

OUR BOYS AND GIRLS



GOD WILL UNDERSTAND.

They brought their flowers to the altar,
 Blossoms of white and red;
 Lilies and violets and roses
 The sweetest of perfume shed;
 And none of the rich and mighty
 Who lavished their gifts that day,
 Took heed of a child among them
 Who timidly pressed her way.

She crept up close to the altar,
 And there 'neath a lily's crown,
 With tender, reverent fingers,
 She laid her offering down;
 And said to a curious question,
 As the flower dropped from her hand,
 "It is only a little daisy:
 But God will understand."

Sweet, childish faith! Oh, teach us
 Our little best to give,
 Though the works of others are
 Greater
 Than the humble life we live;
 And to offer our grateful service
 Forever with loving hand,
 Safe in the blessed assurance
 That God will understand.
 —Exchange.

IS MOTHER WORTH IT?

A big banker of New York—his name Vanderlip—learned late of a Saturday that his mother was dying in Chicago. She was a woman of more than 80 years.

This banker ordered a special train and in fifteen hours and twenty minutes after he left New York was in Chicago, more than 900 miles away. His train ran so fast, guarded by over 5,000 trained employes along the right of way, that one stretch of 183 miles was made in 168 minutes.

Thus he came to pay his last tribute to the woman who had given him his life, and whose cheer and counsel during all his days had built for character. What the train cost this man, are small questions alongside of the fact that he loved his mother well enough to do it.

Is a mother worth a flight over half a continent, a flight which practically suspended the routine opera-

tions of a great railway system for nearly half a day?
 Let the boy who reads this and knows the mother of his own heart answer the questions. He cannot at this moment hire a special train to tribute to her, but she is alive and working by his side. She breathes and lives not alone for herself, but for all he is and all she hopes he will become.

Is she worth the little attentions that often work more good than great deeds? Is she worth the kiss she didn't expect? Is she worth the flower thoughtfully brought home to pin upon her breast?

Is she worth the talking little steps for, slipping in ahead of her to help out in what she not only has to do, but must do?

The answers you give to these questions, answers which perhaps only your own heart will hear, tell how much, in your judgment, your mother is worth to you.

Never be cheap when you judge worth.

EMILY'S FAITHFULNESS.

Emily Wright, summoned to Mr. Davis' private office, had no presentiment of ill; indeed, walking up through the bright spring morning, she had been unusually happy and full of eager plans. She knew that she was doing good work, and her thoughts had run upon the possibility of a promotion, and what she could do then for her sister and little Donald. So she only waited, cheerful and alert, for Mr. Davis' orders.

Three minutes later she walked slowly down the corridor. Dismissed! She never had thought of the possibility of such a thing, not once. One week's more work, and then the old heart-sickening search again. She could have a good recommendation—the best—but even with that, to find another situation in July—

Ethel Carse, pretty and careless and meaning to be kind, looked up as Emily walked back to her desk. "Have they fired you?" she asked. "It's a shame! They always do lay off the latest comers in July, but

they missed it in giving you a walking-ticket. I'd like to tell Mr. Davis so."

"Oh, no!" Emily gasped.

"O, I shan't, you needn't fear. I'm afraid of my life with him, but I'd like to. If I were you, I wouldn't hurt myself with work this week that's all."

It was Emily's first impulse—not, indeed, in retaliation, but from sheer heart-sickness; but presently she pulled herself together.

"I am paid for the week's work. I must give honorable service," she said to herself, sternly. And so, because honorable service meant to her finishing her tasks regardless of time, she stayed beyond her hour several nights that week.

She was tempted to drop things at 5 o'clock, as Ethel did—Ethel, who was to be kept on. In the mood of discouragement that was upon her, the very dreariness of the office, emptied of all except one or two special workers, oppressed her. Yet she stayed, putting into exquisite order each day's work. It was Friday, while she was wearily typewriting some specifications, that she was startled by Mr. Davis' voice beside her:

"Miss Wright, what are you doing here?"

"Finishing this work—it came in the last mail," Emily replied.

"Are you not to leave Saturday?"

"Yes," the girl answered briefly.

"The question seemed needlessly cruel. 'Yet you are staying overtime?' Emily looked at him gravely. 'My work is here until Saturday night,' she said.

Mr. Davis' keen glance flashed from her face to her copy, perfect in each detail.

"Miss Wright," he said, "I am going to take the responsibility of asking you, for the company, to continue your services with us. We can better afford to lose a little in money than to lose one who so honors her trust—and herself."

Out in the summer evening Emily walked with shining eyes. It was good, oh, so good! to have something better. She had not failed herself.

Common salt, the chemical name of which is chloride of sodium, has been used so long by civilized man that most individuals are led to believe its use indispensable to the human economy.

This is an erroneous belief, as every individual can decide for himself.

It is a wrong inference which leads people to believe that because the deer likes the salt "lick" or the red man likes fire-water, either of these substances is natural or necessary to the human body.

statement should have been made in an incidental way to illustrate and to give point to a similar three-fold activity on the part of a community. We have certainly made progress in education, hygienic and physical, when ideas on this subject are so far crystallized that analogies are drawn in the discussion of the problems of other fields.

Too Much Salt.

Not a few people are foregoing the habit of using salt at the table. They believe that too much salt is eaten.

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It is a well-known fact that there are numbers of people who never use salt. The North American Indian whom the hand of civilization has not made unnatural does not eat salt; and many of the peoples of the more northern parts of Europe and America, as well as Central Africa, have no use for salt.

An individual need go no further than his own experience to learn that salt is wholly unnecessary for the human body.

An appetite for it may be developed to such an extent that the victim may well be called a "salt-eater."

The physiological effect of salt is that of an irritant upon all the mucous membranes of the body, producing a watery discharge. This is the purpose for which salt is prescribed by physicians—as a medicine to irritate, or cleanse by the effect of this irritation, which is only intended to be temporary in character.

No child should be allowed to suffer an hour from worms when prompt relief can be got in a simple but strong remedy—Mother Graves' Worm Exterminator.

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Parliamentary Programme.

Irish Affairs to Precede Welsh Dis-establishment.

According to transatlantic exchanges the Prime Minister's reply to Mr. F. E. Smith's question on the subject of the Welsh Disestablishment Bill has given rise in some quarters to an impression that the Bill will not be carried any further this Session, but that the Irish Land Bill and the Housing and Town Planning Bill will be taken instead between the stages of the Finance Bill. To clear away the doubt on the matter Mr. Smith proposes to ask the Prime Minister if he can inform the House whether or not it is proposed to carry the Welsh Disestablishment Bill to the stage of a second reading this Session, and, if so, can he state approximately the date. Leading Welsh representatives declare that as far as they are aware no change has occurred as regards the Disestablishment Bill. It is not alleged that the Prime Minister has promised that the Bill shall be pressed through all its stages in the House of Commons this Session. The words quoted in the question were those of Mr. Lloyd George. "I can, however, be stated most positively that the Welsh members hold a promise from the Prime Minister that the Bill be read a second time, and they are not at present in a mood willingly to absolve him from that pledge."

Speaking at Manchester, Mr. Winston Churchill said: "Whatever the issue at the next general election might be, the Liberal Party, would not break with its past in regard to the solution of the Irish problem (hear, hear). They had seen in South Africa that their principles rigidly and courageously applied had brought them a reward beyond their dreams (cheers). They would not cut themselves off from those steps in relation to the Sister Island which they believed—if they had an equal amount of good fortune to that which had crowned their policy in South Africa—would render them a source of strength and unity to the British Empire which the Fleet and the Army would not be able to provide (cheers)."

NOT WEATHER MONTHS KILL LITTLE CHILDREN.

If you want to keep your children rosy, healthy and full of life during the hot weather months give them an occasional dose of Baby's Own Tablets. This medicine prevents deadly summer complaints by cleansing the stomach and bowels, or it cures the trouble promptly if it comes on unexpectedly.

The mother who keeps this medicine on hand may feel as safe as if she had a doctor in the home. Mrs. C. C. Roe, Georgetown, Ont., says: "I can heartily recommend Baby's Own Tablets as a great help to baby during the hot summer months. I have used them for summer trouble and am much pleased with the result." Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

Memorial to Mangan.

Bust of Irish Poet Unveiled in Dublin.

The Memorial to James Clarence Mangan erected by the National Literary Society, in the Park, St. Stephen's Green, Dublin, was unveiled by Dr. Sigerson, F.R.U.L., President of the Society. The monument takes the form of a bust of the poet in bronze, by Mr. Oliver Sheppard, mounted on a solid limestone pedestal.

Dr. Sigerson rose to unveil the memorial. He said:—"In the name of the National Literary Society of Ireland, I now unveil and confide to the custody of the Commissioners and to the care of the public this memorial of Clarence Mangan. Against the dark background of his life he raised a fabric of fair poetry, which shine bright as 'apples of gold amid foliage of silver'—the admiration of other lands, the glory of his country. In gratitude for his genius, in memory of his patriotism, in evidence that our generation is not forgetful of benefactors, and in the hope of inspiration to future times, we erect this monument. Here, in the city of his birth, in the land of his love, we erect it, bearing its beautiful symbol of our Ideal Erin, whose desire and whose honor abide in the noble affection of an undivided nation. Thus, finally, do we faithfully carry out the injunction of 'The Preacher' of old: 'And now let us give praise to men of renown our fathers in their generations.'" (Applause).

Dr. Sigerson then unveiled the memorial, and when the bust was exposed to view there was loud and continuous applause. When the applause had subsided, Dr. Sigerson said:—"This work is due to the art of Mr. Oliver Sheppard, and this monument has been erected through the energy and hard work of our honorary secretary, Mr. Henderson, to whom we all owe our thanks (applause)."

Miss Sara Allgood then recited Mangan's poem, "The Nameless One," which was listened to with rapt attention and was loudly applauded at the close.



A bloody battle.

Where? asks the curious.

In Toronto, of all places.

No, it was too early for the July festival.

The explanation is that it was a lacrosse match.

The reports read just like history of matches of twenty years ago.

The Shamrocks won their game by a small score, but the result suits them.

It is recorded by the Toronto experts that the home team had the ball more often than the Shamrocks, but the visitors bore in directly. That is a useful lesson to remember.

Gone are the glories of the Capitols. They were beaten by the Nationals in an aimless sort of game and seem fated to make a big bid for the cellar championship of the League.

Paddy Royal, of the M.A.A.A., first, and Walker, of St. Patrick's A.A.A., second, in the Oriole road race, heading one hundred and one runners. That looks pretty good for our side.

John J. Flanagan threw the hammer 174 feet 3 3/8 inches at Celtic Park for a new world's record; the Irish-American relay team beat that of the New York A. C., and George F. Scannell, of the De Lasalle Institute won the 100 and 220 yards sprints at the N.Y.A.C. games. The Irish seem to be moving in the athletic world.

Johnny Hayes was beaten by John Svanberg, the Swede, at Kansas City, after running nine miles in a twenty mile match race. Johnny seems to have been pretty lucky in winning that Olympic Marathon after all. Since getting back to this side defeat has been his portion with surprising frequency.

We are to be favored by the presence of an Irish cricket team. The Gentlemen of Ireland will sail from Liverpool on August 26 and will reach Montreal on September 2. They will spend a week in Canada and will, amongst other fixtures, meet an All-Canada team, after which they will play in New York.

Recently I suggested that handball was a fine game for the boys to take up. It is rather surprising to find that in Dublin jurs now—The Freeman is authority for this statement—there are practically no courts and no players. J. J. Bowles, of Linerick, is in training to meet J. Kelly, of New York, for the world's championship and this meeting, it is thought, will do much to revive the popularity of the game in Ireland.

Just a word about rough lacrosse. We have been favored by too much scrapping in the early season games and there has been a recourse to slugging with such an amazing frequency that one wonders what the purpose of the game is. Short tempers should have short shift. A player who strikes an opponent with a stick should be banished for the match, reported to the league and a repetition of the offence in another game ought then to be punished by suspension for a season. The Quebec Rugby Football Union once expelled a player for kicking a man of the opposing side, but none of the lacrosse legislators seem to think that battering a man's head with a stick deserves punishment at all.

There is another paragraph in the Freeman which is commended to all readers.

"Children should be taught to swim. If they have not the necessary accomplishment they will grow up to be a source of danger to themselves and to others when they go out upon the water." This question from a contemporary we commend to our readers. It contains a most excellent piece of advice. The bathing season will soon be in full swing, and week after week the usual crop

of drowning accidents will have to be recorded. Sad reading they always make, and especially so because they are almost always due to the fact that the victims have ventured into the sea without having the slightest knowledge of the art of swimming. To be able to swim even a few dozen strokes would in many cases save those who perish, during the swimming season. Now, there is no accomplishment, at once so useful, not to say indispensable, and so easily acquired. And in addition there is no exercise so beneficial and bracing.

FANS.

"AS ONE OF THESE."

"He that shall scandalize one of these little ones that believe in Me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depths of the sea."—St. Matthew, xvii, 6.

Oh, the eyes of a child, the eyes of a child,
 See far—see fair—
 Lest they be clouded for fault of thine,
 Take heed—beware!

Oh, the ears of a child, the ears of a child,
 Hear fine—hear fair—
 Hush! Lest they answer for word of thine,
 Before God's bar!

Oh, the heart of a child, the heart of a child,
 Is so rare a thing;
 Tender the touch which should tune each fine
 Sensitive string!

Oh, the soul of a child, the soul of a child,
 Is white as the flame,
 And pure as the Pentecost fire that once
 From Paradise came.

And if God this gracious gift has given
 To you—or me—
 Better to-day than trust betrayed
 The stone—the sea.
 —Kate M. Cleary in Extension.

LACK OF BLOOD

Is What Causes Headaches, Dizziness and Heart Palpitation.

On the blood depends the welfare of the whole body. Where good blood exists disease is unknown, but where the blood is poor and watery disease quickly seizes hold of the body—it is then headaches, backaches, dizziness, heart palpitation and other serious ailments make themselves felt. Good blood can always be obtained through the use of Dr. Williams' Pink Pills for Pale People. They actually make good, rich blood and thus restore lost strength and banish disease. Mr. Herbert Hanson, Brewers Mills, N. B., says:—"I cannot praise Dr. Williams' Pink Pills too highly. I was troubled with headaches, dizziness and loss of strength and had a hacking cough which I feared would lead to consumption. I tried a number of medicines without benefit, but was finally persuaded to try Dr. Williams' Pink Pills. I did so and used these Pills for several months with remarkable results. They helped me so much that I now strongly recommend them to all other sufferers."

The experience of Mr. Hanson is that of thousands of others who have found health and strength through Dr. Williams' Pink Pills after other medicines had failed. It is through their power in making good blood that these Pills cure such troubles as anaemia, indigestion, rheumatism, heart palpitation, neuralgia, nervous troubles and the distressing ills of girlhood and womanhood. Dr. Williams' Pink Pills for Pale People are sold by all dealers in medicine or direct by mail from The Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for \$2.50.

HEALTH TALKS.

Toothbrush Club.

A "Toothbrush Club," founded in her school by a teacher in London who had discovered that 80 per cent of the children under her charge were suffering from defective teeth, is described and commended in The Dental Summary (Toledo, Ohio, May). Says this paper: "She bought toothbrushes, which cost her about four cents each, and sold these to the children at three cents each, she paying the extra cent."

"The children were shown how to use the brushes, then they took them home. Each morning the teacher questions the children as to whether they have cleaned their teeth. If any have not, they fall into disfavor. Every few weeks each child has to bring her toothbrush to school for examination by the teacher, and when any brushes are found unduly worn, they are replaced by new ones."

The British Dental Journal refers to this new movement as follows: "One might make various guesses at the precise nature of a 'toothbrush club,' and some of them might vex a fastidious taste; so we may as well say at once that the club at Islington is in connection with an L. C. C. (London County Council) girl's school, and that each member has her own. The enterprise of the head-mistress has formed the club and made it a success, in spite of gloomy prophecies that she would never be able to train the children to clean their teeth." Miss Wright has succeeded beyond her wildest dreams. Among the children of the poor, in a state of society in which the dietary of townspeople is one sustained attack on the health of the teeth that deal with it, this is a matter of moment.

"The number of rejections among army recruits on the ground of bad teeth is large, and even so it has been found necessary in the course of the past few years to provide a staff of army dental surgeons. Miss Wright, it may be hoped, is the pioneer of a large movement in the elementary schools. It is, we think, in that inimitable book, "The Golden Age," that one small boy dates his experiences as having happened before and after the day on which he was promoted to a toothbrush. It

is a turning-point that ought to occur in every infant life, especially in a nation which is more than a little inclined to boast about its habits of bodily cleanliness."

Commenting on this The Summary says: "This schoolmistress has given an idea which seems well worthy of serious consideration. It embodies the practical application of the first principles of oral hygiene, and appears to be the most feasible way of getting children into the habit of cleaning their teeth."

"The National Dental Association has just issued a pamphlet for distribution among the masses, that instructs the people in the necessity of caring for the teeth, and in various sections of the country the teachers and pupils in the public schools are being instructed in regard to the teeth and oral hygiene. "Now, if 'toothbrush clubs' can be established among the school-children, it will not only increase their interest in the teeth and their care, but will prove a power for good in the physical condition of our rising generations."

BENEFIT OF EDUCATION.

From "Conservation," we clip the following statement by Hon. Gifford Pinchot, Commissioner of Forestry U.S.A. "The object of education in general is to produce in the boy or girl, and so in the man or woman, three results. First: A sound, useful and useable body; Second: a flexible, well equipped and well organized mind, alert to gain interest and assistance from contact with nature and co-operation with other minds; and Third: A wise and true and valiant spirit, able to gather to itself the higher things that best make life worth while. The use and growth of these three things, body, mind and spirit, must all be found in any effective system of education."

Such sentiments may be received with surprise from such a source since Mr. Pinchot is always associated in our minds with forestry and the problems of "Conservation" but after all they should not come with surprise, for any student of one phase of conservation must by necessity become interested in all conservation of energy. The surprise is rather that such pithy vigorous

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