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Life and health are synonymous. Our ministry of pain, purification through suffering, the battle with disease, may be sources of discipline to fit up a glorified body; but that the pain and the suffering and the disease are necessary to sainthood, I do not believe. Pain clips the wings of the spirit and it is impossible to rise very high while the victim is in its grip. No; health is the cry. Let us search for it as for a hidden treasure. It enables us to climb mountains, physical and spiritual, and to achieve the otherwise impossible.

Pathology is all right for the laboratory, as an acquisition of the physician for his own private use, but health is the atmosphere to live in and to take to the sick room. The Christian Scientist has mastered a profound truth—

#### the contemplation of the good.

Evil is an intruder to be dismissed without a thought. Be hopeful to the last and look up. Many a patient dies because of the pervading atmosphere of discouragement and doubt.

Ian McLaren was in this country a few years ago and the people flocked to see and to hear the author of the "Bonnie Briar Bush." Among other services he preached to the theological students, and what was his theme? Not theology, but Health. "This is the first essential," he said, "and an Open Air Gospel what is most needed. . . . Physiologically, we are windmills and run best when the air is in motion. Gabriel himself could not interest an audience in air breathed over and over to the point of asphyxiation."

We are reminded again, that the apostles were out door working men. Christ's sermons were given out of

doors. I recall but one that was preached in a synagogue.

The New York "Hundred Year Club" discussed at its last session the general subject, "Vacations and Long Life"—vacations as a factor in attaining the one hundred year limit. The presiding officer was 94 years of age. Dr. Elizabeth Jackson, responding to a toast, said that she had not "touched medicine in fifty years"—a significant commentary on the reluctance of physicians to take their own doses.

The gospel of the open air ought to be a matter of the year round, and not simply a vacation affair. Health is a good investment to have on hand in order to make the most of a vacation. Indeed, all life should be a vacation in the following particulars:—

There should be no waiting for summer for the pure water supply, the running brooks, the air, exertion and sunshine. These commodities are at hand.

#### The best things are free.

If we do not appropriate them, the worse for us.

If we eat the wrong food, dyspepsia will make our misery apparent. There is plenty of pure food, the simpler the better.

The morning cold bath or evening tepid sponge is available. Walking is the best exercise in the world, and what's to hinder? One can dress healthfully if so disposed. It is a matter of less fuss and feathers and more common sense. Fresh air! I admit some of us are dying for lack of that more than anything else. The tenements are not the only depositories of the opposite. There are buildings on Beacon Hill, Boston, among the most difficult in which to get fresh air.

There may be artificial provision for the feet but that is unhygienic. The windows are too large and too heavy to let down, and if you do lower them it usually means a draught. Americans cannot stand a draught.

I sympathize more than I can express with the girls in the Skirt and Novelty Company, Jackson, Mich., who struck for fresh air. The windows were fastened down, and the girls one day improved the noon hour in removing the nails. The employers nailed them down again, the girls refused to work, and the *Woman's Journal* says the plant is shut down. O, for the day and the architect when something of all out of doors may be introduced into our hot air boxes and make new life-giving conditions for living and working.

I said at the beginning that I wish I could sometimes choose the text for the minister. I must add in closing that I sometimes get in places where I wish I could preach the sermon.

The world is made up of people and homes. Think of the spiritual and physical economics of the household. Whatever ministers to the best life and expression of life in this world, ministers to it in the next. Who wants an immortality so scarred and maimed by disaster and sin that all eternity is limited in consequence? "Saved so as by fire!" Who does not want to enter in with a full cargo, sails set and banners flying—a precious freight to lay at the Master's Feet?

—Union Signal.

If the religion of theology is still a mystery to the most learned, the religion of duty is plain even to a child.

—Lord Avebury.