

be worth much, though at foot-
ball he may be worth little.

"5. That clean living and the
fear of the Lord, are in entire ac-
cord with true manliness."

From Mr. George Cadbury:

"My advice to boys and girls
on leaving school would be—at
once take up some work for the
good of others. I can never be
too thankful that I was induced to
take a class of boys, not much
younger, but much more ignor-
ant than myself, when I was
seventeen to eighteen years of age.
From work of this character I
have received untold blessing my-
self now for over forty years."

From Sir Richard Tangye:

"I am asked to send a few
words of counsel to boys just go-
ing out into the world. I am a
very busy man, but I cannot re-
fuse to say a few words to those
whose battle in life is about to be-
gin.

"Be absolutely truthful in
thought and word. Be civil to
all: it costs nothing, makes a good
impression, smooths away difficul-
ties, and often yields an abundant
return, sometimes in most unex-
pected ways.

"Never be afraid you are doing
seven-pennyworth of work for six-
pence in wages. Even if you do
this, you are still the gainer in ex-
perience and skill.

"Be willing, prompt and cheer-
ful.

"Whether you are clerk or arti-
san, keep your bench and tools
in perfect order. In this way much
time is saved, and time is money
—save both.

"Be sober—be diligent."

WITH A NEW MEANING.

It was a beautiful afternoon,
and Helen had taken advantage
of the brightness to visit one or
two of the girls. She was sitting
now in a comfortable lounging-
chair in Gertrude Welton's room
telling some incidents of her calls.

"Do you know, Gertrude," she
said, "I had such a surprise at
Mildred's!"

"What was it?" Gertrude asked,
interested at once, for Mildred
was a great favourite with the
other girls.

"Well, we had mentioned Esther
Morrill's name, and Mildred lean-
ed over to me, and began, 'They
say, Helen—I almost gasped,
Gertrude, for you know yourself
that when anybody begins 'they
say,' it usually means that there's
some unkind or unpleasant story
to follow. I wouldn't have
thought anything of it from some
of the girls, but Mildred is always
so lovely and charitable that I was
awfully disappointed."

"Yes?" Gertrude said, with a
rising inflection, and with a twinkle
in her eye that Helen did not see.

"And what was the story?"

"That's the funny part of it,"
Helen resumed. "She went on as
calmly, 'They say, Helen, and then
told me the sweetest story about

Esther, and how she has given up
her trip East, and sent her mother
instead. I was so relieved, Ger-
trude. I couldn't really believe that
there would be anything unkind
to say about Esther, and I didn't
want to think that Mildred would
say it if there was. But I've heard
that beginning a good many times,
and I don't wonder I was fright-
ened for a minute. I wonder
Mildred would begin that way."

The laughter in Gertrude's eyes
had run over her whole face by
this time. "I can tell you some-
thing about that, Helen," she
said. "As you say, there is a sort
of atmosphere hanging about
those words that isn't pleasant.
You always expect to hear some-
thing bad when people begin,
'they say.' Mildred was talking
about it to me one day. 'I'm go-
ing to do what I can to give them
a new meaning, and a better one,'
she said. And she declared that
when she heard of kind and noble
and unselfish deeds, she meant to
tell of them to as many people as
possible, and begin the story with
'they say.'"

"Good for Mildred, I say,"
Helen declared with enthusiasm.
"She'll be doing a good work if
she does even a little to change
the atmosphere that hangs about
those two harmless little words."

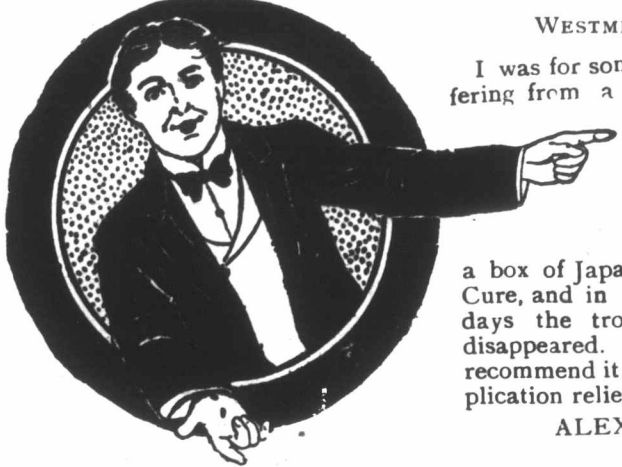
"They say"—the two words are
almost always taken as indicating
unkind, uncharitable gossip. Why
should this be so? Can we not
do a small part toward making
them the sign and token of charity,
instead of its absence?

THE SECRET OF GLADNESS.

Although I cannot say to my-
self, "Now I will be glad," and
cannot attain to joy by a move-
ment of the will or direct effort;
although it is of no use to say to
a man—which is all that world can
ever say to him—"Cheer up, and
be glad!" while you do not alter
the facts which make him sad;
there is a way by which we can
bring about feelings of gladness or
of gloom. It is just this—we can
choose what we will look at. If
you prefer to occupy your mind
with the troubles, losses, disap-
pointments, hard work, blighted
hopes of this poor, sin-ridden
world, of course sadness will
come over you often, and a gen-
eral gray tone will be the usual
tone of your lives, as it is of the
lives of many of us, broken only
by occasional bursts of foolish
mirth and empty laughter. But if
you choose to turn away from all
these, and instead of the dim, dis-
mal, hard present, to sun your-
self in the light of the yet un-
risen sun, which you can do; then,
having rightly chosen the subjects
to think about, the feeling will
come to you as a matter of course.
You can rule the direction of your
thoughts and so can bring around
your summer in the midst of
winter, by steadily contemplating
the facts on which all Christian
gladness ought to be based.

JAPANESE CATARRH CURE

Look Here!



WESTMINSTER, B.C.

I was for some weeks suf-
fering from a cold in the
head which
was appar-
ently devel-
oping into
catarrh. I
purchased
a box of Japanese Catarrh
Cure, and in less than two
days the trouble entirely
disappeared. I can highly
recommend it; the first ap-
plication relieved.

ALEX. McRAE.

JAPANESE CATARRH CURE

Why do you suffer with a disgusting disease? Honestly, now,
why do you? Don't you know it's undermining your constitution?
Don't you know it's threatening your life? Every day catarrh is
allowed to go unchecked, it shortens your life that much. It works
slowly but it is a dangerous disease. There can only be one reason
why a person afflicted with catarrh does not try to cure it. It is
because they have been deceived so many times that they come to
believe that there is no cure. This is wrong. Japanese Catarrh
Cure is an infallible remedy. It never has failed—it never will
fail. Use it honestly and it will cure you. It will not drive the
disease to any other part of the body, but by its soothing and heal-
ing properties quickly subdues the inflammation, heals up the dis-
eased membrane and completely conquers catarrh. We guarantee
that 6 boxes will completely cure you. Try it.

50 cents from all druggists.
Send a 5c. stamp for a free sample to

The Griffiths & McPherson Co.
121 CHURCH STREET, TORONTO

JAPANESE CATARRH CURE

THE HAPPIEST BOY.

Who is the happiest boy you
know? Who has the best time, I
mean? The one, who, last sum-
mer, had the biggest bicycle, or
the most marbles, or wears the
best clothes? Let's see.

Once there was a king who had
a little boy whom he loved. He
gave him beautiful rooms to live
in, and pictures, and toys and
books. He gave him a pony to
ride, and a boat on the lake, and
servants. He provided teachers
who were to give him knowledge
that would make him good and
great. But for all this the young
prince was not happy. He wore a
frown wherever he went, and was
always wishing for something he
did not have. At length a magi-
cian came to court. He saw the
boy, and said to the king: "I can
make your boy happy. But you
must pay me my own price for
telling the secret."

"Well," said the king, "what you
ask I will give."

So the magician took the boy
into a private room. He wrote
something with a white substance
on a piece of paper. Next, he gave
the boy a candle, and told him to
light it and hold it under the paper,
and then see what he could read.
Then he went away and asked no
price at all. The boy did as he
had been told, and the white let-
ters on the paper turned into a
beautiful blue. They formed
these words: "Do a kindness to
someone every day." The prince



Raised on it

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tire diet for babies, and closely resembles mo-
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as possessing great value. Your physician will
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book, "The Baby," both of which will be sent
free on application. Also ask for "Baby Birth-
day Jewel Book."

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made use of the secret, and be-
came the happiest boy in the king-
dom.

—Never lay out all you can
afford; for he who lays out every-
thing he can afford, lays out more
than he can afford.