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Hercules Sanche

Oxydonor appeals to you because it makes you master of your own health, master of the health of your family, without drugs or medicine.

Oxydonor is simple and easy to apply, and will last a lifetime without any additional expense after the purchase price is paid. One Oxydonor will treat the whole family.

Oxydonor has cured scores of cases of Rheumatism, Nervous Prostration, Bright's Disease, Catarrh, Stomach Trouble, Indigestion, Erysipelas, Dysentery, Lung Trouble, Bronchitis, Blood Poison, Dropsy, Abscesses, Ulcers, Tumors, Spinal Disease, Pneumonia, La Grippe, Croup, Diphtheria, Liver, Kidney, and Bladder Troubles and Paralysis.

Rev. Wm. Sangree, Pastor Presbyterian Church, Carlton, Orleans Co., N. Y., writes: "I have had an Oxydonor in use in my family for ten years. I will not attempt to say how beneficial it has been. So far as I have been able to test it, it is all that you claim for it."

Why go on suffering and dosing? It will only take a post card to write us to-day, and we will send you full particulars about Oxydonor and the wonderful cures it is performing. If it cures others, why not let it cure you?

DR. H. SANCHE & CO.,  
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An interesting discovery has been made under Frewen Hall, in the city of Oxford. This old residence, which is hidden behind the rooms of the Union, was built by Dr. Frewen in the eighteenth century on the site of the extinct St. Mary's College, founded in the reign of Henry VI., and dissolved in the time of Queen Elizabeth. The Hall was occupied by our King, when, as Prince of Wales, he was an undergraduate of Christ Church. Since then Dr. Shadwell (now Provost of Oriel) has lived there, and it is now being fitted for Professor Oman. During the alterations the large vaulted cellars have been re-examined, and a fine bit of early Norman work discovered in the form of a pillar and the spring of an arch. It is not known whether this is now in its original position or whether it was fixed there when the house was built in the eighteenth century. It is interesting to know that Professor Oman does not intend to use the crypt again as a coal-cellar, and it is possible that he may be able to discover something more about this interesting bit of Old Oxford.

The interior of St. Fin Barre's Cathedral, Cork, has of late been embellished by several artistic works and memorials. Foremost amongst these must be mentioned a beautiful and costly gate placed across the eastern end of the north aisle, which is the generous gift of Mr. W. W. Leicester, of Ennismore. The gate is of admirable workmanship made of wrought-iron, painted red and touched with gilding in complete harmony of form and colouring with the beautiful gates which stand at each end of the ambulatory, and the gates and grille surrounding the chancel, which were designed by the late Mr. William Burgess, the distinguished architect of the Cathedral. A beautiful work has also been accomplished by the authorities of the cathedral themselves, at a cost of £70, namely, the completion of the dove-coloured marble lining of the wall of the ambulatory. In this part of the church is a continuous line of memorial inscriptions accompanied by crests countersunk in the marble, and raised coats of arms, all tinted in the proper heraldic colours, which have a very artistic and decorative

effect. Outside the chancel wall, just under the pulpit, there has been placed in the floor of the nave, a brass tablet to a very remarkable personage; the inscription on which runs as follows:—"In pious memory of the Honourable Elizabeth Aldworth, wife of Richard Aldworth, Esq., of Newmarket Court, County Cork, Daughter of Arthur, first Viscount Doneraile. Her remains lie close to this spot. Born 1695, died 1775. Initiated into Freemasonry in Lodge No. 44, at Doneraile Court, in this County, 1712." Scattered throughout the Cathedral there are numerous other mural brasses and other memorials.

There was a unique gathering of Archbishops and Bishops at the recent annual meeting of the S.P.C.K., which was held in the Church House. The Archbishop of Canterbury presided and there were no less than 28 Archbishops and Bishops surrounding him on the platform. Speeches were delivered at the meeting by the Archbishop of Melbourne and the Bishops of Quebec, Pretoria, and Lahore.

The Right Rev. Dr. Holbeck, the Bishop of the poor and barren island of St. Helena, whose inhabitants are poor and who have been rendered all the more so on account of the withdrawal from the island of the small garrison of British troops which has meant a considerable financial loss to the inhabitants, has sent the sum of £15 as their thank-offering. From one poor corner of the Bahamas, where the natives subsist solely on the fish they catch, an offering of five guineas is coming. It represents a fortune to the donors. Native Christians in districts where there is little or no coinage are sending spears and arrows and carefully fashioned baskets to be

Vitality at Low Ebb

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Vigor comes from good, red blood. Almost everybody's blood is thin and watery in the spring.

Hence the tired, languid feelings, the loss of energy and ambition, and the general weakness of the bodily organs.

The appetite fails, digestion is imperfect, the filtering and excretory organs are irregular, and, in short, life is a burden instead of being the joy it should be.

You can feel yourself getting strength and vigor when Dr. A. W. Chase's Nerve Food is used. The blood is made rich and pure, the appetite is sharpened, digestion improves and every organ in the body feels the benefit of the rich, red, life sustaining blood.

Stimulants give temporary relief. What is absolutely necessary is rich red blood such as is formed by the use of Dr. A. W. Chase's Nerve Food.

You can avoid all the discouragements and suffering, the pains and aches, the depressing effects of spring by the use of Dr. A. W. Chase's Nerve Food, 50 cents at all dealers or Edmanson, Bates & Company, Toronto, Ont. Portrait and signature of A. W. Chase, M.D., the famous receipt Book author, on every box.

WHEN YOU BUY FLOUR  
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sold for the benefit of the fund. A little village in Sussex has promised £1,000. The Diocese of Pretoria has guaranteed £50,000. It is believed that the Thank-offering Fund will reach the magnificent total of £1,000,000.

RESISTANCE TO GOD'S WILL.

Resistance to God's will gets nothing for its striving. A man cannot contend with God and hope to overcome omnipotence. The struggling bird has only hurts and bruises as the result of its struggles. It has broken no wire of its prison. It has loosened no chain. It has opened no door. But the bird which cheerfully accepts its bondage and sings in its prison is no longer a captive. It is as free as if it were soaring in mid-air. All the world belongs to it. Acquiescence in any suffering already has the victory over the suffering. The Christian who rejoices in the midst of pain and trial has overcome all pain and trial. St. Paul was the freest man in Philippi that night when he lay in the deepest dungeon, his feet in stocks, his body covered with gashes. His heart was free, and he filled all the prison with hymns of joy. His meekness made him the inheritor of all things. The poor man who has the joy of the Lord in his poverty owns all things—the blue skies are his; the beautiful fields are his; the springs of water, the rivers, the hills, the mines, all the treasures of the earth are his. Meekness makes a man free indeed, and gives him possession of all things.

The characteristic of heroism is its persistency. All men have wandering impulses, fits and starts of generosity. But when you have chosen your part, abide by it, and do not weakly try to reconcile yourself with the world. The heroic cannot be the common nor the common the heroic. Yet we have the weakness to expect the sympathy of people in those actions whose excellence is that they outrun sympathy and appeal to a tardy justice.—Emerson.

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