

Physical Exercise.

Mere physical exercise cannot of itself prepare a man for any higher position in the social scale than that of "a hewer of wood and a drawer of water," but those who know how to use their brain, and who spend their early lives in physical labour, and rise to high estate, do so in spite of their muscles. The brain asserts its superiority, and muscularity is relegated to the background. Lifting heavy weights, following a plough, or breaking stone, does not develop the brain. Such occupations enlarge the muscles and increase their strength, but the professional man or the scholar does not expect to make his mark in the world by his muscular power. It is his brain that is to be strengthened, and his muscles require no more exercise than is sufficient to keep them in a healthy state of repair—to preserve them from rusting, as it were; and this they get in the daily routine of normal life without any special means being taken to procure it.

Napoleon at School.

Prof. W. M. Sloane tells many interesting anecdotes of the school-days of Napoleon in his new "Life of the Little Corporal," begun in the November number of the *Century*. Writing of the time when Napoleon was at Brienne, Professor Sloane says: "Each of the hundred and fifty pupils had a small garden spot assigned to him. Bonaparte developed a passion for his own, and annexing by force the neglected plots of his two neighbours, created for himself a retreat, the solitude of which was insured by a thick and lofty hedge planted about it. To this citadel, the sanctity of which he protected with a fury at times half insane, he was wont to retire in the fair weather of all seasons with whatever books he could secure. In the companionship of these he passed happy, pleasant and fruitful hours. His youthful patriotism had been intensified by the hatred he now felt for French schoolboys and through them for France."

"I can never forgive my father," he once cried, "for the share he had in uniting Corsica to France." Paoli became his hero, and the favourite subjects of his reading were the mighty deeds of men and peoples, especially in antiquity. Such matter he found abundant in Plutarch's "Lives." Moreover, his degradation by the school authorities at once created a favourable sentiment among his companions, which not only counteracted the effect of the punishment, but gave him a sort of compensating leadership in their games."

The well-known episode of the snow forts illustrates the bent of his nature. When driven by storms to abandon his garden haunt, and to associate in the public hall with the other boys, he often instituted sports in which opposing camps of Greeks and Persians, or of Romans and Carthaginians, fought until the uproar brought down the authorities to end the conflict. On one occasion he proposed the sport, common enough elsewhere, but not so familiar then in France, of building snow forts, or storming and defending them, and of fighting with snowballs as weapons. The proposition was accepted, and the preparations were made under his direction with scientific zeal; the entrenchments, forts, bastions and redoubts were the admiration of the neighbourhood. For weeks the mimic warfare went on, Bonaparte, always in command, being sometimes the besieger and as often besieged. Such was the aptitude, such the resources and such the commanding power which he showed in either role, that the winter was always remembered in the annals of the school.

The New Year

Finds Hood's Sarsaparilla leading everything in the way of medicines in three important particulars, namely: Hood's Sarsaparilla has

1. The largest sale in the world. It accomplishes
2. The greatest cures in the world. It has
3. The largest Laboratory in the world.

What more can be said? Hood's Sarsaparilla has merit: is peculiar to itself, and most of all, Hood's Sarsaparilla cures. If you are sick, it is the medicine for you to take.

What We Want.

Strength and beauty were in the old sanctuary: in that other of holy mansions we want united the same strength and beauty. We would win by honest fight, and wear as the highest order of an eternal nobility, characters combining and harmonizing "whatsoever things are true, whatsoever things are honourable, just, pure, lovely and gracious." To this holy end we need ideally broad principles, deep humility, life-long honesty, inmost purity, solid worth and inspiring examples, and for ideal, God comes, saying, Be ye holy, for I am holy; pure and merciful, as your Father; for broad principle we hear, Whatsoever ye do, do all to the glory of God; for humility we hear, Christ made Himself of no reputation: for honesty, Owe no man anything, but love one another; for purity, Let love be without dissimulation; for solid worth, Serve your generation according to the will of God; and for example, Christ's "Follow Me." Thus we shall be powers for good, ever breathing forth sweetness, ever shedding light.

A Great Battle

Is continually going on in the human system. The demon of impure blood strives to gain victory over the constitution, to ruin health, to drag victims to the grave. Hood's Sarsaparilla is the weapon with which to defend one's self, drive the desperate enemy from the field, and restore bodily health for many years.

Hood's Pills cure nausea, sickness, indigestion and biliousness. 25c.

Affliction.

Affliction bravely borne, reasonably considered and thoroughly controlled, leaves behind it an experience which we cannot afford to lose. We are stronger, wiser and more courageous for having been through it; we see that much of it has come from faults or blunders of our own, which we shall be careful not to repeat; we learn how to cure our defects, how to command our powers, how to be still and strong when the waters pass over us; best of all, we learn to sympathize with others in like trials, and give them not merely empty condolence, but just the strengthening help of which they stand in need.

Exercise.

A man who advances in intelligence finds that exercise, as well as ease, is a law of his being. No mere repose, though on a bed of down, no luxurious sensations, however delicate or constant, are sufficient to ensure health and vigour. Hereafter, either by work or athletics, or other means, he will use his muscle and develop his strength. At first this may be adopted as a needful discipline, but in time habit will convert it into a pleasure which he will not willingly forego. He will no longer be physically comfortable without a due amount of action, and often this will become even more essential to his happiness than any amount of ease, however luxurious.

J. B. Thomson, Esq., of the firm of Thomson Bros., builders, 84 Bolyat st., Toronto, Ont., writes: "I have had Dyspepsia for 12 years, very bad at times: have tried a number of doctors and patent medicines, but could get no permanent relief. I purchased a package of K.D.C., and before I had finished it, the symptoms were all gone, and I now enjoy better health than I have had for years. I can recommend it to any one."

—Life is not a mere succession of idle trivialities. Man is not a mere creature of appetite and passion. God has lifted the world and man into the sweep of his great thought. The world He is remaking glorious. You and me He will recreate divine. It rests with us to place ourselves in the line of redemption. Look up that you may be lifted up. Your Saviour, your destiny, your guiding star, are not beneath, but above. Then let yours be the upward look and the onward effort!

For immediate relief after eating use K.D.C.

Hints to Housekeepers.

Milk which has changed may be rendered fit for use again by stirring into it a little soda.

Cut doughnuts out an hour or more before they are fried and allow them time for rising. They will be much lighter than when fried as soon as they are cut. Try cutting them at night and frying them in the morning.

Peel and core sour apples, divide them into eighths and sprinkle with sugar, flour and bread crumbs. Melt a small piece of butter on the bottom of a stew pan and cover with the slices of apple, which are to be fried till yellow on both sides. Then place in a saucepan some milk, sugar and bread crumbs; put in the fried apples and let them boil up until soft, but not to break. Serve hot with the sauce left in the first pan.

Indigestion is stubborn, but K.D.C. overcomes it.

Those who would like to sip a soup of which the English are specially fond must prepare one as follows: Take half a pound of pearl barley and set in a stew pan with three pints of veal stock. Simmer very gently for an hour and a half. Remove one-third to another soup pot, rub the rest through a sieve, pour it on the whole barley, add a half-pint of cream, season with a little salt, stir till very hot, and serve.

GINGER COOKIES.—One cup of butter, two cups molasses, two heaping teaspoonfuls soda, one cup water; flour. The success of the cookies depends, like the gingerbread, upon a careful use of flour. They should be mixed very soft, the board well floured in rolling them out, and a cake-turner used to lift them into the baking pan. These are real old-fashioned thick cookies (they are fully half an inch thick), and must not be confounded with gingersnaps.

K.D.C. Pills cure chronic constipation.

GINGERSNAPS.—One cup of sugar, one-half cup of molasses, one-half-cup of water, one-half cup of lard, one-quarter cup butter, one even teaspoonful of ginger, one teaspoonful of cinnamon, one even teaspoonful of soda. Sift the soda with the flour in order to have it well mixed; beat sugar, butter, and lard together; add spices, water, and lastly, the flour. Roll as thin as possible (they should be as thin and crisp as wafers when baked), cut in round cakes, and bake quickly.

RICH BEEF SOUP.—Crack the bones of a good beef shank, and put in a pot that holds two gallons; fill the pot with cold water and set it on the fire. As soon as it begins to boil set it on the back of the stove where it will boil slowly. Skim it well and put in the vegetables: half a pint of shelled lima beans, one pint of ripe tomatoes peeled, one quart of tender okra sliced thin, and half an hour before the soup is done one pint of corn cut from the cob. The soup should boil slowly for six or seven hours. Add salt and pepper to taste when the corn is added. Before serving, carefully skim off every particle of grease.

K.D.C. the household remedy for stomach troubles.

CHICKEN CROQUETTES.—Mince chicken as fine as possible, season with pepper, salt, a little nutmeg and a very little onion. Take a large tablespoonful of butter, two of flour, one-half glass of cream, mix, boil and stir the meat in when cold. Take a spoonful of the mixture and dip into the yolk of an egg, then in cracker crumbs, roll lightly in your hand into the proper shape, and fry in boiling lard deep enough to cover them.

SKIN DISEASES.—Skin Diseases are more or less occasioned by bad blood. B. B. B. cures the following Skin Diseases: Shingles, Erysipelas, Itching Rashes, Salt Rheum, Scald Head, Eruptions, Pimples, and Blotches, by removing all impurities from the blood from a common Pimple to the worst Scrofulous Sore.

OBSTINATE COUGHS.—Obstinate Coughs yield to the grateful soothing action of Norway Pine Syrup. The racking, persistent cough of consumptives is quickly relieved by this unrivalled throat and lung remedy. Price 25c. and 50c.

WHOOPIING COUGH.—For Whooping Cough and all throat affections, chest troubles, etc., Hagyard's Yellow Oil is the best embrocation ever discovered. It promptly relieves inflammation, pain and soreness from whatever cause arising.