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"Why?" he giggled. "Do you want to write poetry about it?"

"Poetry!" sniffed Billy. "I want to know—how much—just plain how much. That isn't poetry, is it?"

"That's arithmetic," said Dora.

Dora was the oldest of them all. She was bolstered up in a big chair by the fire; she had been ill for a fortnight.

"How much?" repeated Robin. "How can you tell how much you love a person?"

"In plenty of ways" said Billy, wisely. "I'll tell you right now. I love mother a boxful."

With that he picked up the kindling box and marched out into the shed.

A light broke upon the twins.

"Oh-o!" cried Harry, "that's what you mean, is it? Well, I love her a pailful," seizing the water bucket and starting for the pump.

"I love her a scuttleful," said Robin; and he plunged down the cellar steps after coal.

Dora looked at the clock. She had looked at it five minutes before and said to herself:

"I do believe that my darling mother is going to forget the medicine this time. I shall not remind her, that is one thing certain sure.

"But I guess," she said now, reaching for the bottle with a wry face, "I guess at least I can love her a spoonful."

There was a shout of laughter.

Mrs. Stone heard and glanced anxiously toward the door.

"I hope there is no mischief on foot. I'm in such a hurry to get this sewing done."

"Don't you think," Kitty said, "that all of us together, if we hurried, could love mother this roomful before she came in and caught us? I'll clean the stove out and blacken it."

They worked like beavers. The last tin was hung on its nail and the last chair set back to the wall when Mrs. Stone's step was heard coming rapidly down the hall.

Her mother looked around the tidy room, and when she saw how spick and span it was, and when she saw the ring of smiling faces, she kissed them every one, and her own was just as bright as the brightest.

"There's no other mother in the country," said Mrs. Stone, "that has such children as mine!"

"There now, do you see?" said Billy to Robin. "Can't you tell how much you love a person? It feels nice, doesn't it?"

**SIT FORWARD.**

It is a common fault of many congregations to sit in the back of the church, filling up the back pews first, and forcing late comers and strangers to sit in front of them.

While at first thought this matter seems to be one of small moment, when considered, it proves to be of much importance.

In the first place, what has been aptly called a "bald-headed church," is very discomfiting to the minister who has to speak across a non-conducting air-space, and necessarily to raise his voice to overcome the distance.

Secondly, the singing and responsive reading are irreparably spoiled,

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and all who wish to take part in the service are discouraged by this same "air cushion," and, unlike the minister, they do not have to keep on, so they give up in disgust.

But the third reason is, perhaps, more vitally important than either of the foregoing. Strangers who do not know how to follow the service, being forced to sit in front of the already assembled congregation, have no one to follow, become confused and embarrassed by the changes of posture and ritual acts, and are discouraged from coming again.

**Some Indications of  
Nervous Disorders.**

**The Warning Signals Which  
Foretell the Approach of Ner-  
vous Prostration, Paralysis  
and Locomotor Ataxia.**

Twitching of the muscles, sensitiveness to light, sound and motion, grinding of the teeth during sleep, jerking of the limbs, continual movement such as tapping the fingers—these are some of the symptoms of exhausted nerves.

Intervals of wakefulness, headache during the night, sparks before the eyes, disorders of sight and hearing, are other indications that nervous collapse is approaching.

Because there is no acute pain people do not always realize the seriousness of nervous diseases. They do not think of the helplessness of body and mind, which is the result of neglecting such ailments.

Because of its extraordinary control over diseases of the nerves Dr. Chase's Nerve Food has come to be considered the one great treatment for disorders of this nature.

This great food cure not only revitalizes the wasted nerve cells, but actually forms new firm flesh, and tissue, builds up the system and sends new vigour and vitality to every organ of the body. Being composed of the greatest restoratives of nature, it is bound to do you good.

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**"Canada's Greatest Charity."**

**HELP  
NOW.**



**Muskoka Free Hospital for Consumptives**

**Not a single patient has ever been refused admittance because of his or her poverty.**

**FROM THE YUKON**

—From Bishop of Selkirk, Caribou Crossing, Yukon: "The trifling remittance (\$10.00) herewith enclosed, is intended to express our sympathy for the sufferers in other parts rather than imply a special need for your institution here."

**CONFEDERATION LIFE ASSOCIATION**

—J. K. Macdonald, Esq., Managing Director Confederation Life Association, in sending cheque for \$500.00 from his Company, says: "I am pleased to be the medium of helping on so good a work."

**Funds Urgently Needed**

The financial reports for the year just ending show that to keep the doors of the Free Hospital for Consumptives open, maintaining the number of patients for which accommodation has been provided, not less than \$25,000 is required for the year now entered upon.

Since the Free Hospital was opened (18 months ago) 224 patients have been received. The help the institution has been to these people—all from the wage-earning and poorer ranks of life—cannot be estimated in human language.

—Edward D. Heddon, Solina, Ont., on leaving the Free Hospital, writes: "I cannot speak too highly of the institution from which I have received so much benefit. I can but tender my best thanks for the kindness shown."

—Minnie Linklater, Hamilton, writes: "I have spent over nine months at the Free Hospital for Consumptives. I believe I have been greatly helped, and shall never hesitate to use my influence to further that good cause."

There is no endowment, excepting the provision made by three life insurance companies for six beds for the current year. Only by the continued contributions of the Canadian public can the work be maintained.

Patients are accepted from every part of the Dominion, and there have been in residence during the past year patients from Prince Edward Island on the east to the Northwest Territories on the west.

Contributions may be sent to SIR W. R. MEREDITH, Kt., Vice-President National Sanitarium Association, or MR. W. J. GAGE, Chairman of the Executive Committee, Toronto, Can.