

RULERS-OF THE WORLD.

Meat Eating Nations Are the Leaders in Every Branch of Human Achievements.

The ruling nations of the world are meat eaters and history records that they always have been.

Vegetarians and food cranks may explain this in any way they choose, but the facts remain that the Americans, English, French, Russians and Germans are meat-eating nations, and they are also the most energetic and most progressive.

The principal food of the heroic Boer soldier, known as Biltong, is a sort of dried beef, affording a great deal of nourishment in a highly concentrated form.

The weak races of people are the rice-eating Chinese, Hindoos, and Siamese, regarded since the dawn of history as non-progressive, superstitious and inferior physically and mentally to the meat-eating nations who dominate them.

The structure of the teeth plainly indicates that human beings should subsist upon a variety of food, meat, fruit and grains, and it is unhygienic to confine one's diet to any one of those classes to the exclusion of another.

Meat is the most concentrated and most easily digested of foods, but our manner of living is often so unnatural that the digestive organs refuse to properly digest meat, eggs and similar nutritious and wholesome food, but it is not because such food is unwholesome, but the real reason is that the stomach lacks, from disease or weakness, some necessary digestive element; hence arising indigestion and, later on, chronic dyspepsia.

Nervous people should eat plenty of meat, convalescents should make meat the principal food, hard-working people have to do so, and brain-workers and office men should eat, not so much meat, but at least once a day, and to insure its perfect digestion one or two of Stuart's Dyspepsia Tablets should be taken after each meal, because they supply the pepsines, diastase and fruit acids, lacking in every case of stomach trouble.

Nervous dyspepsia, catarrh of stomach, gastritis, sour stomach, gas and acidity are only different names for indigestion, the failure to digest wholesome food, and the use of Stuart's Dyspepsia Tablets cures them all because by affording perfect digestion, the stomach has a chance to rest and recover its natural tone and vigour.

Stuart's Dyspepsia Tablets is the real household medicine; it is as safe and pleasant for the stomach ache of the baby as it is for the imperfect digestion of its grand sire.

They are not a cathartic, but a digestive, and no pill habit can ever follow their use; the only habit Stuart's Tablets induce is the habit of good digestion and consequently good health.

noise while pumping air into their wings. If you have a microscope, you have no doubt seen the down from a moth's wing made large under

the glass till it looked like feathers. Now, if you remember that there are tiny moths, not one-twentieth part as large as this, and also that there are insects a hundred times smaller than they, you cannot help wanting to read and study about them; and everything you learn about our Heavenly Father's works will make you want to be better children, and more worthy of His love and care. E. M.

HER MESSAGE.

When Esther Martin obtained a position as stenographer with Payne & Payne, patent attorneys she counted herself an unusually fortunate girl. The work, while demanding accuracy, was not difficult; the whole tone of the office being high, and there was exceptional consideration shown in giving her occasional hours when there chanced to be a little less work on hand.

For two or three years everything went well; then Esther began to grow restless under it. The years seemed to stretch before her, each an interminable procession of days when she would go to the office at nine and return at five—for what? A living, nothing more. She would grow old and homely and "cranky," like so many women she saw day after day, and at the end of all the years what would there be to show for it? And think of the girls who didn't know what it was to have to lift a finger for themselves! Life was a horribly unfair arrangement, that was all there was about it, she thought, bitterly.

Her mood was still heavy upon her Sunday afternoon, when, obeying a sudden impulse, she went to vespers at St. Stephen's. It was a foolish thing to do, she admitted to herself. St. Stephen's possessed the wealthiest congregation in town. She would sit there, as she had many a time before, half scornful, half envious, among an alien people. But the music was good and she liked to see the elegant gowns, but as for the sermon, she never gave that a thought.

She slipped quietly into one of the strangers' seats. The music absorbed her completely but when the speaker stepped forward, she turned and began to study a gown a little way down the aisle.

Fifteen, twenty minutes passed, and she had heard no word; then suddenly she found herself listening tensely. This was what she heard.

"One of the saddest things in a pastor's life is the constant procession of people begging for work that besieges his door. Old and young, men and women, weak and strong, the procession never ceases. Often he cannot tell why they have failed; many of them seem to have every requisite for success. Sometimes sudden money loss has left them stranded; sometimes the wage-earner has been taken and the family left helpless. The one pitiful cry is work—work. We do what we can; no one knows the days that pastors

spend trying to find situations for these unfortunate ones. And when we cannot find them—

"O you men and women, who have work to do, thank God for it. Never mind if it is not congenial, if it is even very far from what you would choose. If it is honest work, then all your days should be songs of gratitude. Work is self-respect; work is health; work is power. Thank God for work. There is no other blessing like it."

The closing anthem floated softly through the church. Then there was a rustle of silk-lined gowns and the low murmur of voices. It was a curious sermon, people said. But one girl slipped out quietly. She had had her message.

You can unlock a man's whole life if you watch what words he uses most. We have each a small set of words which though we are scarcely

Keep Your Grip On Health

WHEN PHYSICAL BANKRUPTCY THREATENS BUILD UP WITH

Dr. Chase's Nerve Food.

Gloomy forebodings, fear of the future, apprehension of something dreadful to befall you, worry over little things, restlessness, insomnia, irritability—these are the indications of an exhausted nervous system.

They tell more plainly than words, more plainly than pains and aches, that gradually but certainly, the nerve force of the body is being consumed more rapidly than it is being created. They point to physical bankruptcy—to helplessness of mind and body—to prostration, paralysis or locomotor ataxia.

There are certain elements of nature which go to form new blood and new nerve cells—to create new nerve force, the foundation of life, energy and vitality. These elements are so combined in Dr. Chase's Nerve Food as to be easily assimilated by the most weakened human body.

Being composed of such ingredients, Dr. Chase's Nerve Food cannot possibly fail to be of benefit to you, and its regular and persistent use will build up and revitalize the most exhausted and discouraged sufferer.

You cannot compare Dr. Chase's Nerve Food with any medicine you ever used, for it cures by the building-up process, whereas most nerve treatments merely soothe and deaden the nerves. Test this treatment by noting your increase in weight.

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. Portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

WHAT SULPHUR DOES.

For the Human Body in Health and Disease.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health: sulphur acts directly on the liver, and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers a far safer, more palatable and effective preparation.

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