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elves and fairies through the long night. Other events in life are quickly forgotten, but those nursery days, spent in the close companionship of a good mother, are graven forever on the memory.

I can still remember the bright, sunny nursery where I played as a child with my little sisters and brothers, the big brown cupboard with its rows and rows of shelves filled with dolls and toys; the big skin rockinghorse standing in one corner, on whose back I remember riding to imaginary cities and undiscovered countries peopled with creatures of fairy-lore; the window, from which you could see a beautiful long garden with a grass plot and a greenhouse, and a lovely lilac tree in it, and where rows of golden crocuses bloomed every springtime, and tall sunflowers turned up their large, honest faces to kiss the August sunbeams—all this I can remember as if it were but yesterday, but all the joy and happiness of that cosy litle room came from the presence of my mother there. She was the light of our peaceful little home, and she has been its light ever since.

SCHOOL DAYS.

As you grow older, and your school days are drawing to a close, you will find that among the many friends you have made, your mother is still the dearest and the best. You will go to her with all your innocent questions about the wonderful mystery of life and death, and you will not go empty away. The dear mother, who has brought you up, who has loved you, and nursed you, and wept over you, is the only being on this earth to whom you can go to talk about the sweet little thoughts and yearnings after a nobler life which must come to every child of God before he or she is fitted to assume the dignity of manhood or womanhood, and the pure-hearted boy or girl will turn to no one else. Your mother is your first and greatest teacher, and all the men and women who have done great and noble work in the world say the same. Abraham Lincoln, the great and good American President, said on one occasion:-"What I am I owe to my mother." The great painter Whistler had a passionate love for his mother, and as we look at his portrait of her, seated in her chair with folded hands and calm, sweet face, we can understand something of the love that existed between this mother and son.

But although we have acknowledged the mother to be the greatest teacher, there are other teachers whose influence for good upon us is lasting and beneficial. The school teacher, if he or she is good and very much in earnest, does not teach in vain. Now, I want to say a few words to you boys

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have helped us to realize the mission and girls about your position with reof our lives; those who have encourgard to your school teachers. Do you ever think of all that it may have cost aged, inspired, and led us gently on them to enter the schoolroom with to greater and nobler achievement; bright, cheerful, smiling faces? Have those who have given us of their very you ever thought that they, too, may best unstintingly; those in whose lives we have seen the grace of God, and be suffering in body or sorrowing in whose labour and unceasing toil have spirit? I have seen children during made us ashamed of our weakness and school hours so often needlessly idleness; those who have influenced us thoughtless and noisy (I am sure I too, must have been so once), and I by their goodness and patient industry, and who will not cease to inhave looked at the teacher of the class and found her smiling and patient fluence us in all our future life and always, striving cheerfully to keep the work, until the day dawns when we unruly little ones quiet until the lesshall clasp their hands and look into son was over. If every child who goes their faces again in the eternity that to school would only think a little lies beyond? Above all, how can we about the comfort and happiness of help loving those whom we have rehis or her teacher, what a good thing membered in our daily prayers to our it would be! I assure you, you have Heavenly Father? no idea how much they would appreciate your kindness. They are human beings just as we are, and I

Remember these things, dear children, and you will never have any regrets in after life that you were unkind or thoughtless towards the good,
affectionate teacher who has, to a
very great extent, made you what you
are. Be ready to learn all things
well. Be diligent and faithful in your
studies. Love your good, kind teacher with your whole heart, and I am
certain that some day you, too, will be
great and beloved,

Nervous Energy Is Limited

There is only so much energy in the human body. A few people have an abundance, but more have not enough. Hence the necessity of conserving vitality.

If wasted by mode of living, disease or worry there must be a reckoning, and trouble is sure to come. It may be headaches and weak, aching eyes; it may be nervous indigestion, or it may be merely lack of energy and ambition, and feelings of fatigue or helplessness. Of course, sooner or later exhaustion of the nerves leads to prostration, paralysis or locomotor ataxia, but there is no need to let the trouble develop that far.

By using Dr. Chase's Nerve Food you can restore to the feeble, wasted nerve cells the energy they have lost. It will take some effort on your part to give up worry and anxiety, but you should realize your serious condition. Rest and use this great food cure and you are bound to improve in health and vigor.

How can we help loving those who improve in MENTION "THE CANADIAN CHURCHMAN."

often think they are even more human

than most of us, because they have

chosen a calling which is full of divine

genius testify to the faithful love of

some teacher who helped them in their

struggling youth, and who influenced

all their after life and work. Yes, a teach-

er's life is indeed a noble one! Jesus

Christ is the world's greatest teacher,

and even He found an earthly teacher

in St. John the Baptist, and had as

His pupils the twelve humble Dis-

ciples, who in their turn became the

teachers of others. So you, as school

children, can to a very great extent

help your teachers in their difficult

WHEN GROWN UP.

And now, before I close this letter,

I must say a few words about the

teachers who come into our lives

after our school days are over. These,

to my mind, are our special teachers.

Perhaps it is because, as we grow old-

er, we learn to understand them better

and to love them more deeply and

truly. We have by this time "put

away all childish things," as St. Paul

says, and our minds are fixed upon a

great life work. But before it can be

properly accomplished we need in-

struction and help. So at last there

come to us our best teachers—those

with whom we are to work faithfully

and earnestly for some years, and

from whose presence we are to go

forth and take up the work of our life.

All great men of

possibilities.

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