## "HELPS" THAT HELP <br> Nelson's Teachers'Bible <br> 

PURPLE Vololets iolets in murple murning.<br>Bloomed an takes of driven sow<br>alvarys rugged path adorning. Ere the Saviour

When the Virgin Mother, holy
In her hitter anguish passed Oer the blossoms. white and lowly Was her sacred shadow ca

And the agony of sorrow
Falling like a purple pall.
Unforgotten with the morrow
Still doth linger over all.
Purple violets! remind us
Oh. reproach us with His pain:
Crucifying Him again!
-Alma Frances McCollum.

WHAT I SAW THE TOAD DO
All my life from childhood to ag has been favoured with the pleasure of a garden's work and play. Th living creatures were for us to pet,
to love, but not to treat with to love, but not to treat wind was a favourite study. In the ter ribly destructive days of the canker worms, I used to watch one big old toad, and could never see him get beyond swallowing a hundred worms before he gave up his task
Ourgarden was very full of toads; and I always picked up in the street the tiny little ones, which were liable to be trodden on, and put them in a safe place.
One day, when I came home from church, as dinner was not quite ready, I went into the garden, and a very odd-looking toad
very od, coat was so dull, dusty, and shabby, I wondered what ailed him. Suddenly and instantly his skin cracked open from the tip of his head to the hindermost end of his body, in a straight line down the middle of his back, drawing itsel away on each side, leaving the whole breadth clear. A bright clean, beautiful, new skin met my view. It was sprinkled with spark. ling drops like dew and finely mottled.,
"Oh," I cried, " now I can get a toad's skin! How glad I am!'

I watched him eagerly. He be gan to undress on his left side With his hind claw he pulled down and off the sleeve of his coat in a very careful way. Then he rested a little while.
Next he pulled off the sleeve of his right side, with the same careful motions and rested again. After a few minutes he resumed operations down and off the leg of his

## sher settles $T t^{\circ}$

 GITRERNATIONA BHCTMOEATLI

cently enlarged
By the addition of
25,000 New Words
fronsers, kerping all the skin carefull rolled together. Then he took



Whas for my fond expectations
The toad drew off his skin: but, whole into a little ball, which he instantly swallowed
He winked his bright eyes at me as much as to say, " you did not do that time
I soon turned away and left him in his beautiful new garments, and went sorrowfully into the house. That was more than fifty years ago, and with all my wathing hase net
his skin.

THE CHARITY THAT DOES

There is a great deal of charity abroad in the world, but the charity that causes one not to tell of the sad and unfortunate happenings within one's own experience is about as sweet and helpful a charity as God has put into human hearts. The charity that keeps silent when ome's friends are overtaken in a fault: the char ity that causes one mot to repeat gossip; the charity that causes bovs and girls not to become tattlers; the charity that "suffereth long and is kind:"-if there were more of such charity as this in the world sin would ie decreased There is a very broad and beautiful charity that bovs and girls, as well as older people. should culti vate. and that is the charity of forgiving those who are always getting into trouble through their own blunders.
I know of a boy who, not long ago. came to grief through his own stupid blundering. A good many of the other boys who knew him said:

It is good enough for him Maybe he swill learn to be more careful next time. He is forever making some sort of a blunder. I don't feel a bit sorry for him." But there was one boy who said
It is too bad. I don't suppose Will can very well help making so many blunders. Some people are always making mistakes. I'm ever so sorrv for him, and I'in going around to tell him so."
Now this boy had true chari in his heart and the spirit of criticism was not in him. Perhaps he recalled some of the mistakes of his own life and his sense of injustice when her was condemned for them.
A boy of about eighteen years was caught by his employer not long ago pilfering a money drawer. His conduct had been above reproach up to that time. He gave a cry of dismay when he knew that he had been caught. and. covering his face with his hands. cried out:

Oh, I don't know what made me do it! The temptation came to me suddenly, and I did not for

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## FRIED ONIONS

Indirectly Caused the Death of the World's Greatest General
was a gormand of history that Napoleo good things of the table, and history furthe records that his favourite dish was fried onions; his death from cancer of stomach
it is claimed also, was probably his excessive indulgence of this caused from for the odorous vegetable.


The onion is undoubtedly a wholesome rricle of food, in fact has many medicina cualities of value, but it would be difficult onions, and to many people they than fried poison, but the onion does not stand alone n this respect. Any article of food that is or hisoroughly digested becomes a source of disease and discomfort whether it be fried nions or beef steak.
The reason why any wholesome food is stomach lacks some important clement of igestion, some stomachs lack peptone thers are deficient in gastric juice, still hers lack hydrochloric acid
The one thing necessary to do in any case of poor digestion is to supply those acks, and nothing and safely as Stuart's this so thoroughly I r. Richardson in writing ${ }^{\text {a }}$. ent of dyspepsia and indigestion, closes his remarks by saying. "for those suffering from acid dyspepsia, shown by sour, watery risings, or for flatulent dyspepsia shown by gas on stomach, causing heart trouble and forms of stomach trouble, the safest treatment is to take one or two of Stuart's Dyspepsia Tablets after each meal. I advise them because they contain no barmful drugs, but are composed of valuable digestives, which act promptly upon the food or even chronic dyspepsia which Stuart's Tablets would not reach.
Cheap cathartic medicines claiming to cure dyspepsia and indigestion can have no effect whatever in actively digesting the cure for indigestion is a misnomer
Every druggist in the United States and Canada sells Stuart's Dyspepsia Tablets, and they are not only the safest and most successful, but the most scientific of any
treatment for indigestion and stomach tratment
troubles.
the moment seem able to resist it. I never stole anything before. 1 am so sorry I did it!"
"I am very sorry, too, Harry," said his employer, kindly, "and now we'll not say anything more about it."

And you're not going to have me arrested?" asked Harry, in surprise.
"Not at all. I am going to keep it a secret from your associates in it a secret from your associates any"hing about it."
"And vou're not going to discharge me?"
"Not at all, Harry. I might feel that I would have to do so the offence were repeated, but-

