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wagons often sank up to the very axle in the loose sand. In some spect at least. Since she cannot win places the heat was so great that the grass actually crumbled to dust in our fingers. More than once our supply of water ran out altogether, and men and beasts staggered onward over the hot, dusty, neverending plain, with parched tongues and bloodshot eyes, silent and despairing.'

At the thought of these difficulties, which he himself was one day to meet and overcome as few men have ever done before or after him, the boy's thin face hardened into the look of indomitable firmness which was its habitual expression in after life. But it softened into a smile the next moment, as he read as follows:

"In several of the places where we camped our chief food was a species of large frog, called by the natives "mattle-metto," which was kind enough to assist us in our hunts for it by setting up such a tremendous croaking that we could easily find it, even in the dark."

Here the boy turned over a leaf, and came suddenly upon a startling picture of a man lying prostrate on the ground, with a lion's forepaw planted on his chest, and its teeth fastened in his shoulder, while several negroes, with terrified faces, were seen making off as fast as possible in the background.

"How would you like to travel through a country like that, my lad?" asked the explorer. "It would be rough work, wouldn't it?"

"I wad like weel to gang there, for a' that," answered the boy, "for there's muckle to be done there yet." "There is indeed, and it's just

fellows of your sort that we need to do it." said the traveller, clapping him on the shoulder. "If you ever dego to Africa, I think it will take more than a lion in your way to stop you."

The whole world now knows how strangly those lightly spoken words were fulfilled twenty-eight years later, when that boy did actually come alive out of the jaws of the hungry African lion which had broken his arm with its teeth, to finish those wonderful explorations that filled the civilized world with the fame of Dr. David Livingstone.

GO PATIENTLY TO WORK

Good fortune and ill frequently come in disguise. It is difficult for young folks to realize that harn work and close economy and the little irritations that try their patience, are often the very best things that could come to them. And it is still more difficult to recognize misfortune in

the success that comes too readily. The boy who learns easily is envied by his plodding school-mate who spends hours on the lesson the other reads over once. But quickness is a danger if it aspires to taking the place of hard work. Good students are not made from those who rely on their ability to grasp the meaning of a lesson by glancing it through.

The gift of making friends easily has its dangers. If a pretty face or a pleasant manner or a bright smile makes a girl very attractive to the young people of her own age, there is a chance of her forgetting that she needs to cultivate sweetness and cents a box, at all dealers, or

evenings, and the wheels of the ing girl she rather looks down upon, has an advantage over her in one refriends by reason of a pink-and-white complexion or a pair of dimples, she often turns her attention to making the most of her head and heart.

Too sudden success in business life proves sometimes a misfortune. The young man who fancies he can get to the top of the ladder in some other way than by climbing seldom mounts far.

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Study these symptoms. They are for your guidance. You may not have them all, but if you have any of them your nervous system is not up to the mark, and a little extra expenditure of nerve force may bring the dreadful downfall.

Intolerance of motion, noise and light; twitching of the muscles of e accand cy lids, fat guing sleep, sudden startings and jerkings of the limbs; dizziness and flashes of light before the eyes; irritability and restlessness in every part of the body; headache, indigestion, feelings of weariness and depression, and loss of interest in the affairs of life.

So long as the daily expenditure of nerve force is greater than the daily income physical bankruptcy is certain to result sooner or later. Nerve force must be increased, and this can best be accomplished by the use of Dr. Chase's Nerve Food, because it contains in concentrated form the very elements of nature which go directly to form nervous energy.

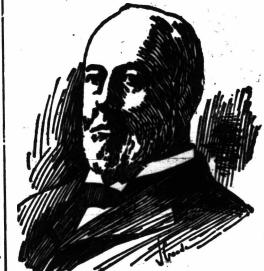
Mrs. G. Thompson, 240 Munroe street, Toronto, Ont., states: "I was very much run down in health, and whenever I exerted myself more than usual I had severe attacks of splitting headache, and was very nervous, so much so that I could not rest well at nights. After using Dr. Chase's Nerve Food, I found that my nerves were steadied; I could rest and sleep better than I have for a long time, and was entirely free of headaches. I can speak very highly of this preparation for nervous trouble."

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Vote for the Development of New Ontario. **Vote for Public Ownership of Franchises**

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