

HOW TO END DISPUTES.

Disputes of long standing, and the inevitable bitterness which grows out of such unhealed differences, are often due, not so much to the original offence as to the difficulty of bringing the disputants together. The person who is more to blame is too proud to acknowledge his error, while the aggrieved person will make no move until the other shows some sign of penitence. And all the while time, instead of healing the sore, is making it deeper. The parties should have the noble conception of the value of reconciliation which is recorded of Aristippus and Aeschines. The two had quarrelled. Aristippus came to his opponent, and said: "Aeschines, shall we be friends?" "Yes," said the other, "with all my heart." "But, remember," said Aristippus, "that I, being older than you, do make the first motion." "Yes," said Aeschines, "and therefore I conclude that you are the worthier man; for I began the strife, and you began the peace."—North-western Christian Advocate.

WON HER HUSBAND BY PRAYER.

The late Rev. Henry Simon used to tell how once at Westminster there came into his vestry a woman whose husband was a disgraceful man, and poured out a story of sorrow and pain, chiefly for the sake of the minister's sympathy. Mr Simon listened, and then asked his visitor if she remembered the Syro-Phoenician woman and the centurion whose servant was ill. "Yes," she replied. "Well," Mr. Simon continued, "do you not think that you and I may believe for this husband of yours?" The two knelt and prayed for the man, and those who have heard Henry Simon know what that prayer would be. The following Sunday evening Mr. Simon saw the man walk into Westminster Chapel, and take a seat in a corner. He came again and again, and finally asked to be admitted into the church. Years after Dr. Davies, of Yale, first heard of Mr. Simon tell this story, the two met again. "Do you remember that incident?" the American minister asked. "Oh, yes," was the answer, "and you will be pleased to know that the man and his wife are still on the rolls of the church at Westminster."—Ex.

MEMORY.

There is a Persian story of a vizier who dedicated one apartment of his palace as a chamber of memory, in which he kept the memorials of his earlier days, before royal favor had lifted him from his lowly place to a position of honor. Every day he went for an hour away from the splendor of his palace into this humble apartment, to live again for a time amid the memorials of his happy youth. Let us keep such a chamber of memory filled with the memorials of God's goodness to us.—F. B. Meyer.

THE MASTER KNOWS.

A building was being torn down, and a laborer, who was noted among the workmen for his lack of intelligence, was set to pull at a rope attached to the top of a wall. "Do you think," a passer-by asked, "you are going to pull that thick wall down in that way?" The man continued his tugs as he replied, "It don't seem so to me, but I guess the boss knows what he is about." After an hour's pulling, the man felt a slight vibratory response to his tug, and at last the wall swayed and fell. It had been undermined, and the man who gave the order knew that, although the man who pulled the rope did not.—Ex

PERFECT TOBACCO HABIT IN STUDENTS.

Dr. Herbert Plisk, of the North-western University, believes he has gathered statistics which prove that the use of tobacco is incompatible with the use of brains. He declares that among his students scholarship is in inverse ratio to smoke, and adds:

"The students who get low marks of course say it not due to tobacco. A somewhat careful observation of facts has convinced us that it is tobacco. Last year not one of the boys who used tobacco stood in the first rank of scholarship. This has been the usual rule. One year, one of the thirty-three pupils in the first rank of scholarship, there was one user of tobacco. The largest percentage of tobacco users is found in the fifth rank of scholarship."—Chicago Record-Herald.

HOW YOUR WATCH GOES WRONG.

It is strange how little the average person can account for what seem the whims

The Great White Plague

Largely on the Increase. How to Decrease Canada's Appalling Deathrate.

"What's the use of locking the stable door after the horse is stolen?" A wise man is forehanded and locks the door first. Apply this to Consumption. What's the good of treating an incurable disease? Be forehanded, lock the Gateways—Catarrh, and thus prevent Consumption from taking hold of your system. Every sensible person knows that Catarrh is the forerunner or starting point of Consumption, and every Catarrh sufferer is very liable—not perhaps right away—but perhaps next year or afterwards, to be in the deadly grip of that dread disease.

The way Catarrh develops into Consumption is very simple. During the day or waking part of one's life, the Catarrhal mucus which forms in the nose and throat is hawked up and spit out. During sleep this is beyond one's control and very frequently small particles are inhaled into the Bronchial Tubes and Lungs, thus effecting these organs—RESULT—Consumption.

Reader, if you have Catarrh, even in its mildest form, don't wait until it gets too late, take it in time, remember "A stitch in time saves nine." Remember that Consumption—The Great White Plague of Canada—is largely on the increase in the Dominion. Take every precaution not to be numbered among its victims.

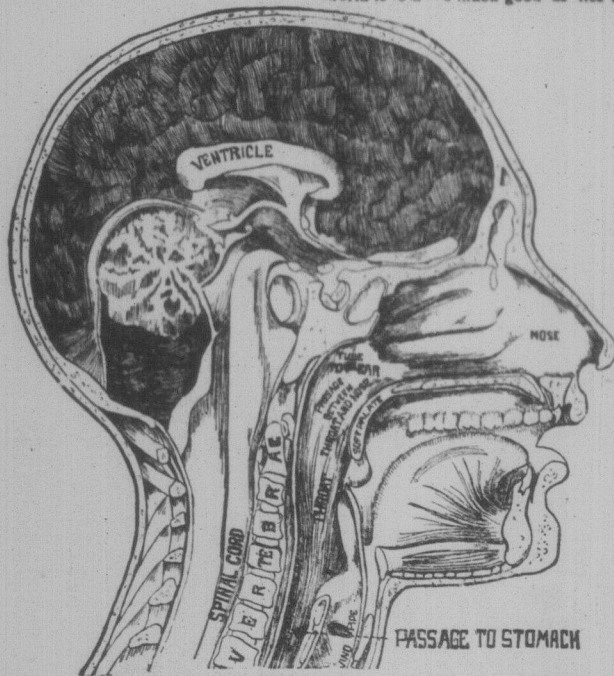
Should you be one of the lucky and escape Consumption, then what a trial and annoyance you are to your friends. How they loathe and abhor you when you are forced to hawk and clear your throat of the Catarrhal mucus; and how much greater object of disgust you are to your friends on account of that bad breath which you undoubtedly have to a greater or lesser degree. Perhaps you don't know it, because your friends are probably kindly people, and don't want to hurt

your sensitive feelings by telling you of the sickening, disgusting bad smell which comes from your nose and throat.

If you are wise, and show good judgment enough to decide to have your Catarrh attended to right away, then the next question to determine is what treatment is best to use. Avoid the numerous, inferior or worthless nostrums so freely advertised in many papers. Send out a man of well-known reputation, whose integrity, straightforwardness and honesty of purpose can't be questioned—whose aim and object in the world is to do as much good as lies in his power to his fellow-men—whose greatest happiness is derived from benefiting his fellow human beings. Such a man Catarrh Specialist Sproule has tried to prove himself to be. His twenty years' work in the United States of America and Canada have made his worth known to a vast number; and some of his cured patients can be found in almost every village and hamlet all over the North American Continent.

The erroneous idea that Catarrh can't be cured is believed by many Canadians. This belief is fostered by the statements of ignorant physicians, also due to the fact of people trying worthless and inferior patent medicines, with no lasting benefit. If you are one of this unfortunate class, don't get discouraged. Keep up hope; just write Catarrh Specialist Sproule for proof that he can cure, after several treatments have been tried to no avail. He will only be too glad to send you absolute proof, free of all charge; how different his course of treatment is from any other.

how vastly superior, how lasting and effectual are his cures. He will examine your case with the greatest care and will tell you what you are to do. He will gladly give you the most valuable



The Passage to the Head in which Catarrh Starts, which so often goes down on the lungs and develops into the Great White Plague—Consumption.

MEDICAL ADVICE FREE.

Some people have Catarrh and don't know it. Many others don't know the symptoms, which are given below:

SYMPTOMS OF CATARRH OF THE BRONCHIAL TUBES

These symptoms if neglected will inevitably run into consumption.

- Have you a cough?
- Are you losing flesh?
- Do you cough at night?
- Have you pain in side?
- Do you take cold easily?
- Is your appetite variable?
- Have you stitches in side?
- Do you cough until you gag?
- Do you raise frothy material?
- Do you cough on going to bed?
- Do you cough in the morning?
- Are you low spirited at times?
- Do you spit up yellow matter?
- Is your cough short and hacking?
- Do you spit up little cheesy lumps?
- Is there a tickling behind the palate?
- Do you feel you are growing weaker?
- Is there a burning pain in the throat?
- Have you pain behind the breastbone?
- Do you cough worse night or morning?
- Do you sit up at night to breathe?

Answer the questions, yes or no, write your name and address plainly on the dotted lines, cut out and send to Dr. Sproule, B. A., English Specialist (Ex duate Dublin University and formerly Surgeon British Royal Navy) 7 to 13 Done St. Boston. He will help you free.

SYMPTOMS OF CATARRH OF THE HEAD AND THROAT

This most prevalent form of catarrh, results from neglected colds.

- Do you spit up slime?
- Are your eyes watery?
- Does your nose seem full?
- Does your nose discharge?
- Do you sneeze a good deal?
- Do crusts form in the nose?
- Do you have pain across the eyes?
- Does your breath smell offensive?
- Is your hearing beginning to fail?
- Are you losing your sense of smell?
- Do you hawk up phlegm in the morning?
- Are there buzzing noises in your ears?
- Do you have pains across the front of your head?
- Do you feel drooping in back part of throat?

If you have some of the above symptoms your disease is Catarrh of the Head and Throat

NAME.....

ADDRESS.....

and caprices of his watch, said a watchmaker to the writer the other day, and yet in the majority of cases they are due to very simple causes.

For instance, the going of most watches varies according to the temperature at which they are kept. Consequently, if you wear a watch next to your body during the day, and at night put it on a cold marble mantelpiece, or, in fact, anywhere in a cold room, the watch is sure either to gain or lose. Cold causes contraction of the metals composing the balance-wheel and its parts, and the watch consequently gains. When the parts expand under the

heat of the body, the pivots, bearings, etc., etc. tighten up and the watch loses.

Of course, this is not the case with watches having a compensating balance—that is, one made of different metals that both expand and contract under the influence of cold, so that the expansion of the one counteracts the contraction of the other.

Getting the steel parts of one's watch magnetized is another frequent cause of trouble; while changing the position of a watch, such as putting it down horizontally, is also apt to affect its action.

It is well known that a watch will stop for some unexplained reason and go on again if it is given a slight jolt. The same trouble may not recur for years. This is due to the delicate hairspring catching either in the hair-spring-stud or in the regulator pins. The cause is a sudden jump or quick movement, which gives a jolt to the balance-wheel and hairspring, and thus renders the catching possible. The jolt must come at a par revolution of the balance-wheel, otherwise the spring will not catch, and so the odds against this happening are very great.—London 'Tit-bits.'