

**FACTER.****Al Disease.**

known for years disease but a order, yet the nue to believe ble and try to dies, like pow-halers. ey accomplish very temporary ermanent cure mplished by ers. They may from the exces- in a few hours t can hardly be is loaded with es no argument cal washes and ct on the blood ave long since ys and washes at, because they re.

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l of Hydrastin, aiacol and other arrh sufferer can e that they con- id that they are successful treat- tarrh at present

are large, pleas- s, to be dissolved e delicate mem- aches, and sim- tion, while their od removes the : whole system. 0 cents for c.m-

**HEATRE**

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**WILLARD**

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**DINAL,**

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ATINEE;  
Love Story.

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taker and  
Embalmer****on  
Millinery**

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New York styles.  
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**BUILDING.**

You are little workers,  
Working every day,  
Brick by brick, brick by brick,  
Of character you lay;  
Every word you utter,  
Everything you do,  
Renders the foundation  
Either false or true.

Here a brick of honour,  
There a brick of truth;  
While the truth's progressing,  
Childhood turns to youth.  
As the walls are rising,  
See that they are plumb,  
Strongly put together,  
For the time will come.

**THE LITTLE TERRIER AND  
BIG RETRIEVER.**

A little black-and-tan terrier dog, named Beau, and his owner were at Penmaenmawr. They were one day on the sands, and were overtaken by the tide, which cut them off from the shore by a belt of water. A bathing machine came up and took off the dog's owner, Beau refusing to enter the machine, of which he seemed to be suspicious. The owner gives the following account of what happened. "When I found myself on the beach, I looked for my dog, thinking that he would probably come swimming after the machine. But no; the little idiot was still on the island, yelping and barking in great distress, and I called to him for a long time, bidding him swim across, as I knew he could use his limbs almost as well in water as on land. But the naughty animal would not come, and meanwhile the sea was gaining on the sand, and Beau had scarcely space to stand and whine.

"Playing near me on the beach was a large, rough haired brave dog—a sort of half-bred retriever, I should suppose. He perceived the fix we were in, and suddenly dashed through the water and went up to Beau, and said something to him, but my little dog would not heed, so the big dog returned to shore alone. By this time the sea had risen round my little terrier, and he was himself like a tiny black-and-tan island. Now what did the brave dog do? For the second time he dashed through the water, and stood beside the shivering, yelping creature; then he went behind Beau, and very gently but firmly pushed him through the water towards the place where I was standing. As soon as they were both fairly in the deep sea and it seemed to be a case of sink or swim with master Beau, the wise brave dog let him go, and with a few vigorous strokes brought himself to shore. Beau having received such an impetus, very soon presented himself dripping and breathless at my feet, amid the applause of the assembled multitude. The brown dog, like a true hero, made no fuss about what he had done, and I had nothing to give him but a pat on the head."

**PATIENCE.**

Holy Scripture bids us run with patience the race that is set before us. One might have anticipated that energy or zeal would be the word; but, no, it is patience. Our race is for life or death, yet it must be run peacefully. Patience is its own reward. It preoccupies the

soul with a sort of satisfaction which suppresses insatiable craving, vain endeavour, rebellious desire. It keeps the will steadfast, the mind disengaged, the heart quiet. Patience, having little or nothing, possesses all things; for through faith and patience the elect inherit the promises. Draw freely, generously, hopefully, upon patience; for the more we draw upon it, so much is the strain upon it lessened.

**HAPPINESS.**

Dreams of happiness we all indulge. But too many of us seek this happiness outside of ourselves—in riches, in learning, in adventure, in excitement, in fame, in novelty, in friendship, flying to the very ends of the earth in search of it, when lo, it was to be found all the time at home. "The kingdom of God is within you," and the happiness men desire can only be found under that kingdom.

Happiness is not something that can be manufactured and then

pressed upon one as a bargain. It is not obtainable from the outside, it is from within, and in this fact lies the great desirability of being a Christian, and the highest type of a Christian, coming entirely under the dominion of the spiritual.—D. L. Moody.

**IMMORTALITY.**

Before Jesus Christ came man saw immortality in a mist, it was a thin speculation, it was to a large extent hypothetical; Moses suggested it, Job discussed it, but Jesus revealed it. And ever since Jesus Christ came, what a force the spiritual universe has been amongst men! Why, immediately it caused to flourish decaying civilization, immediately it gave to the poor slave the sense of a more imperial dignity, it reconciled the world weary of suffering, it reconciled men to the suffering whilst it spake of an exceeding and eternal weight of glory. As a great writer says: "It put a whole

system of nerves into every virtue." It was Jesus Christ who flashed upon us the eternal, the perfect, the Divine, who brought life and immortality to light by the Gospel, and it is only as you keep in fellowship with Jesus Christ that you can maintain your spirituality. The world has a sad influence upon us. They say if an angel visits this world it cannot fly after it has been here seven days; ah, the world materializes us, sensualizes us; how are we to withstand it? Walk with the Master, talk with Him, taste His grace, feel His secret, follow in His steps, and, however great temptations are, we shall look through the things that are seen and temporal to the things that are unseen and eternal.—Rev. W. L. Watkinson.

—O, go to Christ at once, and take your cares with you and lay them on Him! The more trials you have in this world the more you should be looking to the world to come.—Bishop Ryle.

**Nervous Headache.**

**Irritability, Sleeplessness, Feelings of Lassitude and Depression, Weakness and Irregularity of the Bodily Organs.**

These are the symptoms which point to a depleted nervous system. They tell of thin, weak, watery blood, of wasting vitality and lack of energy and ambition.

They warn you that nervous prostration, locomotor ataxia, paralysis and even insanity are possibilities of the future.

It is folly to neglect nervous diseases, folly to suppose that they will disappear of their own accord, and still greater folly to deaden and destroy the nerves by the use of poisonous narcotics. It is a serious matter to trifle with the nerves. It is a question of life and death.

Mrs. Henry Clarke, Port Hope, Ontario, states:—"I have used seven boxes of Dr. Chase's Nerve Food for nervousness and a completely run down system, and can heartily recommend it as a wonderfully effective treatment. Before using this remedy I had been in very poor health for some months. I seemed to have no energy or ambition, felt tired and listless most of the time, and could scarcely drag myself about the house. I was weak, irritable and nervous, could not sleep well, and felt discouraged about my health. Dr. Chase's Nerve Food has taken away these symptoms and given back my usual health and vigor, consequently I endorse it fully."

**Dr. Chase's Nerve Food**

Fills the shrivelled arteries with new rich blood, strengthens and reinvigorates the nerves by forming new nerve force and gradually and thoroughly overcomes disease and weakness. It forms new healthy tissues and gives a well rounded form and clear, healthy com-

plexion to all who use it. 50 cts. a box, 6 boxes for \$2.50. At all dealers, or Edmanson, Bates & Co., Toronto.

