MISSIONARY RECORD

Devoted To Christian Graces, Literature, Arts, Sciences, Politics, And The Progress Of Civilization.

Therefore All Things Whatsoever Ye Would That Men Should Do To You, Do Ye Even So To Them.—Emmanuel.

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[illegible]

Eating Without an Appetite.

It is wrong to eat without an appetite, for it shows there is no gastric juice in the stomach, and the nutrimentdoes not need, and not digesting it, there being no fluid to receive and assimilate it, it remains merely a crude mass, to be cast out by the pores of the skin. Should a person continue to eat more than enough with no appetite, it is a mistaken course, for it only means that it is because one has eaten enough, and that an amount has been taken that exceeds the gastric juice is able to perform.

The idea that to be ashamed is a bracing supposition, is not a large supply of food, and whatever fails to have any effect toward the cure of dyspeptic diseases. The formation of gastric juice is directly proportional to the wear and tear of the system which is to be the means of supplying, and this wear and tear can only be effected by exercise. The chief or remedy, hence, is work—not desk work. Actual and real successful in direct proportion as it is agreeable, interesting and profitable.—*Hygienic Magazine.*

Personality.

We [illegible] personality, and we can have [illegible] who will [illegible] in little things [illegible] break their word and [illegible] it will [illegible] amount to the same thing in the end. We many often say [illegible] "I promise you this and that," [illegible] the base thought of falsehood. We [illegible] people who promise as they please. They [illegible] promise anything and everything, [illegible] the base thought of falsehood. We [illegible] people who promise [illegible] worthy [illegible] promise. We [illegible] people who are [illegible] by [illegible] to their promises. A man [illegible] promise [illegible] promise [illegible] promise