

Why should the Spirit of Mortal be Proud?

Oh, why should the spirit of mortal be proud? Like a swift fleeting meteor, a fast flying cloud, A flash of the lightning, a break of the wave, Man passeth from life to his rest in the grave.

The leaves and the oak and the willow shall fade, Be scattered around and together be laid; And the young and the old, and the low and the high, Shall moulder to dust and to gether shall lie.

The infant a mother attended and loved; The mother that infant's affection who proved; The husband that mother and infant who blessed— Each, all, are away to their dwellings of rest.

The maid on whose cheek, on whose brow, in whose eye, Shone beauty and pleasure—her triumphs are by; And the memory of those who loved her and praised Are alike from the minds of the living erased.

The hand of the king that the scepter had borne; The brow of the priest that the miter hath worn; The eye of the sage, and the heart of the brave, Are hidden and lost in the depth of the grave.

The peasant whose lot was to sow and to reap; The herdsman who climbed with his goats up the steep; The beggar who wandered in search of his bread, Have faded away like the grass we tread.

The saint who enjoyed the communion of heaven; The sinner who dared to remain unforgiven; The wise and the foolish, the guilty and just, Have quietly mingled their bones in the dust.

All Stuffed Up

That's the condition of many sufferers from catarrh, especially in the morning. Great difficulty is experienced in clearing the head and throat.

No wonder catarrh causes headache, impairs the taste, smell and hearing, pollutes the breath, deranges the stomach and affects the appetite.

To cure catarrh, treatment must be constitutional—alterative and tonic.

I was ill for four months with catarrh in the head and throat. I had a bad cough and raised blood. I had become discouraged when my husband bought a bottle of Hood's Sarsaparilla and persuaded me to try it. I advise all to take it. It has cured and built me up. Mrs. Helen H. Moore, West Lincoln, N. S.

Hood's Sarsaparilla Cures catarrh—it soothes and strengthens the mucous membrane and builds up the whole system.

that you are here, you are going to stay all night you know." Mary returning from the picnic, seconded her sister's invitation, and Aunt Sarah, descending upon the announcement of dinner, prayer-book in hand, greeted Maryann warmly and expressed a polite hope that she would remain for the night, and accompany her to Mass in the morning.

Jack who had brought home the decidedly popular Miss Donnelly, was the hero of the hour. Tom was the latest arrival. He came home after the others had grown tired of waiting for him and were half-way through dinner and sank into his place with the hang-dog air of a boy who knows himself to be in disgrace.

Maryann tactfully led the conversation into remote channels, and the reprimands that had been trembling visibly on his aunt's and sister's lips remained unspoken. Toward the end of the meal, Tom succumbed to the spell of the genial conversation—to which even Aunt Sarah's solemnity had given way—and ventured a few half-sullen remarks of his own.

At its close, meeting Maryann's eyes, "Gee!" exclaimed Tom, admiringly. "This is something like"—a somewhat ambiguous remark that pleased Maryann more than any other compliment that her dinner or herself received that evening.

It was Henry who uttered the final word in the matter of Maryann's deciding to remain for a short visit. Swathed in a great kitchen apron, he assisted in wiping and setting away dishes and under cover of his occupation managed to whisper a frenzied plea.

Got Diarrhoea

FROM DRINKING BAD WATER. People moving from one place to another are very subject to diarrhoea on account of the change of water, change of climate, change of diet, etc., and what first appears to be but a slight looseness of the bowels should never be neglected or some serious bowel complaint will be sure to follow.

The safest and quickest cure for diarrhoea, dysentery, colic, cholera, cholera morbus, cholera infantum, pains in the stomach and all looseness of the bowels is Dr. Fowler's Extract of Wild Strawberry.

Mr. Ernest Jeffery, Moose Jaw, Sask., writes: "A few years ago, when I first came out to Canada, I went to the harvest field to work. Somehow or other the water did not agree with me. I had the diarrhoea so bad that blood was coming from me. I thought my last days had come. One of the harvest hands advised me to take Dr. Fowler's Extract of Wild Strawberry, and before I had used the bottle I was able to go to work again. My advice to all is always keep a bottle of this wonderful diarrhoea cure on hand."

"Dr. Fowler's" has been on the market for over seventy years, and has been used in thousands of Canadian homes during that time, and we have yet to hear of a case of bowel complaint where it has not given perfect satisfaction.

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are like, Henry went on. "You know what a proposition each one of them is, and how much patience and tact and self-sacrifice it means to do anything with them. It will be eleven years before Jack is of age, and Tom is only fifteen. It will be years before they are really grown up. Can I ask anyone else to help me bear such a burden?"

"It wouldn't be a burden," said Maryann, slowly, "if she really loved the children, it would be wonderful to help you in the task of making them good, true Christian men and women."

They had reached Miss Donnelly's gate. Maryann turned and began to walk rapidly toward the house, not daring to trust her voice further. "But Maryann!" Henry called after her. "I haven't told you—"

"Oh, I'm not curious about who she is," said Maryann, endeavoring to speak lightly but with a miserable pain in her heart. "You don't," gasped Henry astonished. Then she felt his detaining hand on her arm. Wait, Maryann. I must tell you who she is. Don't you know, Maryann, that it's you that I mean? Do you think that you could care enough for the children—and me—to adopt us all for good?"

Unable To Sleep

OR DO ANY WORK, SUFFERED FROM HER NERVES. Mrs. Thomas Harris, 8 Corrigan St., Kingston, Ont., writes: "I had been a constant sufferer for many years, with my nerves, and was unable to sleep at night, or do any work through the day. I at last decided to consult a doctor and find out what was really the trouble. The first one told me I would have to go under an operation before I would be well, but I would not consent to this. One day I took a fit of crying, and it seemed that if anyone spoke to me I would have to order them out of the house. I must have been crying two hours when my insurance agent came in. He advised me to try a box of Milburn's Heart and Nerve Pills, and I at once sent to the drug store and got two boxes. I had them taken I felt like a different person. I have told others about them, and they have told me they would not be without them. I am very thankful I started to take Milburn's Heart and Nerve Pills."

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You know what the children are like, Henry went on. "You know what a proposition each one of them is, and how much patience and tact and self-sacrifice it means to do anything with them. It will be eleven years before Jack is of age, and Tom is only fifteen. It will be years before they are really grown up. Can I ask anyone else to help me bear such a burden?"

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Upon the next return to headquarters the missionary Father found awaiting him a request that he officiate at the wedding of his friend, Maryann Donnelly. Complicating her was met at the train by a particularly radiant and joyous Maryann.

"I see," said the priest, smiling, as they rode toward Miss Donnelly's home, "that you have found your vocation." Maryann laughed and blushed. "I have, Father," she said. "Not only one vocation, but five of them." To herself, she added a fervent blessing upon Miss Sarah Westbrook.

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Maryann's Vocation. (Concluded) "Why, hello, Maryann! It seems mighty good to see you here! I hope you've come to make us a real visit!" "Jack brought me home for dinner," Maryann explained, and Josephine added, "Yes, but now"

Flying Machines A few years ago flying machines were hardly thought of, now was Scott's Emulsion in summer, now Scott's Emulsion is as much a summer as a winter remedy. Science did it. All Druggists

Minard's Liniment Cures COLDS, ETC. Mary Ovington, Jasper Ont writes: "My mother had a badly sprained arm. Nothing we used did her any good. Then father got Hawyard's Yellow Oil and it cured mother's arm in a few days Price 25 cents."

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