

ABOUT BOOKS.

Did you every stop to think what a book really is,—that it is a friend, and that you ought to treat it as you would any friend? Perhaps you don't see how this is. Suppose that somebody you knew, who could tell the very nicest sort of stories, should ask you to come to see him, and should tell you that if you would come you could have as many stories as you wanted. You would be very likely to go, wouldn't you? And it is safe to say that you would be as polite as you could. You wouldn't, for instance, think of spoiling anything that belonged to your friend by throwing it down on the floor.

It isn't everybody that has such delightful friends as this one we have just imagined. But everybody can have what is next best, and that is books. Somebody, who can write stories or other things that are interesting sends out a book, which is really only an invitation to come and listen to the delightful stories, or quaint little bits of verse, or odd tales of birds and beasts. And if you accept, you should treat the book which stands for the far-away friend that gave the invitation very politely.

To treat a book politely means to handle it carefully, to see that it is not thrown about the floor, to see that its pages are not marked up with pencils or dirty fingers. If a book is treated as it should be, it will be your friend for a long time, and always be ready to tell you its interesting stories.

Remember, then, that your books really stand for friends, who have put a great deal of time and thought and work into them, and treat them as you would a friend.

THE DOOR TO GOOD HEALTH

Is Through the Kidneys—Like a well Planned Sanitary System they keep the Body Human Healthy—Interesting Story from Quebec.

The kidneys have very appropriately been described as the sanitary system of the human body. Let them become inoperating and disease will quickly follow, and unless the obstructions are removed, death will be the result. Mr. D. J. Locke, of Sherbrooke, P. Q., suffered for years from complicated kidney trouble, and spent over \$100 in efforts to secure relief; but no relief came until he used South American Kidney Cure. His statement is that four bottles completely cured him, and to day he is in the enjoyment of sound health. In the most distressing cases this remedy gives relief in six hours.

UP FROM THE RANKS.

It is sometimes said of young men who are compelled to "make their own way" that their long apprenticeship is "pretty tough." But the success which afterwards comes as a result of such application shows that just such discipline was necessary.

It is related of a young man that when he desired to learn the milling business so as to become manager of one of his father's large mills, the latter explained that in order to become proficient his son should learn the business from the beginning. The young man consented to do so, and worked and lived with the miller's in the laboring men's cottages. He "worked up" and became manager at ten thousand dollars a year.

Another young man was sent by his father to learn the publishing business. He began by selecting stock, wrapping bundles and delivering them

and doing other such work. But he found an early breakfast objectionable and his father disliked to have him deliver books to people in their own social "set." So he did not learn the publishing business—nor any other.

A thorough training in business was always desirable, but now, on account of the great competition in all lines of trade, such preparation is all the more necessary. He who is not willing to be disciplined by his superiors in any chosen line of effort can hardly expect to arrive at a place where he himself can manage others. The man who has come "up from the ranks" is he who is fitted to lead men and to achieve for himself the highest success.

BEAUTY AND HEALTH TO FAIR WOMEN.

Miss Annie Patterson, of Sackville, N.B., Once the Victim of Nervousness and General Debility, takes on the Health of Early Years.

Some remedies are nothing more than a temporary stimulant, and the reaction aggravates the disease. Where the system has become run down, and nervous debility in its worst forms have shown themselves, South American Nervine will cure. It strikes at the nerve centre and builds up the system by removing the real cause of trouble. Miss Annie Patterson, of Sackville, N.B., a lady well known in the Maritime Provinces, suffered terribly from indigestion and nervousness, and her case seemed incurable. She accepted South American Nervine without hope that it was any different to other remedies, but her words are, "I had taken only one bottle when my system began to take on the health of earlier years, and after taking three bottles I was completely cured."

—To-morrow is the reaping of to-day.

—"Ills" are often God's best "wills."

—Manners are not idle, but the fruit of loyal nature and of noble mind.

—Duty is a power which rises with us in the morning, and goes to rest with us at night. It is the shadow which cleaves to us, go where we will, and which only leaves us when we leave the light of life.

—If all mankind minus one were of one opinion, mankind would be no more justified in silencing that one person than he, if he had the power, would be justified in silencing the world.

—For the best results there needs be the longest waiting. The true harvest is the longest in being reached. The failures come first, the successes last. The unsatisfactory is generally soonest seen.

—The proper way to build health is to make the blood rich and pure by taking Hood's Sarsaparilla, the one true blood purifier.

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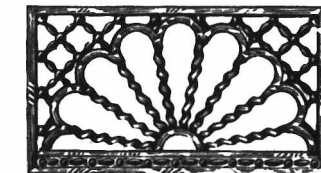
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