IN THE REALM OF BOOKS

(CONTINUED FROM PAGE 14)

reads himself wilfully out of his church because he is convinced that by staying in it he will lose his soul through insincerity. Very good. There is nothing new or unusual in that. Righteous men through all ages have refused to profess creeds in which they have lost faith. Their doing so, however, has never necessarily indicated that the creed in question was wrong. "The Soul of a Bishop" is so much a re-hash of "God the Invisible King," that one marvels that the author himself did not tire of the repetition. The public might be interested once, in reads himself wilfully out of his church

public might be interested once, in Mr. Wells' personal religious ravings, anyone can stand anything once!

On the Edge of the War Zone

By MILDRED ALDRICH.

Musson Book Co. \$1.25.

THOSE who have already read Miss Aldrich's "Hill Top on the Marne," of which this is a continuation, will not require any recommendation of this later work. This consists of a series of require any recommendation of this later work. This consists of a series of letters, written to a friend in America and ranging in date from September, 1914 to April, 1917. It is practically a chronicle of the reconstruction of civil life in France in the district swept by the Commans on their march towards. the Germans on their march towards

Paris.

Miss Aldrich succeeds in giving us several vivid pictures of the destruction wrought by the Boche. Of the deliberate destruction of Rheims Cathedral, she says:—"Men have come and men have gone—it is the law of being. But the wilful, unnecessary destruction of the great works of man, the testimony. the wilful, unnecessary destruction of the great works of man, the testimony which one age has left as a heritage to all time—for that loss neither Man nor Time has any consolation. It is a theft from future ages, and for it Germany will merit the hatred of the world through the coming generations."

Miss Aldrich has much to say in praise of the French "poilu," and the book ends on a note of exultation at the entrance of America into the war. On the whole, this is a worthy contribution to the literature of the war and will repay the time spent in its perusal.

Anne's House of Dreams

By L. M. MONTGOMERY. McClelland, Goodchild & Stewart

McClelland, Goodchild & Stewart

ALL who have followed with interest the career of Miss Montgomery's charming child heroine, "Anne of Green Gables," will be glad to renew their acquaintance with her in the author's latest volume, "Anne's House of Dreams." This is the chronicle of the first few years of Anne's married life and while in it we renew our friendship with many old friends, we are introduced to several new characters. Of these the most striking are "Miss Cornelia," and "Captain Jim." Miss Cornelia, "who did not hate men, but just naturally despised them," is a quaint and laughable figure, while "Captain Jim," with his tender heart and keen sense of the ridiculous, his love of cats and dogs and friendly interest in all his neighbors' concerns, will be dear to the heart of all who read. The story is a simple and pleasant little one and will be greatly enjoyed by girls, old and young. There is nothing morbid about Miss Montgomery's writings. They are thoroughly wholesome reading, taking the place, for this generation, of the "Little Women" and "Good Wives," dear to the hearts of the girls of that which has just passed.

Donald and Helen

Donald and Helen

By R. W. CAMPBELL. Musson Book Co. Price \$1.35.

DESCRIPTION of life in a High-A DESCRIPTION of life in a Highland Regiment, being part of the "Old Army." The story ends with the opening of the present war. With it is interwoven the tale of the rivalry of two officers of the Regiment for the hand of Helen, the beautiful daughter of a Scottish Chieftain. The details of regimental life are interesting, but the book is written in an irritatingly flippant style and interspersed with stale anecdotes, occasionally in somewhat doubtful taste, and the principal characters are wooden and unlifelike. Some of the pictures of barrack-room life, however, are picturesque and vivid. life, however, are picturesque and vivid.

NEEDED PRECAUTION

"It would please me very much, Miss Stout," said Mr. Mugley, "if you would go to the theatre with me this evening."
"Have you secured the seats?" inquired

Miss Vera Stout.
"Oh, come now," he protested, "you are not so heavy as all that."

Burning the Candle at Both Ends



You cannot burn a candle at both ends without greatly shortening the period of its existence. The same applies to the nerve force -the power which drives the machinery of the body. The supply is limited. The waste resulting from the activities of the day is replenished by the night's rest and sleep—for sleep is Nature's greatest restorative.

When the hours of activity are greatly increased and those of restoration cut down you are burning the candle of nerve force at both ends, and sooner or later nervous collapse must follow. There will be warning symptoms, such as headaches, sleeplessness, irritability, indigestion and feelings of fatigue and depression. If you will

heed this warning take things easier and use Dr. Chase's Nerve Food. You can prevent serious developments.

Fainting Spells—Sleeplessness

Miss Emma Scott, Athens, Ont., writes:—"Dr. Chase's Nerve Food has done me a world of good. I was troubled with fainting spells, bodily weakness, and spent restless, sleepless nights. I frequently had cramps in the stomach, and would at times become entirely insensible, not knowing what was going on until others told me afterwards.

"I doctored with several doctors

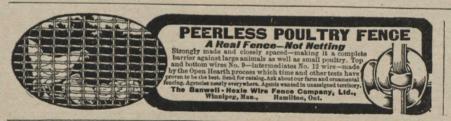
"I doctored with several doctors, and they told me I was threatened with paralysis. They gave me relief, but could not cure me. After suffering for three years I began the use of Dr. Chase's Nerve Food, and it has done me more good than all the medicines I ever used."

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