sneer, a shrug, or a whisper low, ey're the poisoned shafts of an ambushed bow, ot by a coward, the fool, the

knave, They pierce the mail of the great and

pride
To turn the pitiless point aside.
The lips may curl with a careless smile,
But the heart drips blood, drips blood the while.
Ah, me, what hearts have been broken

en at rivers of blood been stirred a word in malice spoken, only a little word.

HARD TO KILL, — There is a word in the English language that is used very often, it may be good or bad, it may lead to misery or happiness, joy or sorrow, honor or dishonor, peace or disquietude. The word is "habit." Somebody has been trying his hand in this word, and he works it out thus. "Habit" is hard to overcome. If you take off the first letter it does not change "a bit." If you take off another you still have a "bit" left. If you take off still another, the whole of "it" remains. You take off still another, and it is mot "t" totally used up. All of which goes to show that if you wish to get rid of a habit, you must throw it off altogether and at once; it cannot be done a part at a time. The young should carefully cultivate good habits, and in time of need, they'll shine out and illumine their path on a dark and desolate road, and be to them a harbinger of joy and peace hereafter.

Cape.

The ship's doctor came out of the saloon in the poop to go his evening round below. With him was his wife, a slight, girlish figure wrapt in a heavy cloak. She turned at the ladder which led to the lower deck and was about to go back when her eyes fell on the boy. She had noticed him once or twice before and his white face and lonely air roused the womanly sympathy in her. She touched him lightly on the shoulder and said, "You are leaving home, like me."

The boy started. A slight color sprang to his cheeks and tears to his eyes. He smiled faintly, showing a gap where two teeth had been knocked out by a smaller boy in the only fight he had ever had at school. "Yes, ma'am," he replied.

"You must feel lonely," she said; "but you will soon be back and then every one will think so much of you."

froubles on your mind, you have no right to render other people miserable by your long face and dolorous ones. If you do you will be generally avoided.

5. Be amiable. You may hide a minditive nature under a politic exterior for a time, as a cat masks its sharp claws in velvet fur, but the least provocation brings out one as quickly as the other and ill-natured people are always dislibed.

6. Be charitable in your converse-tion. Persons of the female sex are generally put down as great talkers, and that little organ called the tongue is a very dangerous weapon (Gossip Town is a dangerous place, and contains many dangerous shoals such as "Falsehood" Bay. "Don't Care" Cape. "Mind don't you tell" point. "I heard" breaker, etc. Speak in kindness and charity of others as you would like others to speak of you. Never forget the golden rule of charity at all times and in all places.

DON'T BE SLOVEN.—Some of our young folks forget that tidiness is a great and necessary factor in life. Bon't be a sloven or a slouch. Resolve that you will be tidy about your person, about your work, about everything that you do. Remember that everything you throw upon the floor of your room, or your office, or your workshop, you or some one else will have to pick up. The great and necessary factor in life. Bon't be a sloven or a slouch. Resolve that you will be tidy about your workshop, you or some one else will have to pick up. The great and necessary factor in life. Bon't be a sloven or a slouch. Resolve that your work, about everything that you throw upon the floor of your room, or your office, or your workshop, you or some one else will have to pick up. The great of the way. He based through the door, and with feverish haste to the way. He based through the door and the state of the way. He based through the door and the state of the way. He based through the door and the state of the way. He based through the door and the state of the way. He based through the door and the state of the way. He based through the door and the state of

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A. Be cheerful. If you have no great to make the provided and the provided and

Great men are as rare in politics as they are elsewhere, and are no more needed there than elsewhere. The main part of rovernment is plain, practical business and requires the same traits, faculties and methods as a great manufacturing or commercial enterprise. But the field is broader and the opportunities are more alluring. Government affairs concern every citizen, and the legislator, with novel and forcible ideas, which he expresses in original and striking language, has an assured au-

best Emulsion in the world; Experience has proved that this Emulsion is worthy of entire confidence. There

staving them in with her bowsprit. Then she passed away as a ghost in the fog.

The "Pride of Asia" had met her death wound. At once all was noise and confusion. The emigrants came pouring up on deck, screaming and shouting with terror. Some of the sailors rushed to clear the boats, but a sharp order from the captain stopped them.

In a few minutes the captain had decided on his course. The remaining boats would not carry a hundred and fifty people. There were more than twice that number on board. On the other hand, the land was about three miles off, and a sandy and protected beach meant safety. But could it be done with that hole in her side? He would try. He changed her course, rang "Full speed chead," and shouted to the mate. "Go down and shut the for ard bulkheads, Mr. Jones."

The mate ran forward, and with the help of the carpenter tore off part of the hatch covering and sprang to the ladder. As he climbed down young Malcolm peered aimlessly over the hatch.

"Bring down a lantern," cried the mate, and Malcolm, galvanized into activity by fear, seized a lantern from the alleyways and clambered down into the hold.

The mate ran toward the iron door in the bulkhead, which had been left open, and pushed it to. are many imitations of Scotts Emulsion

YEARS OF PAIN.

The Experience of Mr. William smith of Mawkeabury, Who Suffered for Many Years from

From the Post, Hawkesbury, Ont.

Everybody in Hawkesbury knows Mr. William Smith. He came here when the town was yet in its village days, as one of the lumber company's staff of mechanics. In 1881 Mr. Smith was appointed town constable, and filled that position until very recently. As is well known to many of Mr. Smith's friends, he has suffered much from kidney trouble for quite a number of years bast, and at times the pain in his back was so great that he was almost bhysically incapable of exertion. He doctored a great deal, sometimes getting temporary relief, but the cause of the trouble was not removed, and soon the pains, accompanied alternately by chills and fever, returned. At last he came to look upon his condition as one which no medicine could permanently aid. Indeed his condition might still have been one of much suffering had not Mrs. Smith ultimately prevailed upon her husband to give Dr. Williams' Pink Pills a trial. "It seemed." said Mr. Smith to a reporter of the "Post," "that it was a useless experiment, and yet I was willing to do almost anything that would bring relief. I had not used the pills long before there was undoubted relief, more in fact than I had obtained from any other medicine. I continued their use, and soon all symptoms of the trouble that had made my life one of much misery for many years was gone. I feel that I am cured, and have no hesitation in saying that the cure is due to Dr. Williamer, Pink Pills and I never less. made my life one of mach many years was gone. I feel that I am cured, and have no hesitation in saying that the cure is due to Dr. Williams' Pink Pills, and I never lose apparently of recommending the

pills to neighbors who may be ailing."

Dr. Williams' Pinl: Pills cure by going to the root of the disease. They renew and build up the blood, and strengthen the nerves. thus driving disease from the system. If your dealer does not keep them, they will be sent postpaid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

low, lowest grade sugar, shells of the cacao bean, sawdust, potado meal, and the ochres containing the proper colors.

Honey is coming into general use on the continent of Europe; and the bees, be they never so busy, cannot supply one-third of the honey that is consumed, so some one must naturally make enough to supply the delicit. Through a series of manipulations of almost everything containing saccharine, this is now being successfully and very profitably accomplished, and, of course, this industry flourishes best in those years when the bees have but little success in manufacturing the real article, which very often occurs. The "dishonoring of honey," as it is called, is a growing art, and several successful establishments are now in operation, producing large quantities of that artificial honey for the market, and the product is in popular demand. All sorts of ingredients enter into 11s manufacture, among which may be mentioned syrups, malt extracts of the lowest grades, meal of different kinds, and cornstarch. From a pound of bee honey, five to ten pounds of "dishonest honey" is made so successfully that it semetimes requires an expert to discover the deception. In Switzerland, bread seems to play a more prominent part as food than in any other country, except France. It furnishes 70 per cent. of the nourishment of the 3,000,000 inhabitants in the Swiss republic. But ricorous enforcement of laws and prompt resentment of the place at the article of food, it has the widest market, and consequently offers the best opportunity for debasement. To increase the weight of bread is becoming quite an art on the continent of

A CERTAIN METHOD for caring cramps, diarrhoea and dysentery is by using Pain-Killer. This medicine has sustained the highest reputation for over 60 years. Avoid substitutes, there is but one Pain-Killer. Perry Davis'. 25c and 50c.

HOW HE GOT EVEN.

Some people are philosophical enough to accept defeat gracefully; others nurse their wrath and waste much time in a mistaken effort to 'get even.' Of one of these latter a Chicago paper tells an amusing

story.
A man came to a Chicago hotel one A man came to a Chicago hotel one day, and took his dinner outside with a friend. When he came to pay his bill he found himself charged with a day's board, dinner and all. He protested. The clerk tried to explain that the American plan was based strictly upon time, and that if he chose to eat elsewhere it was his own lookout, but the man would not be pacified.

He paid the bill under protest. Then he asked if dinner was still on, and was informed that it lasted until nine in the evening.

"Then I'll go and tackle it!" he exclaimed. "Tve eaten one dinner, but I'm going to get my money's worth out of this house, or perish in the attempt!"

He rushed into one of the diningrooms, seized a bill of fare, and or-

He rushed into one of the dining-rooms, seized a bill of fare, and or-dered everything he could think of. When he finally got to the end of his tether, the waiter handed him a check for four dollars and ten cents. "What's that for?" he asked, in

surprise.
"Your dinner, sir.'s
"But I have already paid for my dinner in my bill," he protested
"I'm staying here on the American

plan."
"Then you should have gone to the other dining-room," said the waiter.
"This is the European plan cafe."
The man paid the bill and walked out. His feelings must have been heavy, both in body and in mind.—Youth's Companion.

I ast Friday a man who had bee a Catholic priest for eleven year went into the river at Worcester Mass., and walked out an apostate Sunday's papers announced the facting the headline "R. C. Priest Become a Baptist." This was the first chatter of the strange eventful history the next two are the most interesting. When the Rev. M. J. Arthut Coutlee (for this was his name) wagot to talk over his aquatic escapade, he volunteered to give some the reasons which, he said, impelle him—these amongst others: "I walled to abandon the Roman Catholic Church by the want of charity experienced in it, by a study of the Roman hierarchy, which I found verhuman." Now, mark what happen when this man of exquisite spiritus sensibilities discovers the fly of to much humanity in the amber of the Roman hierarchy. In the followin Monday's papers there was yet a other startling headline: "Prie Elopes and Weds," together with these salient particulars: "Worcester, Mass, July 9.— Re M. J. Arthur Coutlee, a priest of the

KEEP BABY'S HEAD COOL.

An old family physician said recently to a young mother who asked for advice toward preserving the health of her infant through the trying heat of midsummer: "Keep your baby's head cool, have him wear a woollen band, and don't talk too much to him." The first caution is certainly needed if a mother has any intention of using a tight-fitting capfor her baby's summer wear. Much better are the little flats of pique or muslin, which shade the eyes and yet do not enfold the head too closely. If a cap is used the strings should be left untied most of the time to permit air to circulate over the head. The second caution scarcely needs dwelling upon, as the value of a woollen band as a preventive of summer disorders is well understood. The third warning scientists tell usapplies all the year around; it was emphasized for the summer because every lessening of strain upon a baby's brain is of value during the heated term. It is a trial to the modern mother to find that the count heated term. It is a trial to the modern mother to find that the count of allows on wisely and to answer so sweetly may easily be too much indulged in by this pair of closefriends. The little mind is attracted, and endeavors to centre itself upon an effort to reciprocate the mother's, fond talk with its own tenderly expressive sounds, and thereby incurs a strain that, too often repeated, is dangerous.

We cannot eat fruit while the tree is in blossom.

Take special care to avoid to-day that sin into which you are apt tofall. Mary will help you. Ask her by saying one "Ave" on your knees.



YOUR BEST FRIEND

On wash day and every other day is SURPRISE SOAP

It will give the best service; is lways uniform in quality, always

Pain-Killer. A Medicine Chest in Itself. Simple, Safe and Quick Cure for CRAMPS, DIARRHOEA, COUGHS, COLDS, RHEUMATISM, BEURALGIA. 25 and 50 cent Bottles.

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Accountant and Liquidator, 180 ST. JAMES STREET,

.. Montreal ..

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