

The reason that some of us can do so little to help our friends is because we are not strong enough. We keep at them day after day, and sometimes we move them a little in one direction or another, but we do not succeed in lifting them up into a higher life. Our love is too weak.

Fortunately, if we are living close to Jesus, we can grow very fast. We do not need to wait long years for strength. A little time spent in "looking up" will make us strong enough to "lift up" our friends and neighbours, nearer to the dear Christ.

THE BABY'S NURSE.

"Yes," said Mr. Hiller, as he carefully dug around my pansy bed, "Oh! yes'm, I've seen elephants in India many a time. I was stationed at one point, with the English army, you know, where I saw one who used to take care of the children."

"Take care of the children! How could it be? What do you mean?"

"Well, he did, ma'am. It was wonderful what that elephant knew. The first time I made his acquaintance he gave me a blow that I had reason to remember. I was on duty in the yard, and the Colonel's little child was playing about, and she kept running too near, I thought, to the elephant's feet. I was afraid he would put his great, clumsy feet on her by mistake, so I made up my mind to carry her to a safer place. I stooped to pick her up, and the next thing I knew I had a knock which sent me flat on the ground. That elephant had hit me with his trunk. One of the servants came along just then and helped me up; and when I told him about it, said he: 'I wonder the old fellow didn't kill you. It isn't safe for anybody to interfere with that baby when he has it in his charge. I'd have you to know that he's that baby's nurse.'

"Well, I thought he was just saying it for sport, but sure enough, after awhile the nurse came out with the child fast asleep in her arms, and what did she do but lay it in the elephant's trunk as though it had been a cradle! and that great fellow stood there for more than an hour, watching that baby, and rocking it gently now and then!

"He was real good to the other children, too. It used to be his business to take the family out riding. The Colonel's lady would come out and mount to her cushioned seat on his back; then, one by one, the three children would be given to the elephant, and he would hand them up to the mother, nicer than any nurse or servant could, you know, because he could reach, and knew how to do it. Oh! an elephant is an uncommon handy nurse, when he is trained to the business; and faithful, I tell you. You can trust him every time."—Pansy.

To Live Without Sleep is Worse Than Death

Sleeplessness is an Unmistakable Symptom of Weak, Exhausted Nerves, and is Permanently Cured When the System is Built up by

Dr. Chase's Nerve Food.



To pass a single night in the vain attempt to sleep is among the miseries which one can never forget.

To lie awake night after night with the brain on fire with nervous excitement and the thoughts flashing before the mind in never-ending variety is the common experience of persons whose nerves are weak and exhausted.

During such nights nerve force is consumed at a tremendous rate.

Instead of being restored and reinvigorated for another day's work the body is further weakened and exhausted and the mind is unbalanced by this terrible waste of energy with which the lamp of life is rapidly burned out.

It is in this despairing condition that many men and women attempt to drug and deaden the nerves by the use of opiates. There is a re-

action to all such treatment that is doubly injurious to the nervous system. It hastens the decay of the nerve cells.

Surely it is wiser to build up and completely restore the nerves by using Dr. Chase's Nerve Food, a treatment which gets right down to the foundation of the difficulty and effects permanent results by revitalizing the wasted nerve cells.

There will be no more sleepless nights, no more nervous headaches and dyspepsia, no more days of gloom and despondency when Dr. Chase's Nerve Food is used.

But don't expect a cure in a night. The nerve tissue of the body is completely changed in about sixty days. Though you will feel the benefit of this treatment in two or three weeks, you should persist in the use of the nerve food for at least

sixty days in order that the results may be lasting.

Sleeplessness is only one of the many distressing symptoms which will disappear with the use of Dr. Chase's Nerve Food. It is a positive cure for nervous prostration and exhaustion, partial paralysis, locomotor ataxia, epilepsy, and all the most serious forms of nervous disease.

Dr. Chase's Nerve Food is the ideal restorative for spring. It fills the shrivelled arteries with bright, new, rich blood, overcomes the weakness and exhaustion due to artificial winter life, and prevents and cures the ills of spring. It is above all else a blood builder and invigorator of the nervous system. It makes the pale, weak and emaciated strong, healthy and robust. In pill form, 50c. a box, at all dealers, or Edmanson, Bates & Co., Toronto.