

FIVE GOLDEN RULES.

First—Eat only 3 meals a day, 5 hours apart.

It requires 4 to 4½ hours to digest a meal. This leaves ½ to 1 hour for the stomach to rest.

Second—Eat nothing between meals.

If anything is taken into the stomach while digestion is going on, digestion stops and may not start again for an hour.

Third—Eat slowly and chew food thoroughly.

This insures food being well mixed with saliva and partially digested before it reaches the stomach.

Fourth—Drink little fluid with meals.

The stomach gives out about a pint of gastric juice to digest each meal. If you take another pint of tea, wine or water, then the digestive juices are too diluted to properly digest the food.

Fifth—Take one "Fruitatives" tablet about twenty minutes before meals. "Fruitatives" tone up and sweeten the stomach—insure an abundant flow of digestive juices—and cure Dyspepsia.

Follow these directions for a month and see how much better you are in every way.

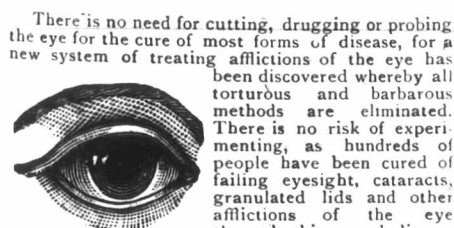
50c. a box. At all druggists.

mother were dead. Poor Sandy was lying on a bundle of shavings. He knew me as soon as I came in, and said 'I got the change, sir, and was coming back, and then the cart knocked me down, and both my legs were broken. And oh, Reuby, little Reuby, I am sure I am dying, and who will take care of you when I am gone? What will ye do?' I took his hand, and said I would always take care of Reuby. He understood me, and had just strength enough to

Restores Eyesight

SPECTACLES CAN BE ABANDONED.

"Actina," A Wonderful Discovery That Cures Afflictions of the Eye Without Cutting or Drugging.



There is no need for cutting, drugging or probing the eye for the cure of most forms of disease, for a new system of treating afflictions of the eye has been discovered whereby all tortuous and barbarous methods are eliminated. There is no risk of experimenting, as hundreds of people have been cured of failing eyesight, cataracts, granulated lids and other afflictions of the eye through this grand discovery, when specialists they state, termed the cases incurable.

Rev. C. Brunner, pastor of the Reformed Church, Bridgeport, Conn., writes: "So far your Actina has done me good, and my eyesight is greatly improved, and I have good hope that, by continuing, my eyesight will be restored."

Rev. W. C. Goodwin, Moline, Kas., writes: "My honest opinion of Actina is that it is one of the most marvelous discoveries of the age. It cured my eyes, and cured my wife of asthma."

Mr. A. L. Howe, Tully, N. Y., writes: "Actina" has removed cataracts from both my eyes. I can read well without my glasses; am sixty-five years old.

Robert Baker, Ocean Park, Cal., writes: I should have been blind had I not used "Actina."

Hundreds of other testimonials will be sent on application. "Actina" is purely a home treatment and self administered by the patient, and is sent on trial, postpaid. If you will send your name and address to the New York and London Electric Ass'n, Dept. 127 B, 929 Walnut St., Kansas City, Mo., you will receive absolutely free a valuable book, Prof. Wilson's Treatise on Disease.

look up as if to thank me. The light went out of his blue eyes. In a moment—

He lay within the light of God,
Like a babe upon the breast,
Where the wicked cease from troubling,

And the weary are at rest."
—Dean Farrar.

ONLY A WORD.

A young girl sat on the piazza of her home, her pale cheek and drooping figure telling of recent illness. She was watching the raking of leaves from the grass, and as the man passed near her with his rake she aroused herself from her languor to say:

"You keep the lawn looking so nicely, John. I like to see it that way."

He was only the hired man, a stranger in a strange land, and this was but one of a score of duties that he was paid for doing. Probably no one had ever thought of praising him before, and he had no answer ready.

A week later the gentle invalid was gone—slipped away suddenly out of encircling arms, out of the world like the vanishing of a snow wreath. No one thought of John as among the mourners; he was only driver of the family carriage, which carried some of the friends, but to one of these with whom he found himself alone he told of the kind commendation, the last words he had heard the girl speak, and added, with voice growing husky:

"As long as I stay there the lawn will be kept as Miss Helen liked to see it."

The little word had left a legacy of brightness and awakened a heart to new loyalty and faithfulness.

The art of saying appropriate words in a kindly way is one that never goes out of fashion, never ceases to please, and is within the reach of the humblest.

AINU.

If you look at a map of Japan, you will see in the north an island called Yezo. It is about as large as Ireland. Besides Japanese, there live there some strange people called Ainu.

Once when I was paying a visit to Japan I saw some of these Ainu. Their way of saying, "How do you do?" struck me as very curious. The men rubbed their hands together, and then stroked down their beards, even the little boys stroking down the place where they hoped one day their beards would be. The women and girls passed one hand sideways across the mouth and then with both hands smoothed back their hair from their foreheads. The Ainu babies are carried about on the back of their mother or elder sister. These people are very much afraid of evil spirits, and they make offerings to them, hoping in this way to keep them pleased, and so to stop the spirits from doing them harm. They pray before a piece of stick with shavings cut from it, in which they think a spirit lives. They also worship the bear. They catch a baby bear, put



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The word Elgin suggests accuracy and service as well as intrinsic value. The pleasure of giving finds its highest expression when the gift is an Elgin.

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it in a cage, and pray to it as a god, and then when it has quite grown up they kill it, and eat it at a great feast. Missionaries are working among the Ainu, and telling them about the Lord Jesus. And now very many of them have learnt to love Him.

I go at what I am about as if there was nothing else in the world for the time being. That is the secret of all hard-working men.—Charles Kingsley.

Virtue can never be attained without great pains and diligence; and if you cool and linger in this pursuit, the moment that you gain not ground, you lose it.—Thomas à Kempis. ("Imitation of Christ.")

Few Christians have any idea how great is the multitude of God's mercies until something arouses them to count up their causes for thanksgiving. Count your mercies. It will do you good to count up your thanksgiving column.

—We are not sent into this world to do anything into which we cannot put our hearts. We have certain work to do for our bread, and that is to be done strenuously; other work to do for our delight, and that is to be done heartily; neither is to be done by halves or shifts, but with a will, and what is not worth this effort is not to be done at all.—John Ruskin.

If Jesus had walked in paths that were without stone or thorn, and with eyes that were never tear-stained and a heart that was never grief-rent, he might be to us a vision of radiant beauty, but we could never understand Him, nor feel that He understood us. But the wound in the hand which He extends to us and the sorrow underlying the smile of the face which He turns toward us give us mutual understanding. Now we can believe that he understands our tears and our heartaches and our agonies. It is the deep-laid cable of

sorrow which runs under the great salt sea of tears and along which throb flashes of pain that bind together the continents of life.

Brain and Nerves

DEPENDENT ON CERTAIN ELEMENTS OF NATURE, WHICH ARE FOUND IN

Dr Chase's Nerve Food.

The Christian Scientists are right enough when they claim that the mind influences the body.

Worry, excessive mental toil and strong emotions consume nervous energy at an enormous rate.

Rest of mind and body is essential for the restoration of an exhausted nervous system.

But the mind is dependent on the brain, and the brain in turn is a bundle of nerve cells, which are nourished and sustained by pure, rich blood. Hence, the absolute necessity of supplying the elements from which blood is made.

These elements of nature which go to form new, rich blood and revitalize wasted and depleted nerve cells are found in splendid proportions in Dr. Chase's Nerve Food.

By using this great food cure you supply the material substances from which are found brain and nerve force.

By all means have a cheerful, hopeful mind, but do not depend on this to make you strong and well or you will be terribly disappointed when it is forever too late.

It may take weeks, or even months, to thoroughly restore your health with Dr. Chase's Nerve Food, but you can be absolutely certain that every dose of this great food cure is at least of some benefit to you.

The healthful complexions, the well-rounded forms, the energy and elasticity of movement characteristic of persons who have used Dr. Chase's Nerve Food are the strongest evidence of its wonderful restorative influence. 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.

BANK OF MONTREAL

HEAD OFFICE
MONTREAL
INCORPORATED 1855

FOR BUSINESS SAVING

Capital	\$3,459,585
Dividend for year	459,585
Reserve	3,859,585
Dividend for year	559,585
Assets	21,867,075
Dividend for year	4,322,472
Investments	27,433,324
Dividend for year	6,098,802
Deposits	32,806,741
Dividend for year	5,617,235

PAID ON DEPOSITS.

THE SAVINGS AND COMPANY (LIMITED)

Capital, \$4,000,000.

178 CHURCH STREET, 122 QUEEN ST. WEST.

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LOWED ON DEPOSITS. Drawable by Cheque.

Office Hours: Saturdays 9 a.m. to 1 p.m. Sunday Evening 7 to 9.

DEATHS.

Entered into rest on Tuesday, Dec. 19, 1905, at his residence, 122 Queen St. West, Toronto, Canada, Jeanette Anne (Rev. J. McLean Ballard, rector of St. Francis) and daughter of the late Francis and Mrs. M. J. Ballard, London, England.

as he had no pence, had shilling, of which the to be brought to his's passed by and the t return. Very late evening a mere child in hotel. "Are you an that bought the Sandy?" "Yes." "Weel, fourpence out o' yer y canna come. He's cart ran over him and doon, and he lost his his matches and yer ind baith his legs are he doctor says he'll dee;" "And then, putting ur pence on the table, d burst into great sobb. e little man," said the d I went with him to see two little things were alone; their father and