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"There are a good many people like that old lady," said Dr. MacMurchy. "Most of them are not really sick, but only uncomfortable. They eat too much, or they eat too fast. People who eat slowly, and masticate their food, satisfy their needs far better than those who take a potato in two mouthfuls. Sooner or later, those who bolt their food will have indigestion, and be uncomfortable, and they deserve it. . . You have a headache, and it is your own fault, but it seems easier to swallow pills than to mend your ways, eat more slowly, take exercise, go to bed earlier, or to worry less." And thus grows the fad for self-cure by so-called patent medicines.

Dr. MacMurchy recalls the instance of Queen Alexandra, when Princess of Wales, meeting a nurse and her little charge, who was crying lustily with pain. The gracious lady inquired the cause of the child's woe. "Ma'am," said the maid, not knowing to whom she was speaking, "there ain't no stomach can stand nine buns." By analysis, the fact has been ascertained that patent medicines generally contain a very large proportion of alcohol, bread, sugar, soap, salt and water, besides, in those advertised more especially for the relief of pain, there are opium, morphine and cocaine. To this paper are appended the actual ingredients used in each of these proprietary preparations, the rules which regulate their sale, the illegal methods by which so-called testimonials are obtained, "healthy damsels being bamboozled to sign statements that they have been cured of serious diseases," whilst others are absolute forgery.

It does sound amazing that there should be people credulous enough to try "The Cartilage method, to increase their height from 2 to 5 inches," or, on the other hand, the obesity treatment, to reduce their too ponderous flesh; but that they do so, is proved by the enormous sums which find their way into the pockets of those who patent their so-called remedies, and place them upon the shelves of the more complacent chemists of our country. And now, asks Dr. Helen MacMurchy, "What will Ontario do about this?" H. A. B.

Current Events.

Three large elevators will be built at Fort William this year.

* *

Kaiser William celebrated his 50th birthday last week.

* *

The Province of Quebec was practically snowbound for a part of last week.

* *

An English syndicate has been formed to extract radium from the pitchblend deposits of an old Cornish copper mine.

* *

The Canadian Northern Railway proposes to build sundry connecting links this year which will give the C. N. R. an all-rail route from Quebec City to Edmonton.

Where love abides, the home lacks naught besides:

I care not if the house be small and plain.

And if the roof at times admit the rain;

The home lacks naught besides where love abides.

Silas X. Floyd, in Lippincott's.

In the nature-study examination came the demand, "Of what use are snails?" James racked his brains in despair, and then wrote: "Snails are good to compare us to when we are slow." It was he who, to the question, "What are healthy bodies?" replied, "Good dead bodies." The Century.

A Mennonite School.

The old Bearinger Schoolhouse, 2½ miles north-west of the town of Waterloo, Ont., was torn down last summer (1908), and replaced by a new modern, up-to-date red-brick building (shown here-with), which was opened last September. Mr. John S. Thomas, whose picture is given here, has been the teacher for the last 34 years in succession in the old school-



J. S. Thomas, teacher.

is plain, as also are their homes, though very comfortable, and scrupulously clean. And, for expert dairying and good substantial meals, the Mennonite wives are hard to beat.

The Mennonites do not consider it right to take oath by swearing (only to affirm, and they will not go to law). They also think it wrong to take up arms for war, and, as the Canadian Government gave them the privilege of not going to war, they settled in this country.

Canada may be proud of having these people, as they are industrious, successful, honest and peaceable. In short, a Mennonite's promise is as good as his note. E. H. GOOD.

The secret of success is constancy to purpose.—Disraeli.



The Old Bearinger Schoolhouse.

house, and has been engaged for the 35th year. The present trustees are of the smallest scholars he had 34 years ago in the old schoolhouse. The new schoolhouse is up-to-date in every respect, the inside being finished in ash (hardwood finish), and furnished with the latest school furniture, hot-air furnace, 24-in. bell, etc., and is indeed a credit to the

The Quiet Hour.

Telepathic Influence.

Though I be absent in the flesh, yet am I with you in the spirit.—Col. iii. 5.
"Oh, turn me, mould me, mellow me for use,
Pervade my being with Thy vital force.



The New Bearinger Schoolhouse.

people of the section, which is solely settled by Mennonites, and is in the heart of the pioneer settlement of the first Mennonites who emigrated here from Pennsylvania as early as 1812. These people are very industrious and thrifty, and are of Canada's best farmers and stockmen (invariably have large bank barns) and many are quite wealthy. Their dress

That this else inexpressive life of mine
May become eloquent and full of power,
Impregnated with life and strength divine.
Put the bright torch of heaven into my hand,
That I may carry it aloft
And win the eye of weary wanderers here below,
To guide their feet into the paths of peace.

I cannot raise the dead,
Nor from this soil pluck precious dust,
Nor bid the sleeper wake,
Nor still the storm, nor bend the lightning back,
Nor muffle up the thunder,
Nor bid the chains fall from off creation's long enfeathered limbs.
But I can live a life that tells on other lives,
And makes this world less full of anguish and of pain;
A life that like the pebble dropped upon the sea
Sends its wide circles to a hundred shores.
May such a life be mine.
Creator of true life, Thyself the life Thou givest,
Give Thyself, that Thou mayst dwell in me, and I in Thee."

Though people sometimes call this "a material age," perhaps there never was a time when psychological phenomena were more carefully noted and studied. St. Paul's statement that he is with the Colossian church in the "spirit," though absent in the "flesh," is not necessarily a poetical figure of speech, but is quite up-to-date and scientifically possible. In a letter to the Corinthian church he commands them to hold a sort of ecclesiastical court, in order to judge one of their number who had committed a great sin, and again he promises to be there to help in their decision, although in the very same letter he says: "I will tarry at Ephesus until Pentecost."

Modern cases of thought-transference are often very startling to us who don't understand the laws which govern our own spirits. May I instance one or two? One Sunday morning last summer a lady in Toronto was lying apparently at the point of death, when suddenly she said to the nurse, "I hear Canon Cayley praying for me, and I am going to get better." He was praying for her by name in the church, at that hour. She told my niece that she heard the words with perfect distinctness. Quackenbos says that when anyone is dying he is in an intensely hypnotic state, and unusually free from the restraining power of the body. Who can determine the telepathic power of the human soul?

Another instance of thought-transference occurred a few nights ago. It is rather ludicrous, but shows pretty conclusively to my mind that thoughts can flash from mind to mind without bodily assistance. I was in the midst of long and connected dreams, between 3 o'clock and daylight, when suddenly a cat seemed to run before my dreaming eyes, and jumped from the top of a high building. I thought nothing of it until I heard that about that hour someone had leaned out of an upstairs window and dropped a cat to the ground. It could hardly have been a coincidence, for nothing that had gone before could have suggested such a dream.

I was once reading aloud to a sick person when my brother walked along the sidewalk, shut the gate with a click, and came in. He said, as he came into the room and saw the Bible: "You have been reading the twelfth chapter of Ecclesiastes, haven't you?" As a matter of fact, I had just finished reading that very chapter, so I was naturally rather startled.

Perhaps you may wonder why I fill up my space with such occurrences, as they do not on the surface appear to be very helpful from a spiritual point of view. But if you look at the matter more closely you may see their bearing. It is a truism that people influence others far more by what they are than by what they say or do. But how can the secret thoughts of a man, or his secret character, influence others? Simply by this very fact of telepathy or thought-transference. The thoughts you cherish, the thoughts which are slowly making you, are leaping out without your knowledge or will, and affecting, for good or ill, your relations and acquaintances. Then think how tremendously important it is that you should guard your thoughts, and obey the Apostle's command to think of the things that are true, honest, just, pure, lovely, and of good report.

When Saul came to Samuel to ask about the lost asses of his father, he found himself expected. A choice portion of food had been especially reserved for him, and Samuel told him that the asses were found and that his father was alarmed about his long absence. How