

Through Time and Eternity.

I have done at last with the bitter life—
The life I have lived so many years.
I've hated myself that I could not die.

LOOK BEFORE YOU LEAP.

By Mrs. Alexander.

CHAPTER XIV.

Mr. Foster looked fresh as ever—presenting his usual well-dressed, well-washed, well-cared-for appearance. Nevertheless, it did not so much convey the idea of green old age, as of some patent preserving process, whereby a certain outer seeming is obtained by drying up the sentient juices, which, while they soften and mellow man's nature, tend to exhaustion and decay.

a very lucky thing, by God! very lucky, eh! Sir Frederic?" with a knowing look.
At which Miss Delvigne blushed and paled, with painful rapidity.
"Far from it, sir," returned the young Baronet, gravely; "the whole thing was a misfortune from beginning to end."

sorts of things among flowers. Why don't you try the caterpillar, Miss Coleman? There's the chenille all ready. Give him a couple of head eyes, and the thing is complete. Or a bee—a busy bee!"

in the shape of a heart, formed of malachite and gold, which in nervously playing with, Miss Delvigne had detached from her chain.
She held out her hand.
"No; you have been so rude and severe to me to-day, you must give me this as atonement."

she is twenty-one! Do me your grandfather agree to my seeming somewhere—not here. Yours sincerely, M. DELVIGNE.
"MY DEAR MISS DELVIGNE—We lost all traces of Dennis for two days—but they have him now. My grandfather will call for you to-morrow at eleven.
We are to meet at Nilla's lodgings. Do not accuse me of being a laggard. I have every motive to be on that can actuate a man, and among your wishes are all potent. Yours most faithfully, FRED COMPTON."

"IS TOTAL ABSTINENCE SAFE?"

By Rev. PATERSON, D., of Belgrave Presbyterian Chh., Philadelphia.
There is, however, another widely-spread belief, by which the derate use of intoxicants is frequently justified. Admitting that these substances are not in any true sense nutritive, they not indirectly aid nutrition? We are not trustworthy evidence that they facilitate the processes of digestion and assimilation? Now, I freely grant that the weak indigestion and mal-assimilation blunting our sensibilities they concur a time at least, numerous dietitians. They make it possible to eat what should not eat, at improper times, with immediate pain or unpleasantness. Instead of regarding that as an advice, I am inclined to regard it as a serious calamity. Such stiveness as leads to an instant correction or avoidance of a mistake is an organic safeguard. To silence warning without securing ourselves against the danger is a very foolish policy. And I do not know one single reason supposing that intoxicants serve any purpose. No doubt it is asserted that three other ingredients in these drinks they prove beneficial. Without venturing express any opinion as to their value may be allowed to state that these ingredients, if wanted, can be obtained pure and uncombined. We need go to the tavern for tonics. I have desire to hide the fact that some medicaments, of deserved reputation, are inclined to favor the employment of wine, and occasionally even spirits—of oil, within narrow limits—in certain cases weak digestion. All I can say in regard to this is that whatever other potentiaes may be contained in these drinks, no arguments of any weight have been produced to justify the eminent of alcohol. One of the most rewriters on diet, while maintaining that alcohol in certain cases proves helpful: "If it has any effect at all on a human it can only weaken nerve-power, at the same time it lowers the body temperature, which contributes much to the capacity for muscular exertion." I ass that when I endeavor to find reasons in support of the dietetic use of alcohol in writings of its advocates, I am fairly bewildered. I am not prepared to say that they are not valid reasons for its exhibition as an aid to digestion in some exceptional cases; but I do venture to say that I ought such reasons, and hitherto I have been able to find them. Please to that I am not questioning the relief afforded by its well-known narcotic properties in the distress and disabilities of dyspepsia, but I have yet to learn that it cures digestive weakness, or that it does in any true sense to healthy nutrition. And, on the other hand, there are facts more fully established than that the repeated employment of emetics of alcohol is one of the most common causes of weakened and impaired digestion.

Letter Carrying Under Difficulties.

The mail man, Mr. G. Hudson, is a terrible time coming up on his trip. He left yesterday with a buckboard on the ground was bare, but the first snow night after the snow began to fall very soon a crust was formed. From foot Coulee to Beaver River the snow lay, up to the axles of the wagon, with a hard crust, but which was not high enough to bear. In low places the snow sometimes up to the box of the wagon. Frequently he had to leave his hand walk ahead a mile or so, making a track for one horse as he and for the other as he came back. This way he managed to reach Beaver. To make matters worse his provisions had on the seventh day and after that had to depend on his gun for support. At Beaver Lake the snow became after, with no crust, but his horses so played out that he had to abandon the wagon, and fix up a sleigh led together with willows, hisly tools being a knife and a saw. With this he managed to get up to Fort Saskatchewan, the snow looser and shallower as he came. People were complaining about the mail behind time, and blaming the carrier had the carrier not been possessed of the ordinary pluck and intelligence, nor the mail would have reached here.

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