

### Children's Department.

#### Saved By a Bird.

I have always been a bird lover. My earliest recollection is of a large, empty greenhouse, what was my play-room, and on the window-sill I never failed to lay a bountiful supply of crumbs and seeds for my feathered friends.

They soon found out the table that was so regularly spread for them, and would flock to it, sometimes dashing against the pane in their eagerness to pick up a meal. In later years I had indeed good reason to be grateful to a bird, as the following true story will prove:—

It was very, very cold! Covered up with rugs, in a snug first-class carriage on a French railway, hot bottles at our feet, we ought to have been warm, but we were not. The very look of the frost-covered windows made one shiver, and very glad was I when our eight hours' journeying was over and we stepped on to the platform at Avignon, where I and my husband were to spend our Christmas Day.

Alas, the old-fashioned hotel we were in boasted no bedroom with a fireplace, and my night was almost as miserable as the railway journey, from cold—I hardly slept at all, and felt far too tired to rise the next morning.

"Never mind, Emmie," said my husband to me, "I will find out some way of getting the room warm for you. These Frenchies are of the same make as ourselves and need warmth too—depend upon it. They have some outlandish way of heating their rooms, trust me for discovering it," and he disappeared down the corridor.

It was not long before I heard his step again, and a cheery "It's all right, I've got it now;" and in he came followed by a servant carrying a brown earthenware-basket full of hot embers, which my husband placed close to my bed.

How delicious was the heat they gave out! I felt a different being.

## Exhaustion

### HORSFORD'S ACID PHOSPHATE,

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### For Scrofula

"After suffering for about twenty-five years from scrofulous sores on the legs and arms, trying various medical courses without benefit, I began to use Ayer's Sarsaparilla, and a wonderful cure was the result. Five bottles sufficed to restore me to health." Bonifacia Lopez, 327 E. Commerce St., San Antonio, Texas.

### Catarrh

"My daughter was afflicted for nearly a year with catarrh. The physicians being unable to help her, my pastor recommended Ayer's Sarsaparilla. I followed his advice. Three months of regular treatment with Ayer's Sarsaparilla and Ayer's Pills completely restored my daughter's health." Mrs. Louise Rielle, Little Canada, Ware, Mass.

### Rheumatism

"For several years, I was troubled with inflammatory rheumatism, being so bad at times as to be entirely helpless. For the last two years, whenever I felt the effects of the disease, I began to take Ayer's Sarsaparilla, and have not had a spell for a long time." E. T. Hansbrough, Elk Run, Va.

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"Now do go out, Edward, dear, and explore the town, and find out if there is any Church of England Service here. I am perfectly happy and shall get to sleep directly and awake quite strong and ready to accompany you to church; good-bye," I said, in an already-drowsy tone. After seeing that the windows were shut and everything arranged for my comfort, he did leave me.

I was asleep almost immediately, or nearly so, when suddenly the thought of my poor little bird came into my mind—why was he not singing as usual? Perhaps Edward had forgotten to fill its drinking trough—How difficult I found it to rouse myself to look; several times I thought I must leave it alone and go on enjoying my lovely sleep, but yet I could not let my bird suffer, so my better self conquered, and well for me it did!

Turning my head towards its cage, to my surprise I saw the little creature standing on one leg with its head drooping, its usual attitude for repose.

Eleven o'clock in the morning and my birdie asleep! Something must be amiss?

Ah! I found that for some reason I was as drowsy as the bird.

I could scarcely drag my leaden limbs out of bed, and I gasped terribly for breath!

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