

The Sparrow's Flight.

Bede's Ecclesiastical History, which suggests the annexed poem, has perhaps one of the most famous paragraphs in history. It refers to the preaching of Paulinus at the court of King Edwin and represents the words of one of the old Saxon thanes.

"The present life of man, O King, seems to me, in comparison of that time which is unknown to us, like to the swift flight of a sparrow through the room where in you sit at supper in winter with your commanders and ministers, and a good fire in the midst, whilst the storms of rain and snow prevail abroad; the sparrow, I say, flying in at one door and immediately out at another, whilst he is within, is safe from the wintry storm; but after a short space of fair weather, he immediately vanishes out of your sight, into the dark winter from which he had emerged. So this life of man appears for a short space, but of what went before, or what is to follow, we are utterly ignorant. If, therefore, this new doctrine contains something more certain, it seems justly to deserve to be followed."

Spake the Saxon of old When of Christ he was told—"Out of the wintry night Into the warmth and the light; Into the night and the rain; Thus, as the sparrow flies, Man is born and dies. Naught he knows of the whence Naught he knows of the hence; Only from dark till dark Life's but a kindling spark; Only from death to death, Life's but a fleeting breath." Thus the Saxon of old When of the Christ—he was told. Ah! 'twas a bitter faith, This that spake but of death. Well did the king in his hall Banish the wormwood and gall, And take from Christ's dear hand A sweeter faith for his land. Better it were to say Life is a splendid day; A blessing, a trust, a hope, A star in the azure cope; A hastening and a quest; A toiling without rest; A victory fought and won From rise to set of sun; A rose with odors rare Enjoying the noontide air; The passing of a soul From God to God, her goal; A spark of love from her breast, Flying from east to west; A wave from his infinite sea Back to infinity.

Life is more than a breath, More, for there is no death; We are too blind to see; The wondrous truths that be; And the pallor and chill and change Seem sad to us and strange, And the silences of night Fill our hearts with affright. But we tremble with living hope, Soon as the flower buds open; We feel we are safe with God When the fern uncurls from the sod; And we know that heavenly gleams Are the life of our thoughts and dreams; From a sea unto a sea— We are part of eternity.

From Country Lanes

Almost all the people who live in this neighborhood were originally from the country, or small towns, and had preserved their rural habits and customs, all were of humble station in life. The men of the neighborhood who were too old for work other than the small chores about the home or garden, had gotten into the habit of rounding up at O'Poles, knowing there was always company and a welcome. Dinny tipped his chair back on two legs and rocked contentedly, though dangerously, to and fro, while Cavanaugh in an undertone enlightened him as to who was in the company.

"Him across there—with the one arm—he's an old soldier; lost his arm at Gettysburg—y'll hear him tell about it sometime, too, farmed at Clear Lake, near the Iowa line, till a few years ago. Clancy, there—the thin fellow with the pipe—he's been everywhere—'tis he that can tell ye adventures!"

So Cavanaugh went over the list. One had helped build the

Aching Joints

In the fingers, toes, arms, and other parts of the body, are joints that are inflamed and swollen by rheumatism—that acid condition of the blood which affects the muscles also. Sufferers dread to move, especially after sitting or lying long, and their condition is commonly worse in wet weather.

"I suffered dreadfully from rheumatism, but have been completely cured by Hood's Sarsaparilla, for which I am deeply grateful." Miss Frances Smith, Prescott, Ont. "I had an attack of the grip which left me weak and helpless and suffering from rheumatism. I began taking Hood's Sarsaparilla and this medicine has entirely cured me. I have no hesitation in saying it saved my life." M. J. McEwen, Trenton, Ont.

Hood's Sarsaparilla Removes the cause of rheumatism—its outward application cures. Take it.

"Jim Hill" read the took almost as much pride in the road as he would had he furnished the capital instead of the muscle; one had lived through the Indian outbreak near Mendota, some had lived all their lives in one place, since coming to America; others had ranged the country over, before finally settling down to steady occupation.

At last someone claimed Cavanaugh's attention, and the little man on the other side of Dinny took that opportunity of pulling his chair closer. He held a paper in his hand and a stubby forefinger pointed to a paragraph. Dinny leaned toward him, a light shining in his eyes. Sure enough, it was the Irish world. Then he and the little man were off, like hounds upon the scent, following the trail of Ireland's woes.

It was a grand talk, and several others dropped their own lines to get into the discussion, which was high compliment indeed. It seemed impossible that Cavanaugh could be right when he suggested that it was time for him and his friend to go; but, looking at the big silver watch that he had carried all his life Dinny jumped up with some alacrity, remembering the hour that Anne had set for supper—or "dinner," as she called it. But before he could get away a solid faced, quiet man who had been watching him for a long time laid his hand upon his arm: "Dy mind Jimmy Mahaffy that came over from the old sod on the same boat with ye—dy mind him now."

"I do," said Dinny, his mind reaching back to that first journey. "I'm him," said the stolid man, holdin out his hand solemnly. There was a general rejoicing among all at this unexpected denouement. Dinny wanted to sit down again and talk, but Cavanaugh said no. "Y'll have that to look forward to," he urged, for he was getting uneasy, knowing that "the wife and girls" would be worrying about him if he failed to appear at the accustomed time.

Dinny himself was in some trepidation at the thought of Anne finding him gone—and no explanation given beforehand. He went very quietly into the house, for it was later than the usual hour of their evening meal. Anne was upstairs at the time, but she came down soon after. He thought she looked at him rather queerly as she came in; it seemed to him, too, that there was an added affection in her attitude to him during the meal—and he noticed she absently called it "supper." Afterwards they went into a small room that Anne called the library. A fire burned in the fireplace that had hitherto been banked with fern in a way that Anne had seen somewhere. An easy chair stood before the fire.

A Nervous Wreck

FROM HEART AND NERVES. There are many people at the present time whose nerves are unstrung, least affected, and general health impaired. To such we offer Milburn's Heart and Nerve Pills as the best remedy that science has produced for such troubles. These pills have a wonderful effect on the nerve cells of the body, giving them new life and energy; they strengthen and regulate the heart and make the blood rich and nourishing.

Mr. Joseph Daly, Wolfe Island, Ont., writes: "I have used Milburn's Heart and Nerve Pills. I was a regular nervous wreck from my heart and nerves. I saw your advertisement in the paper and decided to try your pills. I took five boxes of them, and now I am as steady as a rock. People said I could not be cured, but I fooled them with Milburn's Heart and Nerve Pills."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

know her slightly, for she is always ready to sing and play for an admiring audience. But when her father comes home at night, tired, and longing for the restful influence of her music, she hurries through one or two songs in a half-hearted way as though she were granting a favor, while it would never occur to her to give up a social engagement because her mother had a headache and needed her at home.

"Just what is different between an optimist and a pessimist?" asked the Thin Man. "Well," responded the Fat Man, "an optimist regards a caterpillar as an unfinished butterfly and a pessimist regards a butterfly as an overdone caterpillar."

Fairville, Sept. 30, 1902. Minard's Liniment Co., Limited. Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.

Yours truly, CHAS. F. TILTON. "Old man, you are too close in money matters. Your friends are beginning to classify you as a tight-wad."

"What does it matter? I'd rather be classified as a tight-wad than a good thing." A SENSIBLE MERCHANT. Milburn's Stelling Headache Powders give women prompt relief from monthly pains, and have no bad after effects what ever. Be sure you get Milburn's Price 25 cents a box.

"It's a great pity, I'm told," declared Mrs. Jones, while dressing, "the second act takes place two years after Act I."

"We may be in time for that," commented Mr. Jones. W. H. O. Wilkinson, Street ford says: "It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price 25c. a box."

"No," said the editor, "we cannot use your poem." "Why asked the poet, "is it too long?" "Yes," hissed the editor, "it's too long and too wide and too thick."

Now, though most people are careful not to start out on a day's business or pleasure without the necessary dimes, quarters or dollars, there is another kind of small change, quite as important, which is often forgotten. It is the small change of kindness as shown in the smiling face, the pleasant greeting, the cordial chat, the little act of generosity or self-sacrifice.

There is a man who is always ready to charm a company of cultured or distinguished people with his wonderful conversational powers, but for ordinary mortals his lips are sealed, and his own family he will often sit a whole evening without the slightest attempt to enliven the dullness of his wife and daughter who have been kept at home all day.

Then there is a woman who is brilliant as an officer in various societies and clubs, but, unless she is given a position of prominence, she will do absolutely nothing. A certain boy who can be entrusted with an important errand, and who would risk his life to save a companion from drowning, will not get up when he is called in the morning; he is seldom at the table when a meal is served, and he is careless and heedless about all the little duties of life. A girl plays the piano and sings beautifully. She is considered very obliging, and even self-sacrificing, by those who

The Animal That Hates His Bedroom.

The muskrat lives in the brown bog, hiding carefully in the daytime and coming out at night to seek food or to build his little house. In winter his house is cozy, for he builds it with a passage that enters beneath the ice of the pond on the border of which he lives. The bitter wind, therefore, cannot reach him. If he is hungry he can swim under the ice and find pondy roots and other sweet food. May be he does not need even to wet his fur, for he builds his house of these very roots and of rushes and grasses, so that all he needs to do when hungry is to turn over and eat his bedroom door.

Muskrats are sociable creatures. When they live together, one will warn another of approaching danger. They attract attention by flapping the water with their tails as they dive out of sight.

Alligators like muskrat flesh and eat it when they can get it. The little animal has other enemies; the worst of them, perhaps being the mink; for the mink can follow the muskrat into its home. Worst of all, for all muskrats, however, is a severe winter following a dry fall, because then the ponds freeze solid, and the little fellows are either forced out to become the victim of enemies, or are shut out by the ice and die of starvation.

Small Change. Did you ever know a millionaire who insisted on going about with nothing less than twenty-dollar bills in his pocket? No; however much money a man may have, he generally realizes that the majority of people are not rich, and for their convenience, as well as his own, he provides himself with the silver and small bills, which will make it easy for him to deal with them.

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TOOK SEVERE COLD SETTLED ON CHEST. Bad Cough for Weeks. The cold starts with a little running of the nose, the head becomes stuffed up, but little attention is paid to it, thinking perhaps it will go away in a day or two. You neglect it, and then it goes down into the throat and from there to the lungs, and it is a case of cough, cough, morning, noon and night. However slight a cold you have you should never neglect it. It is all possible, if you do not treat it in time, it will develop into bronchitis, pneumonia, or some other serious throat or lung trouble.

Dr. Wood's Norway Pine Syrup is a universal remedy for all who suffer from any bronchial trouble. It stimulates the weakened bronchial organs, soothes and heals the irritated parts, loosens the phlegm and mucous, and aids nature to clear away the morbid accumulations.

Mrs. Wm. Kaye, Talmage, Sask., writes: "Last winter I took a severe cold which settled on my chest. I had a bad cough for weeks. I got some medicine from our doctor but it did me no good. At last a friend advised me to try Dr. Wood's Norway Pine Syrup, which I did, and after using one bottle I found that my cold was better. I have recommended it to my neighbors, and they say they would not be without it."

Dr. Wood's Norway Pine Syrup is for sale by all dealers. Price 25c. and 50c. a bottle. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

CARTER'S Feed and Grain Store Oats, Pressed Hay, Pressed Straw Feed Wheat for poultry, Chicken Feed, Scratch Feed, Ground Oyster Shells, Cotton Seed Meal, Sugar Beet Meal, Cracked Grain, Milk Mash and Egg Mash for laying hens, Flax Seed, Pure Linseed Meal, Charcoal for poultry, Alfalfa Meal, Bird Seed, Bird Gravel, Ground Poultry Bone, Beef & Bone Scraps, Leg Bands Wire Hen's Nests, Drinking Fountains, &c. &c., all at LOWEST PRICE

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