

who are faithful, obedient, and good children; but when things displease them, they go into a secret little chamber of their hearts, and sulk there, and think naughty thoughts, and forget that God hears their thinking and sees the little images on the wall.

"But these secret chambers of ours may be made beautiful places, where God is honoured above everything, and where our own prayers for help to break down any image are sweet with the intercessions of Christ, in Whose dear Name we ask His Father to look on us, and listen to us. God, in His Word, says to us: 'Come, My people, enter into thy chambers,' as if He were already there waiting for us to come to meet Him.

"The story which the prophet, Ezekiel, wrote twenty-five hundred years ago, about Jaazaniah, and the ancients, of Israel, has a meaning for us now, and when we hear it read at Morning Prayer in its place on an autumn day, we must think about our own secret chambers, and that name of Jaazaniah's, which he did not seem to remember or believe in.

"The pictures in your secret chamber, Ida dear, are not fixed there yet; with God's help you can paint over its walls, and have there the one beautiful picture which shall make it a happy, holy place."

#### AN ARITHMETIC LESSON.

There were a good many puzzled faces in the school-room that afternoon. On the blackboard were written eight examples in arithmetic, which were to be worked out and recited by the "A" class before close of school. The first example had been easy, but it was quite different with the second. Foreheads were puckered in perplexity, while the girls chewed their pencils, and the boys tugged at their hair.

"Bother!" Jack Nelson said to himself, after he had worked over it a few minutes. "I'm not going to spend any more time over that. I'll just go ahead and try the others. What's the use of working that way over an old arithmetic example?"

So Jack went on, and, finding the other examples fairly easy, soon had seven on his paper. Then he leaned back in his seat, feeling very well satisfied with himself, and waited for the bell that marked the end of the hour.

His neighbour across the aisle, Theo. Gardner, took a different view of things. He had begun on the second example with the idea that it was as easy as the first, but had soon discovered his mistake. But he was not the sort to get away from difficulty by dodging it.

"I'm going to get that example," he said to himself, with a little glint of determination in his eye, and he settled himself down to it in earnest. It took him a good while, but he did not let his thoughts stray to the other examples, nor his eyes wander to the

## Heart Disease

### Ninety Per Cent of it Really Caused From Poor Digestion.

Real organic heart trouble is incurable, but scarcely one case in a hundred is organic.

The action of the heart and stomach are both controlled by the same great nerves, the sympathetic and pneumogastric, and when the stomach fails to properly digest



the food and it lies in the stomach fermenting, gases are formed which distend the organ, causing pressure on the heart and lungs, causing palpitation, irregularity and shortness of breath.

The danger from this condition is that, the continued disturbance of the heart sooner or later may cause real organic heart trouble and in fact frequently does so.

Furthermore, poor digestion makes the blood thin and watery and deficient in red corpuscles, and this further irritates and weakens the heart.

The most sensible thing to do for heart trouble is to insure the digestion and assimilation of the food.

This can be done by the regular use after meals of some safe, pleasant and effective digestive preparation, like Stuart's Dyspepsia Tablets which may be found in most drug stores and which contain the necessary digestive elements in a pleasant, convenient form.

Thousands of people keep well and vigorous by keeping their digestion perfect by observing the rule of taking one or two of these tablets after each meal, or at least after each hearty meal.

Stuart's Dyspepsia Tablets contain U. S. P. pepsin, diastase from malt and other natural digestives which act only on the food, digesting it perfectly and preventing acidity, gases and the many diseased conditions which accompany a weak stomach.

When Stuart's Dyspepsia Tablets are used you may know you are not taking into the system any strong medicine or powerful drug but simply the natural digestive elements which every weak stomach lacks.

So widely known and popular have these tablets become that they are now sold by every druggist in the United States, Canada and Great Britain.

clock. And at last he was rewarded by getting the solution of the problem. Then he hurried on to the others hoping to get them all finished, but the bell rang before he had begun on the eighth.

When it came to recitation, it was funny to hear the excuses that were offered by the different boys and girls who were called upon to explain the hard example of the lesson. All but Theo. had dodged

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WARD 3.

1902.

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Are Respectfully Requested for the Re-Election of

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# John F. Loudon

AS ALDERMAN FOR 1902