

Children's Department.

A Child's Hymn.

SEVEN HUNDRED YEARS OLD.

Guard, my child, thy tongue,
That it speak no wrong,
I let no evil word pass o'er it;
Set the watch of truth before it,
That it speak no wrong,
Guard, my child, thy tongue.

Guard, my child, thine eyes;
Prying is not wise;
Let them look on what is right;
From all evil turn their sight;
Prying is not wise;
Guard, my child, thine eyes.

Guard, my child, thine ear;
Wicked words will sear;
Let no evil words come in,
That may cause the soul to sin;
Wicked words will sear;
Guard, my child, thine ear.

Ear and eye and tongue
Guard while thou art young;
For, alas! these busy three
Can unruly members be;
Guard, while thou art young,
Ear and eye and tongue.

Grandmother Harcourt's Advice.

The children were all playing in the sitting-room, and Grandmother Harcourt was knitting near the window. Polly and Martha wore long dress skirts that belonged to their mother, and little Alice, their cousin, trailed proudly a dress that the grandmother had worn years before.

"It's my turn to be the mother now," Polly said decidedly.

"No, it isn't," Martha contradicted sharply, "it's mine. You always want the best of everything, Polly Harcourt!"

"I don't!"
"You do!"

"Children," came in Grandmother Harcourt's gentle voice, "if you wear the clothes of your elders you must wear their manners too. Do you ever hear your mother or me speak like that?"

Exhaustion

Horsford's Acid Phosphate.

Overworked men and women, the nervous, weak and debilitated, will find in the Acid Phosphate a most agreeable, grateful and harmless stimulant, giving renewed strength and vigor to the entire system.

Dr. Edwin F. Vose, Portland, Maine says: "I have used it in my own case when suffering from nervous exhaustion, with gratifying results. I have prescribed it for many of the various forms of nervous debility, and it has never failed to do good."

Descriptive pamphlet free on application to

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For sale by all druggists.

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Delivered free of duty in Canada.



An Oxygen Home Remedy Without Medicine.

Often Cures Cases 'HOW'?
Pronounced "Incurable"

By its new method of introducing oxygen directly into the entire circulation.

A CANADIAN REPORT

St. Johns, Que., Canada, Feb. 19, 1896.
I have now used the pocket NEURALGIA. Electropoise in my family since last August, and cannot speak too highly of its merits. I fully believe it does all you claim for it. My daughter, who has been an invalid for the past three years from spinal trouble, partial paralysis, and neuralgia, and had the best medical advice that St. Johns and Montreal could give, has greatly benefited by the use of this wonderful little instrument; she is now able to walk about and come down stairs. PARTIAL PARALYSIS, alone; she looks forward, and with good reasons too, to a complete restoration to health. I have also tried it on myself for muscular rheumatism, and on others for inflammatory rheumatism, cramps in the stomach, inflamed sore throat, indigestion and other ordinary ailments; in all cases the effects were so convincing that I cannot speak too highly of its curative powers. DYSPEPSIA. I have recommended it to a number of my friends, and to my knowledge they all speak highly of its virtues. I consider it invaluable in a family if the directions are faithfully carried out.

Very truly yours,
R. C. MONTGOMERIE

BOOK telling all about the Electropoise, and with 250 letters similar to above, by mail to any address. FREE

Electrolibration Co., 1122 Broadway, NEW YORK CITY

"No; but you're older than we are," Polly said sulkily.

"Even so; but if you speak and act rudely now, dear, when you are as old as I, how will you do?"

"We shall just have to begin trying to be good now, grandma," said Martha penitently; "and if Polly will forgive me and be friends, she shall be the mother."

"That is rightly said," Grandmother Harcourt declared, with one of her sweet smiles. "Keep trying every day to grow better, and by and by it will not be so hard."

And for the rest of the afternoon there were only pleasant words and kindly feelings in the cozy, homelike sitting-room.

—Prevent sickness and save doctors' bills at this season by keeping your blood rich and pure with Hood's Sarsaparilla.

A Child's Answer.

Some time ago an examination on missionary work was held for members of a Sowers' Band in Australia. Various questions were set and the

children wrote their answers. One question asked was, "What missionaries have you heard speak in your parish, and where are they now?" A tiny child wrote in answer to it: "I have heard Miss Oxley and Mr. Stewart; Miss Oxley is in China, and Mr. Stewart is in Heaven." The little one realized that God had taken His servant from the sorrows of earth to the perfect joy of the Master's presence.

Catarrh in the Head

Is a dangerous disease. It may lead directly to consumption. Catarrh is caused by impure blood, and the true way to cure it is by purifying the blood. Hood's Sarsaparilla cures catarrh because it removes the cause of it by purifying the blood. Thousands testify that they have been cured by Hood's Sarsaparilla.

—Hood's Pills are purely vegetable and do not purge, pain or gripe. All druggists. 25c.

Never Give In.

Two frogs went out one day for a journey on exploration bent. Accidents will happen, however, to the best of creatures, and these two frogs unfortunately fell into a jug of cream. The sides of the jug were slippery, and, after a few unsuccessful attempts to jump out, one of them said, "It's no use. We cannot get out, and we may as well die soon as late."

"Nothing of the kind," said the other. "You can, of course, do as you like, but I shall keep on jumping as long as a spark of life remains in me. Who knows but that we shall succeed at last?"

This speech put new life into the despondent frog, and they both began to jump with renewed energy. Jump, splash, jump, splash, went on for some time, and then, lo! something happened. It was quite natural that it should. The cream began to thicken, and was at last churned into butter. The frogs then mounted to the top and succeeded in gaining their freedom!

Nil desperandum is an excellent motto for young folks when any work has to be done. Don't forget the frogs.

Ants.

See! what is this, at the foot of yonder fir-tree, supported partly by its time-worn stem? It looks like a heap of dry needles from the branch above, mingled with sand; in composition curious to behold. It certainly is a marvel in itself. It is an ant hill!

Look how the little black-coated

Good Blood

is essential to Health. Every nook and corner of the system is reached by the blood, and on its quality the condition of every organ depends. Good blood means strong nerves, good digestion, robust health. Impure blood means scrofula, dyspepsia, rheumatism, catarrh or other diseases. The surest way to have good blood is to take Hood's Sarsaparilla. This medicine purifies, vitalizes, and enriches the blood, and sends the elements of health and strength to every nerve, organ and tissue. It creates a good appetite, gives refreshing sleep and cures that tired feeling. Remember,

Hood's Sarsaparilla

Is the best — in fact the One True Blood Purifier.

Hood's Pills cure Liver Ills; easy to take, easy to operate. 25c.

the doctors

approve of **Scott's Emulsion**. For whom? For men and women who are weak, when they should be strong; for babies and children who are thin, when they should be fat; for all who get no nourishment from their food. Poor blood is starved blood. Consumption and Scrofula never come without this starvation. And nothing is better for starved blood than cod-liver oil. **Scott's Emulsion** is cod-liver oil with the fish-fat taste taken out.

Two sizes, 50 cents and \$1.00

SCOTT & BOWNE, Belleville, Ont.

warriors creep out of their tiny fortification. Some are toiling up the mountain with burdens larger than themselves; slipping and rolling back as they strive to ascend, but never discouraged, always steady in well-doing. Others are repairing the damages done overnight to their tiny fort. Wonderful as the exterior is, far more marvelous is the interior, where a thousand little cells and storehouses form an agglomeration of homes, each having its appointed inhabitant or use known

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