

NOVEMBER, 23, 1905.]

[NOVEMBER, 23, 1905.]

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

THAT OTHERS MIGHT REAP.

The times were hard; so hard indeed, that the superintendent of the Gloria Mine saw that his force must be reduced.

The prospect for the discharged would be anything but pleasant; but the pay-roll could be lessened by one, and the question with Mr. Welles was, "which one?"

It must lie between Frank Lockwood and Dan Barton—"Big Dan," as he was commonly called. These men had been given employment on the same day, so the period of service was equal.

Frank was popular with his fellow-workmen, and even the superintendent had a feeling of preference for the quick, light-hearted young fellow, whom he had often seen on holidays, walking with his blue-eyed wife and babies.

Dan was dark-browed, slow of

speech, and uncommunicative—sullen, some of the miners believed. But he was almost a Hercules, perfectly steady, and industrious. Perhaps the best interests of the mine demanded his retention.

It was Saturday evening and wages were due. As the young manager mentally settled the question, his office-door opened and Dan entered. He received his money quietly, and said, as he turned away:

"I'll be there, Monday morning."
"Wait a moment, please," said the superintendent. "We'll have to take off a man, Dan—times are bad, you know."

"And I'm to go, sir?"
"Not if you choose to stay. It is between you and Lockwood—as the latest employees. You are stronger, and I suppose that settles it."

Dan hesitated, and then spoke steadily:

"If it's the same to you, and you'll keep Lockwood, I'll go."

"Can you get work elsewhere?"
"I don't know; if worse comes to worst, one can starve better than five."

So Dan passed into the night, alone, but following One whose footsteps lead onward and upward toward the Kingdom of Light.—M. L. Burdick, in the "Young Churchman."



THE SUNSHINE GIRL.

One day everything seemed to go wrong with Helen. To begin with, when she got up in the morning, she put the left shoe on the right foot, then she tangled the shoe laces and broke one in a hurry.

She was late for breakfast, so her oatmeal was cold. And, just as she was ready to go to Nannie Gray's to play for an hour, it began to rain, and she had to take off her hat and jacket and stay at home.

"There never was such a day!" she cried. "Everything is wrong."

"I'll tell you how to make everything right," said her grandfather.

"How, grandfather?" asked Helen, who felt quite sure that he could do almost anything.

"Just be a sunshine girl."
"O grandfather, how can I? It's raining."

"The rain needn't make any difference with you," he replied.

"Well—I'll try—to be a sunshine girl." Helen spoke doubtfully. "How do I begin?"

"First you learn the rule for sunshine. Get your slate and write it down."

Helen took her slate and pencil, and he told her to write,—

"When things go wrong, smile, and find a better way."

Helen was smiling already. That came easy enough, for no one was ever very gloomy where her grandfather was.

"I can't go to play with Nannie 'cause it's raining, but I can do something better right now," cried Helen, when she had finished writing. "I can begin a birthday present for grandmother, and you can take it home to her next week when you go."

Always in the Nick of Time



The ELGIN WATCH

Elgin Watches are tested by oven heat and by refrigeration before leaving the factory. They maintain their accuracy in heat or cold, damp or drought.

Every Elgin Watch is fully guaranteed. All jewelers have Elgin Watches. "Timemakers and Timekeepers," an illustrated history of the watch, sent free upon request to ELGIN NATIONAL WATCH CO., Elgin, Ill.

"Of course I can; that's just the thing for you to do."

"And do you s'pose she'd like a motto painted with pretty letters on bristol board?" asked Helen.

"I s'pose she'd be delighted," replied her grandfather. "And, if you paint it I'll have it framed."

And the motto that Helen chose

was, "When things go wrong, smile, and find a better way."

After that, when things did not go right, Helen would smile and look for a better way, and she almost always found it, too.

It was such a simple rule, not a bit hard to remember, and, because Helen thought about it and put it into practice, she earned the name that grandfather gave her, and in time her mother and father, and even big brother Harry, called her the Sunshine Girl.—Bessie R. Hoover, in Sunday School Advocate.

Torpid Liver Cause of Fevers

The Surest Way to Prevent Disease is to Keep the Liver Active With

DR. CHASE'S Kidney-Liver Pills.

Too frequently an external cause for fever is looked for, when the real source of trouble is from within the body itself.

To begin with, the liver becomes torpid, sluggish and inactive, and poisonous bile is left in the blood to corrupt the whole system. The result is the overworking of the kidneys and the clogging up of the organs of excretion.

Food which should be digested is left to ferment and decay in the intestines, and inflammations and fevers are set up.

In such a condition the body is a regular hotbed of disease, and is most susceptible to any ailment of an infectious or contagious nature.

The best insurance against disease is the use of Dr. Chase's Kidney-Liver Pills to keep the liver active. This great medicine has a direct and specific action on the liver, and is wonderfully prompt and effective in awakening and invigorating this important filtering organ.

A healthy liver means pure blood, good digestion and the proper working of the bowels. A healthy liver ensures the onward passage of the food through the intestines and excretory organs, and so removes all chance of poisonous waste matter remaining in the body to produce pain, suffering and disease.

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates, & Co., Toronto.



GUARANTEES

The Limited Payment Guaranteed Dividend Policy issued by the

NORTH AMERICAN LIFE

is essentially a policy of guarantees. It differs from the ordinary investment Plans in that the dividend at the end of the Investment period, and the options as to its disposal, are guaranteed, not estimated.

Write for full particulars. It is a matter of great importance to your dependents, and the information will cost you nothing.

Head Office, Toronto, Ont.
J. L. BLAIKIE, - - - President.
L. GOLDMAN, A.I.A., F.C.A.,
Managing Director.
W. B. TAYLOR, B.A., LL.B., Sec.

THE SAVINGS AND COMPANY (LIMITED)

\$4,000,000.

CHURCH STREET, 12 QUEEN ST. WEST.

3 10/32 10

LOWED ON DEPOSITS. payable by Cheque.

100 Hours: Saturdays 9 a.m. to 1 p.m. day Evening 7 to 9.

W. N., Managing Director.

LIANCE SAVINGS CO. of Ontario

HEAD OFFICE: EAST TORONTO

DEPOSITS: CHEQUE WITHDRAWAL

Interest allowed on deposits 5% and upwards, compound.

URES issued for \$500 and upwards from 5 to 10 years; 6% per cent. per annum, payable the above may be forwarded by mail.

DRYDEN, J. BLACKLOCK, President. Manager.

ness and rh Cured

ACTINA."

cent. of all cases of deafness attention is the result of chronic it and middle ear. The air passed by catarrhal deposits, stopping the action of the vibratory bones. Until these deposits are removed a cure is impossible. The inner ear cannot be reached by probing or spraying, hence the inability of specialists to always give relief. That there is a scientific cure for most forms of deafness and catarrh is demonstrated every day by the "Actina" treatment. The vapor currents generated by "Actina" pass through the Eustachian tubes into the middle ear, removing the catarrhal obstructions as they pass through the tubes, and loosen up the bones (hammer, anvil and stirrup) in the inner ear, making them respond to the slightest vibration of sound. "Actina" stops ringing noises in the head, people troubled with this distress-years to be completely cured in a wonderful invention. "Actina" cures, asthma, bronchitis, sore throat, and all other e directly or indirectly due to a. We will give free advice and cures. A valuable book—Professor e treatise on Disease, Free k and London Electric Association, Walnut Street, Kansas City, Mo.