others; 277 couples who

were living in fornication, were induced to marry;

665 fallen females were introduced to asylums,

restored to their friends, or otherwise rescued :

141 shops were closed on the Lord's day; and

The general missionaries have separate districts, with definite boundaries, assigned to them,

and within those boundaries they visit the peo-ple at their homes, and at their workshops; hold

religious meetings in rooms, preach in the open air, distribute tracts, periodicals, and books and

air, distribute tracts, periodicals, and books, and in various other ways seek the good of the people, and especially their spiritual good.

In addition to this general work, the Society also engages in much special work. Races and fairs have been visited; and tracts distributed,

sermons preached, and conversations held with

many persons; and the Society has been the

means of putting down a number of fairs. At international exhibitions, and other occasions

where large numbers of foreigners have assem-

oled, special efforts have been made for their

benefit. The Society has seven missionaries engaged in visiting the public houses and coffee shops of London; one visits the day cabmen, and two the night cabmen; three visit the Jews,

wo the policemen, one the Orientals, another the oakers; and there are also missionaries who,

A Live Church

8,297 children induced to attend school.

Christ died my eternal life to win;

Than His imputed righteousness;

Christ's finished work thro' boundless grace

Hardships, 'neath which the spirit faints,

Yet still, sore burdened, pines. Christ's service yields my soul delight,

To form a meritorious plea,

I need no prayers to saints,

I need no other book

I need no priestly mass,

I need no other dress,

I arge no other claim,

In Him complete I am.

No purgatorial fires,

nced no other plea,

"Hold fast the form of sound words."-2d Timothy, i. 13

### New Series, Vol. VII., No. 36. Whole No. 348. SAINT JOHN, N. B., THURSDAY, SEPTEMBER 9, 1869.

Christian

over 200 miles to attend a Sunday School Convention, and another went at his own expense a few hundred miles to attend the Southern Baptist General Convention.

This may well be designated " a live church." One hundred such churches would find plenty to do in New Branswick alone. A living ministry will not fail to beget living churches. O for ministers full of burning zeal for the honor of Christ and for the salvation of souls!

## Awakened by a Dream.

[This article is from the advance sheets of a book in press by A. F. Graves, Esq., of Boston, entitled "Helps and Hindrances to the Cross," and written by a popular American author.]

The Holy Spirit, not willing yet to leave God-frey, the man who had so often delayed repentance, once more sought to turn his attention to salvation by a dream, out of which his wife, alarmed by his distressing groans, roused him with difficulty.

He was bathed in perspiration, and iay for some time weak as an infant, revolving the subject thus suggested; then, thinking it would relieve him, he communicated his dream to Ida, his

ife.
"I had accompanied you and Consin Alice to an evening lecture, where Mr. D, a revival preacher, was holding forth. The text, strange enough, was this: 'What shall it profit a man if he gain the whole world and lose his own soul; or what shall a man give in exchange for his

"Even in my dream this carried me back to the time when I wrote that verse in my copybook. I remember I had been ill, and was at home from school. Father set the copy, and I wrote it over and over in my best hand till I could say every word of it. But after all, I had never thought much of its meaning until the preacher explained it.

"After the meeting I seemed to be transferred to a great plain, stretching on every side almost as far as the eye could see. Behind there was a cloud which, even as I looked, grew darker and darker, till it threatened some fearful whirlwind. But in front, far away in the distance, there was a little gleaming of light. As the cloud behind me grew darker, this brightness gradually increased, until I could scarcely endure the glory. "I seemed to be led on toward the light, until came to a deep, bottomless abyss. There I was stopped, and my guide said:
"Show your passport, and I will take you

safely across this yawning gulf to the land beyond the brightness, where the glory as much exceeds that in view, as that does the gathering darkness

"I remember that as yet I had felt no fear, only a certain wondering as to what was to follow. When he asked for my passport, I put my hand in my pocket, and took out a pile of papers which seemed prepared for just such an emergency. Selecting the first, which was a schedule of my property, I passed it to him. But he had no sooner glanced over it, than with a terrible frown, he threw it into the cavern.

"'This is no passport,' he said, gazing sternly at me. 'Have you nothing better than this?' "'Ob, yes,' I answered; 'I am prepared with a variety of passports.'

"' Only one is necessary, but let me see it.' "I gave him the next in order in my file. .It was a brief sketch of my moral life; the integrity of my business transactions, my faithfulness to you as a husband, the honor I paid my father. the general regard I had shown for the Bible and the Sabbath, my freedom from profanity, the readiness with which I gave up forty thousand dollars to Alice from a sense of justice, etc.

"These papers I abstracted in succession, and passed them into his outstretched hand, even while doing so recreating as nearly as possible to the chasm to avoid the darkness which threatened to overwhelm me; but by the light from the opposite shore I could see that the face of my gnide grew sterner and sterner, and now I could perceive that he had wings, and that by means of them he could reach the brightness in safety. "As he read, one after another, he threw it in-

o the chasm, where it was lost forever, until my heart grew heavy with fear. "What will become of me, I asked myself, if none of the passports will ensure me a safe pas-

sage over the gulf? "I had but two more, and I remember how reuctantly I let these go out of my hands, lest they should share the fate of the others. The first was a record of the prayers of my father and mother; the certificate of my having been dedicated by them to God as soon as I was born, and the faith services, at which the average attendance was eighty eight. They introduced 1,296 persons to my mother experienced when dving, that I should

neet her in heaven.

"To my horror this fluttered a moment over the gulf, and was then lost in the abyss. "I clung to the last paper as my only hope, until he forcibly possessed himself of it. All my life I had considered each of these valid, and had not a doubt but such an accumulation of these would bear me in triumph to the land of glory. What do you think it was, Ida?

"It was your labors for my conversion. Every word you have said to me on the subject of religion. The letter you wrote me from Aeven the scrap you cut, from the newspaper was there, worn with being carried so many months in my wallet; and the prayers you have offered

"This was to be my passport to the presence of a great King; a kind of recommendation to his favor, which I expected would gain me a place near his throne.

"What then was my terror, my anguish, my despair, which caused the distressing groans which you say awakened you, when, turning his face full toward me, he said, in a voice like

By the deeds of the law can no man living be justified.' 'Out of Christ God is a consuming fire.' Unless you can show me a passport like this, holding up to my view a long scroll where every action of my life, every thought, even, was recorded, and a red, pierced hand wiping out the account; unless you can show me a passport like this, you must be east into the gulf of black despair. 'The blood of Jesus Christ his Son clean-seth from all sin.' On one side the darkness will shroud you like a veil; but there will be light mough from the land of glory for you to read

"I felt the darkness clinging about me as I began to sink down, down into the gulf; but over and above the roaring of the cataract beneath, I could hear the voice of my guide ringing like a trumpet through the air, as he summoned another soul into his presence, with the words:

"What will it profit a man if he gain the whole world, and lose his own soul; or what will a man give in exchange for his soul?"

Ida shuddered, while teams streamed down her cheeks. She had no words in which she could

well, and steal no more."

"You, Doctor? You? Be you sartin sure you so fire to that are bundle of hay?"

"Yes, quite sure; that was my own little bon-fire. I hope it didn't scoreh you much. I noticed when you came to meeting the next Sunday, that your hair was a little singed. As for the flames of hell, neighbor, that is your own lookout. I trust there is time to escape them yet."

"So, so! 't was you did it all! The Lord be

ost! forever lost!

express her horror. There was a long pause, in which both hosband and wife were revolving the possibility of such a doom for the impenitent; and then Godfrey exclaimed, with a long sigh : " It is such a relief to wake up, and find it only

"But how terrible, my dear husband, will be the state of the sinner, when he finds himself banished from the presence of his Saviour, and from all who are dear to him! there will be no awakening from that to find it only a vision of the night. It will last forever, forever !"

#### Anecdotes of Dr. Elliot. BY GRACE GREENWOOD.

My father used to relate many pleasant things of a certain Dr. Elliott, a noted character of a

noted old Connecticut town. This gentleman, who must have been a charming person to know, was a physician, as well as a minister, and practiced as well as preached,-a double Doctor of Medicine and Divinity. Profane jokers used to say that it was a question which were hardest to take, his doses or his discourses; that he went from Catechisms to Cataplasms; that where his drugs and draughts failed. his spiritual consolations came in; that he finished up his work handsomely.

Countless capital stories were told as coming from him, for he was one of those characters to whom things were always happening; but unfortunately we can now recall but few of those anecdotes with sufficient distinctness to venture on embodying them in this veracious history.

Coming home late one night, from a visit to a poor patient, he heard, on passing through his kitchen, a strange swashing noise in his cellar, soon followed by the sound of stealthy steps coming up the stairs. Hiding behind the door, he saw emerge a tall man bending under a huge basket, filled with salt pork, just taken dripping from the brine.

The Doctor recognized a poor neighbor, and stepping forward, said kindly: "You have a heavy load there. Allow me to assist you."

With a cry of dismay, the culprit dropped the forgiveness, on the plea that this was the first offence, and that his family were suffering from want of food.

"But, my friend," said the good Doctor, " you certainly knew you had only to come to me and ask for help to get it, without damaging your soul with sin, and your coat with brine, in this way. I forgive you, of course : but I do think you have taken more than your share of pork. I will divide this with you; and when you want more, or any thing else, just come and tell me frankly."

And, against the almost frantic remonstrances poor wretch, he compelled him to take just half the stolen meat, saying: "Carry it to your wife, with my compliments. I hope it will o down just as slick as though you had taken it

Dr. Elliot never revealed the name of this man, though he enjoyed telling the story; as he did one somewhat similar, which is well worth pre-

Late ove dark night, being summoned to a patient in a neighboring parish, he went for his horse to his barn, which was at some distance from the parsonage. Just as he was about to enter, he heard some one coming out, and immediately concealed himself behind a large bush in the lane, hiding his lantern under his cloak, Presently the wide barn-door swung open, and a man appeared, bending beneath an immense load of hay bound together by a rope. Through loops of this rope he had thrust his arms, and he carried the huge mass like a peddler's pack. The Doctor suffered this thicking Atlas to pass him; then, taking the candle from his lantern, he crept softly forward and set fire to the hay; then again concealed himself. In a moment that moving hav-cock was one great, crackling blaze, and the thief, with wild cries, was frantically flinging it

from his head and back. He succeeded in extricating himself without help, and then ran, as though pursued by fiends, across the snowy fields. Some months after this, there came to the Doctor's study a pale, thin, melancholy looking man, who, after much painful hesitation, expressed a desire to make a confession of sin. With a serious and sympathetic manner, yet with, I suspect, a sly twinkle in his eye, the minister set himself to listen.

"I've had a dreadful load on my conscience Doctor, for consid'ble spell; and it does seem as ef 'it would kill me. I'm eeny most dead now.' "Ah! is it possible? What could you have done? You are are a respectable man and a Church member," replied the Doctor, in seeming

"Yes; I jined the Church thirty year ago." replied the old farmer; then, sinking his veice to an awesome, confidential tone, he continued: "But I'm a dreadful sinner, for all that, Doctor; and bein' a Church-member, my sin, you see, was of too much account to be winked at, and judgment follered close arter it. Oh, dear, oh !'

" Pray, tell me your trouble, brother." "Well, doctor, it consarns you." "Indeed!"

"Yis. One time, last winter, I got a leetle short of fodder, and I thought to myself as how you had more'n enough for your critters; and so, one night, the devil tempted me to go over to your barn, an' tu,-Oh, dear, oh !"

"To help yourself to a little of my surplus hay; eh?"

"Yis, Doctor, jes so! But I never got home with that are hay. The Lord wouldn't let me du it. I had a load on my back, and was a carryin' it away, when all to once it burst into a blaze about my ears!"

"Struck by lightning?" "No, Doctor, it was a clear night. I've jest made up my mind that fire dropped down from heaven, and kindled that are hay. 'Twas a judg-ment an' a warnin', an' I'am afeared a sort of forerunner of the flames of hell. I hain't had no peace of mind sence, nor felt like eatin' a good meal of vittals. At last, I thought I might feel a leetle better, ef 1'd jest own up to you, an' ask your pardon an' your prayers."

To the astonishment of the poor penitent, the minister laughed out right merrily. Then he said: "Be comforted, neighbor; your little thieving operation was hardly of such consequence to heaven as all that. It was I who caught you and reflect upon the passports you have given me; at it, and set fire to the hay from my lantern; and and also to read the inscriptions on the walls of the deep caverns below. 'Too late! too late! a man of your years. Why didn't you tell me, if you wanted hay? Now go home in peace, get well, and steal no more."

Old Series, Vol. XXII., No. 36.

58 PRINCE WILLIAM STREET.

SAINT JOHN, N. B.

REV. I. E. BILL,

Address all Communications and Business

tters to the Editor, Box 194, St. John, N. B

Che Christian Bisitar

Is emphatically a Newspaper for the Family It furnishes its readers with the latest intelligence,

and who area took the hand and made thee a

Editor and Proprietor.

praised!" exclaimed the farmer fervently. raly is an amazin' relief, an' my old woman was right; for she says: 'Go to the minister an' confess,' says she, 'and that'll lift the biggest heft of the sin off your conscience, an' be better than doctor stuff,' says she. An' so you did it? Well, folks say you're a master man for a joke; but this 'ere one was more solemn than a sermon to me, and more effectooal, Doctor, I do believe." So saying, the farmer departed in peace; and the parson kept the secret of his name, even in

Disitor.

# his own family, always, I think.

Some One Must Do It. The New York Observer gives the following bit of wisdom, which we incline to think is not yet quite obsolete :

In a vast number of minds there is a feeling of disquietude. Things are not as they would have them. Just where they are, the burdens are beavy and the rewards light, and they sigh over them, and wish they could change them. I am not free from this spirit myself, and one day, intimating as much to a noble friend, since gone to his rest, he said to me: "John, I must tell you how I was cured of that feeling." I begged of him to do so, and it was in this way:

He sat in his pulpit one Sunday, when an eccentric minister, whom he knew well, came in unexpectedly and took a seat beside him. "I am full of trouble," said he, "and, if you wish it, I had rather preach for you than not." He engaged in prayer, and pleaded fervently for the pastor and his people, among other things saving, Lord, this is not a very encouraging field, but it is a very important one, and he may as well be here as any one else; furnish him for his office." Odd as this remark appeared, the good pastor pondered over it, and felt that it was not far out of the way; he might as well be there as any one

And is it not quite as true of a thousand other fields, where the laborers are chafing and thinking that somewhere else they would find it easier. and some one else find it easier where they are. basket, and actually fell on his knees, entreating It may be true that the parish is a difficult field, the Sunday School burdensome, the journal exacting, the household care wearisome; but then it may as well be you as any one else who will wrestle with these difficulties and bear with these burdens. For, indeed, who are you, that you shall demand freedom from the strife and toils of religious life? Who are you, that you shall be spared fatigue and anxiety and care? Who are you, that, unlike the Son of Man, you shall not minister, but be ministered to?

## Life Lengthened.

1. Cultivate an equable temper; many a man has fallen dead in a fit of passion. 2. Eat regularly, not over thrice a day, and

nothing between meals. 3. Go to bed at regular hours. Get up as soon as you wake of yourself, and do not sleep in the daytime, at least not longer than ten minutes be-

4. Work always by the day, and not by the

5. Stop working before you are very much ired-before you are "fagged out." 6. Cultivate a generous and an accommodating

7. Never cross a bridge before you come to it: this will save half the troubles of life. 8. Never eat when you are not hungry, nor

drink when you are not thirsty. 9. Let your appetite always come uninvited. 10. Cool off in a place greatly warmer than the

one in which you have been exercising; this simple rule would prevent incalculable sickness, and save millions of lives every year. 11. Never resist a call of nature for a single

moment. 12. Never allow yourself to be chilled 'through and through;' it is this which destroys so many

every year, in a few days' sickness from pneumonia, called by some lung fever, or inflammation 13. Whoever dricks no liquids at meals will add years of pleasurable existence to his life. Of

cold or warm drinks, the former are most pernicious: drinking at meals induces persons to eat more than they otherwise would, as any one can verify by experiment; and it is excess in eating which devastates the land with sickness, suffering 14. After fifty years of age, if not a day labor-

er, and sedentary persons after forty, should eat but twice a day, in the morning and about four in the afternoon; persons can soon accustom themselves to a seven hour interval between eating, thus giving the stomach rest; for every organ without adequate rest will "give out" prematurely .- Hall's Journal of Health.

In his instructive volumes, called very significantly; "Chips from a German Workshop," Max Muller lays down an important law, learned by his profound studies of the early religions of the world: "We shall learn that religions in their most ancient form, or in the minds of their authors, are generally free from many of the blemishes that attach to them in later times." He finds the facts of history bearing witness against the philosophy of Comte, that worship began with Fetichism, and advanced to Monotheism. Monotheism and the purer forms of worship mark the normal state of the race; idolatrics and superstitions are the corruptions of later ages.

He gives an interesting illustration of this degeneracy in one of the most revolting practices of India. Sutteeism, or the immolation of the widow on the corpse of her husband, was a universal custom, a few years ago, among the higher classes of India. It carried with it the solemn sanctions of religious duty. The Brahmin insisted on it as a law, imposed by the bedas, and observed from the earliest ages. When the British government attempted to abolish the custom by a penal statute, the Brahmins threatened a social revolt, as this was an interference with religious practices, which the government had promised to respect. They quoted, as they said, from the Rig-beda, the passage, "Immortal, not childless, not husbandless, let them pass into the fire, whose

original element is water. The careful study of the bedas by English scholars, and especially by Max Muller, has discovered the fraud. This passage was deliberately falsified by the Brahmins. It does not enjoin the husbands. It has no reference, even remote, to such a custom. The connection shows conclusively that the custom was unknown at the time the religious books were written. The preceding sentence describes the widow going to the funeral pile where the body of her husband is to be burned, but a verse is quoted from the Rig beda, ordering her to leave her hasband, and return to the world of the living. The verse reads, "Rise, woman, come to the world of life: thou sleepest "So, so ! 't was you did it all ! The Lord be Thou hast fulfilled thy duties of a wite to the hus-

position in society for influence, instead of bringing influence to your position. Therefore prefer rather to climb up the hill with difficulty, than to be steamed up by a power outside yourself .-Chnrch Gazette.

JOHN BUNYAN being once asked a question conerning heaven which he could not answer, because the Bible had furnished no reply, very wisely advised the querist to follow Christ, and live a holy life, that he might by and by go to heaven and see for himself. 'Lord, are there few to be saved? asked a curious questioner of Christ. Strive to enter in at the strait gate, was the instant and pertinent reply.

A worthy Quaker thus wrote : I expect to pass through this world but once. If, therefore, there be any kindness I can show, or any good that 1 can do to any fellow human being, let me not defer or neglect it, for I will not pass this way

A generous soul never loses the remembrance of the benefits it has received, but easily forgets those its hand dispenses.

We often omit the good we might do, in con-sequence of thinking about that which is out of our power to do.

Harmless mirth is the best cordial against con-