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Easter Idea.
Gift-making is peculiarly in keeping with the joyous nature of Easter customs. A present as appropriate as inexpensive is a Prayer Book Mark (No. 506) of silk ribbon with three sterling silver pieces attached, mounted on a pad of Easter design. It costs only 25 cents.



RYRIE BROS.
TORONTO

An Evening Smoke
For an evening smoke at home there is nothing so equal
"Clubb's Dollar Mixture"
This Celebrated Tobacco is a carefully selected blending of Virginia Cut Plug, Turkish-Virginity and Pure Louisiana Perique. It smokes cool and will positively not burn the tongue.—1 lb. tin \$1.00, 1/2 lb. tin 50c, 1/4 lb. package, 25c.—Sample Package, 10c.
A. CLUBB & SONS, 49 King St. W., TORONTO

FAVORABLY KNOWN SINCE 1826. **BELLS**
HAVE FURNISHED 35,000 BELL-METAL
CHURCH, SCHOOL & OTHER BELL-METAL
C. MENEELY & CO. PUREST BEST.
WEST-TROY, N. Y. **GENUINE**
BELL-METAL
CHIMES, ETC. CATALOGUE & PRICES FREE.

In answering any advertisement it is desirable you should mention The Canadian Churchman

starvation that they fall ready victims to disease and death. The people in general eat two meals a day, but the very poor rarely indulge in so much luxury. Outside of the large cities a workingman of the better class gets twopence or threepence a day, while one of the poorer class gets about half that sum.

A USEFUL FISH.

There is scarcely a fish that is more useful to man than the cod. As an article of diet—whether fresh or salted and dried—it is a most important addition to our food supplies,

There is no Salt for table use that can compare with WINDSOR SALT. It is absolutely pure, never cakes, and is always the same perfect quality.

and is made use of in various ways for the support of man and beast over a widely extended area. The tongue is regarded as a delicacy, the swimming bladder furnishes isinglass almost equal to that of the sturgeon, and the liver gives us the oil which is so much recommended as a tonic and a food in all wasting complaints. The Norwegians give cod's head mixed with marine plants to cows to increase the yield of milk; the Icelanders give the bones to their cattle; in Kamschatka dogs are fed on them; and in icy wastes they are frequently dried and used as fuel. The cod is prolific enough to admit of this extensive use, for one fish will produce 9,000,000 eggs.

SPRAINS AND STRAINS.

When a joint is sprained its ligaments are stretched and torn, and the muscles around are bruised, and in many cases partially torn as well. Blood is poured out from the bruised tissues into the joint, which rapidly becomes swollen, stiff and painful, more especially when any attempt is made to move it.

The treatment of sprains is a matter of the greatest importance, as a neglected sprain always leads to imperfect recovery of the joint, which is very liable to become permanently stiff and immobile. Efforts should be directed to reduce the swelling and to prevent the joint from becoming fixed. At first, to allay the pain and swelling, hot fomentations should be applied for some hours. Then a large pad of cotton wool should be fixed in position over the joint by means of a bandage. Within forty-eight hours, or even less, gentle massage should be commenced, the joint being carefully manipulated at the same time. Douching with hot and cold water alternately will be found a useful adjunct to treatment, and later friction with oil will aid in restoration of movement. When the injury has been neglected, forcible movement of the joint will be necessary, but this should always be carried out by a good surgeon.—The Scotsman.

THE VALUE OF SYMPATHY.

When Dean Farrar wrote, "We often do the world more good by our sympathy than our labours," he was not minimizing the value of work. He simply meant that just as being is more than doing, and the source of a fountain greater than any stream which issues from it, so sympathy without labour is better than labour without sympathy. The best possible equipment for doing good is the combination of the feeling heart with the ready hand. Before the Master fed the five thousand on the grassy plain by the Sea of Galilee, He was first "moved with compassion toward them."

What is it to sympathize with another? Is it to be sorry for his

"Time, the most independent of all things" is best made to serve man by the
ELGIN WATCH
the most dependable of all timekeepers.



Every Elgin Watch is fully guaranteed. All jewelers have Elgin Watches. "Timekeepers and Timekeepers," an illustrated history of the watch, sent free upon request to **ELGIN NATIONAL WATCH CO., ELGIN, ILL.**

troubles and glad of his happiness? Yes, doubtless; but more than either. When we dig the roots of the Word out of their native Greek soil, we find that to sympathize is to feel with, and not simply about. Perfect sympathy presupposes the ability of putting one's self for the time being in the other's place; of looking with his eyes, from his point of view. The place may be very different from your own, and the angle of vision calculated to produce only a distorted image, but until you have stood in the one, and looked from the other, you are in no proper condition to help or correct.

A lady who habitually spends strength and money without stint for the poor, complained one day of the ingratitude of a family which she had assisted. "They did not so much as thank me for the provisions I ordered for them," said she, "and yet I know positively that they had not even a half-loaf of bread in the house, for I opened every cupboard to make sure!" This lady, though sincerely charitable, might profitably learn at the feet of the great pagan philosopher, Seneca, who wrote:

"There is not any benefit so glorious in itself but it may yet be exceedingly sweetened and improved by the method of conferring it. The virtue, I know, rests in the intent, the profit in the judicious application of the matter; but the beauty and ornament of an obligation lies in the manner of it."

"Anna is so frivolous!" said one young girl to another. "I want nothing to do with her."

"My dear," answered an older friend, gently, "Anna was not trained by your mother. Would it not be better to try to understand and then to help her?"

Self-righteousness and sympathy are as antagonistic as fire and water. Nobody was ever attracted to the Christian life by viewing its expression in the person of one whose very appearance seems to say, "I am holier than thou." Never forget that if you stand higher than your brother it is because God has lifted you up, and so long as you keep one hand in His, you need not fear to fall by reaching down the other to one below you.

Sympathy, like the principle of action and reaction in natural philosophy, works both ways. Convince another that you "feel with" him, and he will at once, more or less perfectly, begin to "feel with" you. This is the secret of influence, and the in-

fluence of human character is the strongest of finite forces.

Maeterlinck has put the matter into a nutshell when he says: "We will not find the divine in other men except in first showing to them a divine in ourselves."

BRAIN FAG IN SPRING.

FEELINGS OF DISCOURAGEMENT AND DESPONDENCY FROM WEAK BLOOD—CURE IN

Dr. Chase's Nerve Food.

Of all the blood supplied as nourishment to the human body one-fifth is consumed in the brain in the manufacture of nerve force, the vital power which is transmitted through the sympathetic nerve to the lungs, heart, kidneys, liver, bowels, etc., and which supplies the motive power to these organs.

In the spring when the blood is thin and watery, and the nerve force becomes depleted, the ill effects are often first felt in the brain.

The head aches. The mind is dull and listless. It is difficult to concentrate the thoughts. Feelings of gloom and discouragement come over you.

Energy and ambition seem to be all gone. You begin to look on the dark side of things. Your temper is easily irritated.

But enrich and purify the blood by the use of Dr. Chase's Nerve Food, and you will soon find disease of body and mind disappearing.

The tired nerve centres of the brain receive few vitality from the new, rich blood, new nerve force is sent tingling along the delicate nerve fibres, and every organ of the body responds to the new call to health and duty.

If you would avoid the ills and weaknesses of spring, use Dr. Chase's Nerve Food. 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. Portrait and signature of Dr. A. W. Chase on every box.

BELLS

Steel Alley Church and School Bells. Send for Catalogue. The C. B. BELL Co., Hillsboro, O.