



SERMON FROM SHAKESPEARE

Against self-slaughter
There is a prohibition so divine,
That cravens my weak hand.
—Cymbeline, Act III, Sc. 4.

Not a day passes but a number of
swords flash from the battle of life
the suicide route. Suicide is still
common in all countries. Men, women
and even children have been guilty of
this dark crime. The burden of life
seems greater than human faculties
can endure, and instead of bracing
themselves for the worst, refusing to
recognize defeat, they weakly give in
and snuff out, with their own hands,
the light of life.

So far as the body is concerned, it
should ever be kept in mind that the
individual who wears it or inhabits it
does not own it. In a broad way, it is
society's. Man is a gregarious animal,
and all he has—possessions, his body,
his soul, to a certain extent, belong
to the flock. The ideal state would be
one in which individualism and so-
cialism reign together harmoniously.
Life would be held in greater esteem
by the possessor of it did he realize
that he is an essential part of the
world's social organism.

The body should be a holy thing.
The founder of Christianity in speak-
ing of it said, "Destroy this temple and
in three days I will raise it up." St. Paul
viewed it in the same light: "Know ye
not," he wrote, "that ye are the temple
of God and that the Spirit of God
dwelleth in you?" And again, "Know ye
not that your body is the temple of the
Holy Ghost which is in you, which ye
have of God, and ye are not your own."
Shakespeare viewed the body in the same way—no doubt
taking the spirit of his remarks from
the New Testament. Macbeth in speak-
ing of the death of King Duncan cried out:

"Confusion now hath made his master-
piece.
Most sacrilegious murder hath broke out
The Lord's anointed temple, and stole
thence
The life of the building."

What is a temple? A building
erected to be the abiding
place of some god. That this body of
the flesh is a temple is well worth
brooding over. What does it mean?
This finite being has infinite possibili-
ties. Perfection should be the goal
of the physical power we should aim
after perfection, and the higher we at-
tain the more do our bodies become
temples of the infinite. This is at
once a solemnizing and an exalting
thought. A man who fully realized it
could never end his existence by his
own hand. It would be easier for

him to put a torch to the church he
worshipped in or the house he called
home. The belief in the sacredness of
the body has manifested itself in
strange ways. The Chaldeans, the
Babylonians, the Hindus, in their hu-
man sacrifices were inspired by this
idea. They strove to appease their
gods by offering them the most sac-
red thing they possessed, the bodies
of their children or of their wives.

Under temptation, pressed down by
the unbearable burden of life, many
men have like Hamlet meditated sui-
cide. They have been saved by the
feeling that their body is not their
own, it is God's. To destroy it would
be to destroy His property. This,
more than craven fear, prevents the
practice of suicide from becoming
common. Unfortunately, it seems to
be increasing instead of diminishing.
A materialistic age tends to promote
it. The rich find that gold has not
brought them satisfaction; the but-
terflies of society have burnt their wings
and lost their sheen; the ambitious
for this world's praise have failed—
life to all seems not worth living.

Their day has become night; hope is
extinguished in their breasts, and in
their despair they decide to end it all.
The deserter from an army in battle
is more praiseworthy. There is no
being so weak that he has not in him
self possibilities for doing good. A
mouse once freed a lion. Poverty,
loss of fortune, loss of friends, sick-
ness, can all be endured, and the suf-
ferer, by patiently bearing his bur-
den, teaches others how to live.

In ancient Greece physical weak-
ness was destroyed; in modern
America they are carefully cared for.
The dwarf and the hunchback have
tremendous possibilities for good or
evil. Had Richard III. been as straight
in soul as he was crooked in body
what an England he might have built
up! Alexander Pope was a poor de-
formed creature, but what poetry he
gave the race! He was a temple not
fair to look upon, but such as he was,
the infinite shone in him. Every man
who bears suffering smilingly, who
despairs not over the loss of fortune,
who takes the loss of friends with
calm mind, is on the highway to per-
fection. He has the right attitude in
world and life and no blow could fall
so heavily as to make him turn his hand
against his life.

Man is not his own; body and soul
he is his God's. If he destroys that
body he is with sacrilegious hand de-
stroying a possible temple of the in-
finite. This thought, once grasped
and acted upon by all men, would pre-
vent self-slaughter, and go a long way
towards eradicating from the race the
disease that prompts the hand to take
such a course to rid man of the ills
of life.

QUEEN MARY AS A BABY, A GIRL AND A WOMAN

Sarah A. Tooley in the London Daily News.

I am encouraged by the knowledge
that I have in my dear wife one who
will be a constant helpmate in every
endeavor for our people's good.—King
George, at the grand accession coun-
cil.

Queen Mary once described herself
as a child as being "very naughty, very
happy and very interesting." We
can believe that she was a sufficiently
healthy and natural child to be
naughty at times, we are quite sure
that she was very happy, but we can
hardly endorse the statement that she
was "interesting." Her mother, the
Duchess of Teck, wrote of the princess
when a baby, "She really is as sweet
and engaging a child as you can wish
to see; full of life and fun and playful
as a kitten; with the deepest blue eyes
imaginable, quantities of fair hair, a
tiny rosebud of a mouth, a lovely com-
plexion (pink and white) and a most
perfect figure! In a word a model of a
baby."

Queen Mary was the first child of
the marriage of the popular Princess
Mary of Cambridge with the Duke of
Teck, and was born at Kensington
Palace May 27, 1867, in the room which
had once been the nursery of Queen
Victoria. It seemed indeed of happy
lucury that she should have had the

Sleep Was Impossible

ALMOST DRIVEN TO DESPAIR
UNTIL CURED WITH USE OF
Dr. Chase's Nerve Food

No symptom of nervous prostra-
tion is more to be dreaded than the
inability to sleep. Man can exist for
considerable time without food, but
without sleep, and the restoration
which it brings, he soon becomes a
mental and physical wreck.

When you cannot sleep and rest look
to the nervous system and remember
that lasting cure can only be obtained
from such treatment as Dr. Chase's
Nerve Food, which naturally and grad-
ually restores the exhausted nerves to
health and vigor.

Mr. Wm. Graham, Atwood, Ont.,
writes: "My wife has been ill for
some time with nervous prostration
and we had two of the best doctors
we could get, but neither of them did
her any good. She gradually became
worse and worse, could not sleep and
lost energy and interest in life. She
was almost giving up in despair when
a friend advised the use of Dr. Chase's
Nerve Food.

"From the first box my wife used
we noticed an improvement and after
using six boxes she is completely
cured and as well as she ever was,
eats well, sleeps well and feels fully
restored. I cannot say too much in
praise of this valuable medicine, for I
believe my wife owes her life to its
use."

Every dose of Dr. Chase's Nerve
Food goes to the formation of so much
rich, red blood and is therefore cer-
tain to do you good.
Fifty cents a box, 6 for \$2.50, all
dealers; or Edmondson, Bates & Co.,
Toronto. Write for free copy of Dr.
Chase's Recipes.

same birthplace, the same birth month
and the same name as Queen Victoria,
who was, also, one of her godmothers.

Princess and Sick Lady.

Though christened Victoria, Mary,
the Princess, was from her infancy
called May, and as Princess May she
first won the hearts of the people. Her
mother was full of sympathy and
abounding good-nature, a royal wo-
man, in the highest sense of the term.
She was particularly kind to the poor,
and the young princess grew up to
have the greatest sympathy with the
struggling and unfortunate. Many are
the stories told of her kindness of heart
when a young girl to the people about
White Lodge, Richmond Park. A poor
lad dying of consumption in one of
the cottages found Princess May a
daily visitor. She gave time and
trouble to her self-imposed task, and
frequently sat by the bed of the sick
lad and talked to him. On the Sun-
day morning on which he died she
stepped and kissed him and mingled
her tears with those of the family
round the bed.

All measures of social reform ap-
peal to Queen Mary which have for
their object the bettering of the con-
ditions of the lives of the people. The
destruction of rookeries and the substi-
tution of cheerful and wholesome
dwellings; the providing of play-
grounds for the children in congested
areas, and other such schemes find
in her a hearty sympathizer. She has
a clear and thoughtful mind and an
intellectual grasp of the primary neces-
sity of giving the people good environ-
ment.

"A Stall in Covent Garden."
Among the chief interests of the
Queen's girlish days, he mentions
the Royal Cambridge Asylum for the
widows of soldiers at Kingston. Each
year the Duchess of Teck gave the
aged women of this institution a sup-
ply of fresh vegetables from the gar-
den of White Lodge, and Princess May
helped in the distribution. Nothing
affords a better example of doing
kind deeds kindly than the personal
trouble which mother and daughter
took each year to make the distribu-
tion lively and pleasant for the recipi-
ents. The old women would stand
holding their aprons, which Princess
May filled with vegetables as her
mother handed them to her. "Now
May," the duchess would say, "give
that dear old soul these cabbage, and
then come back for the cauliflower."
Be quick, or I shall not recommend
you for a stall in Covent Garden."
Among the girlish chattering in the
palace, the princess, during the in-
terval with girlish fun, would run
to and fro as busily as if the stall in
Covent Garden were a reality. If she
slackened her speed, the duchess would
recall her with, "Attend to business,
May, and bring me those onions, don't
forget the small ones." Then you
won't do for a green-grocer's wife!"
and so on, until each old lady had
her apron filled.

Queen Mary makes a special in-
terest in the Needlework Guild, of
which, after her mother's death, she
became president. The parcels sent
in every year for distribution to vari-
ous institutions for the poor are now
arranged at the Needlework Institute,
and the princess, with a serviceable
arm over her frock, and a pair of gloves
on, would be among the busy throng
of ladies helping to sort and arrange
them. The Queen still finds time to
write articles for the Guild's journal,
and a favorite contribution of croch-

eted wool covers for perambulators.
Prince Edward and Prince Albert, it
may be noted, learned to do wool
crochet for the guild before they were
taught to be "bobby" men in the
navy.

An Ideal Mother.
Queen Mary is a wife and mother in
whom her husband and sons find a
high ideal of womanhood, and her only
daughter, a bright example. She and
the prince superintend the education
of their children, and are thorowly in-
structed on thoroughly modern lines.
Up to five years of age they are taught
in kindergarten methods and their
powers of observation are cultivated
and their minds allowed free play. The
princess' own governess and com-
panion, Madame Bricka, had charge
of the elder children when they were
tiny and the tutors to the young
princes are Mr. Hux and Mr. Hansell,
under whose charge they have been
taken to see many of the historic and
show places of London. They have
paid their first visits to the Tower of
London and to the Zoological Gardens
with the fresh natural enthusiasm of
a country cousin. They are dressed

plainly, live plainly, and have good
serviceable toys which are not easily
destroyed. No pleasanter picture of
an English mother amongst her bairns
could be seen than that afforded by
the Princess of Wales when living
quietly at York Cottage. All the chil-
dren, even to the youngest, come to
their mother's room for tea, and when
there was a baby it was brought down
and laid on the couch so that the cir-
cle might be complete.

The Queen and the Colonies.
It was no secret that she follows so
popular a Princess of Wales as Queen
Alexandra. She had indeed almost
created the position, for never before
had the wife of the heir to the throne
discharged so much of the duties of
social duties belonging to the sover-
eign. If Queen Mary as Princess of
Wales has taken less public promi-
nence at home, she has performed the
very important work of visiting the
British colonies and the sea, a unique
record for a princess of the royal house.
She has an unrivalled knowledge of
the dominions over which her hus-
band is now called upon to rule.
SARAH A. TOOLEY.

ARE PEOPLE LOSING THE SENSE OF SIN?

From the Literary Digest.

Perhaps the pulpit is praising us
where it ought to be condemning us,
says a writer in the Christian Work
and Evangelist (New York). The
doubt is inspired by the thought that
we are losing the sense of sin. Not
only does this writer see "signs of de-
cay of moral sense," but he points out
revelations of corruption in state cap-
itals and city councils and corpora-
tions, but also "in the business
houses, in the social commercial and
social relationships, in the very
relationship to the church itself."
Feeling that what is needed now is "a
sweeping revival of just, common, de-
cent honor and honesty," and a
"sweeping sense of sin and its hor-
ror," the writer proceeds with this
social diagnosis:

"Sometimes it seems as if this gen-
eration had lost the sense of obliga-
tion. Month after month thousands
all over the land come to the altar of
God and join Christ's church. In
practically every instance every one
of these young men and women solemn-
ly vows and promises in the name of
Christ to attend the services of the
church, including its mid-week ser-
vice, help support the church by regu-
lar contributions, work with the
church in the saving of men and the
building of the kingdom, and to watch
over all its members who may need
its aid and care. These vows are
solemnly made in the most solemn
hour of the disciple's life. Yet are we
not within bounds when we say that
half of those who make these vows
begin to break almost all of them?
Perhaps many of them rent a sitting
and come to church once a week to
hear a sermon or music. But with
many it ends there. They do not
come to the evening service to help
minister to the stranger. Only a
beggary handful of all who promised
ever go near the mid-week service.
And many never contribute anything
at all to the support of the churches.
Almost any pastor knows the truth
of what we are saying. Only a few
of all who solemnly promise give
themselves unreservedly to the work
justified to the service of the world
through the church. But where is
the moral sense of these people? Have
they no sense of the binding nature
of a promise? Do they break all their
promises in this way? Does a vow
made before an altar in the name of
Christ mean nothing to them? It is
here that we see a little of our gen-
eration, for this is the true test of
the genuineness of a vow, this sense of obligation
to that to which they have united
themselves, sits so lightly on their
shoulders. And when the vows of the
church are broken, but vows to
moral and ethical laws; vows to live
Christ's life as far as in them lies;
vows to purify the country they

have made their own; vows they have
made to wives and husbands—these
seem to be very loosely held in our
day. But the sense of obligation to
God is the sense of all true, strong,
worthy and fruitful men. Let us set
back this mark of true manhood:

"The writer goes even further with
the statement that 'sometimes it
seems as if the sense of common hon-
esty was departing from our people.'
Such facts as these lend color to the
impression:

"We start a disclosure of one man's
dishonesty in the Pittsburgh city coun-
cil, and lo behold! almost every
member is found practicing dishonest-
ly calmly and with a sang froid
that makes one shudder. Then citizen
after citizen is drawn in, until one, in
his alarm, asks who is honest. This
has been happening in Albany and
San Francisco and Philadelphia. The
dishonesty at Pittsburgh, in connec-
tion with the building of the state
capital, were unmentionable. We are
finding that there are crowds at all
buying legislation all the time. And
these men have no moral sense
enough to realize that they are both
dishonest and dishonorable! They
are surprised that such a turmoil is
aroused over the mere giving and re-
ceiving of bribes. Now, these men are
our so-called respectable men. They
play the game of high hats and
frock coats, and are in the church
and have boxes at the opera or symphony
concert. Have they lost all sense of
honor and honesty? Has their moral
nature become atrophied by the hand-
ling of bribes as a part of their work?
Certain men paralyzed who work in
certain chemicals? And when we
turn to our own neighborhood, we find
contractors cutting the builders by
poor material, and laborers doing the
contractors by slovenly, deceitful
work. The city employees are cheat-
ing the city in every way—by short
aries, illicit favors and unearned
salaries, and when we turn to the
other side of the street, we find the
same men, when they are not in the
city hall, are in the hands of the
merchants, paying for markets, em-
ployees being bribed to get a job, or
their employers, newspapers being
controlled by advertisers. Any em-
ployee of numbers of young men will
tell how rare the sense of honor and
honesty is among them; how they will
shirk work, and feel no constraint to
render full and interested service,
money to be had by any means, and
college boys cheat in entrance ex-
aminations. Now, if this goes on
much longer, where can we issue ex-
cept in moral chaos? We need a new
sense of honor, a new sense of obli-
gation of men with such a sense of
honor that they will despise and turn
from anything that deprives them of
pure hands and clean hearts, who will
have a lie in any form."

THOUSANDS HAVE WEAK LUNGS AND DON'T KNOW IT

Editor Used a Well Known Tonic
and System Builder

The Editor and Manager of the Burk's
Falls "Arrow," is only human. This being
so it is not surprising that he should feel
and suffer as other men. Mr. Alex. Far-
well says: "I had a very severe attack of
La Grippe which left me very weak, spirit-
less and run down. I seemed to have lost
all ambition. 'At this point I realized that
my condition was likely to become more
serious unless I took myself in hand. One
day while in this 'Half dead and alive con-
dition' I was listlessly looking over recent
issues of my paper, The Burk's Falls Arrow,
of which I am Editor and Manager, when
my eyes rested on an advertisement of
PSYCHINE. This clearly and explicitly
set forth a case so exactly resembling my
own that I at once purchased a bottle of
the Medical Hall. After taking two or
three doses I felt like a new man, and
before half the second bottle had been used,
every trace of the bad effects of La Grippe
had left me. 'PSYCHINE is a marvel and
I have strongly recommended it to some of
my friends similarly afflicted and they have
used it with equally beneficial results.'"

For Sale by all Druggists and Dealers,
50c and \$1.00 per bottle.

Dr. T. A. SLOCUM, Limited - Toronto

PSYCHINE
(PRONOUNCED SI-KEEN)
STRENGTHENS WEAK
LUNGS

CHARMS OF OSTEND.

There Are Lively Scenes On Its Fine
Bathing Beach.

The difference between European and
American ways is nowhere better
shown than at Ostend, the famous
seaside resort of Belgium. Instead of
sidewalks at Ostend there are fine
paved promenades, over which all
wheeled traffic is strictly prohibited.

Instead of ragged beach the sand is
carefully protected with sea walls of
masonry. Instead of great common
bathhouses there are little individual
rooms mounted on wheels, so that they
can be drawn down to the edge of the
water.

Ostend is unquestionably the finest
of the world's seaside resorts in the
opinion of a writer in the Travel Mag-
azine. The unsurpassed bathing beach
extends from the great Casino west-
ward a distance of almost four miles,
though the part chiefly patronized lies
between the casino and the summer
palace of the Prince of Leopold.

Between the palace and the Casino
are a row of magnificent hotels, which
are noted for their beautiful dining-
rooms, inclosed in glass, from within
which the diners can enjoy all the
beauties of the scene outside without
exposing themselves to the weather.
The display of costumes along the
promenade during the season is un-
paralleled anywhere, unless it be in Paris
on the day of the Grand Prix.

The Casino is the great gathering
place for all visitors, and in the pri-
vate club that occupies it can be found
every game of chance that is played
at Monte Carlo. It is a fine place
upon the gaming tables in the Kur-
saal that has provided the money for
most of the improvements that have
made Ostend so remarkable. The
management of the Casino furnish ex-
cellent concerts nightly in the theatre
of the Kursaal, while occasionally balls
and theatricals are given to vary the
entertainment.

The most striking thing about Ostend,
however, is the bathing which is
here carried on in accordance with
continental ideas of propriety which
are shocking to the average American.
The bathing suits worn by the wo-
men rarely ever have any skirts
attached to them, and everybody—
men, women and children alike—wear-
ing tight-fitting suits, the suits
furnished by most of the public
bathhouses being identically the same
for both men and women. The little
individual dressing-rooms on wheels
are convenient, the bathers entering it

MADE IN CANADA

MAGIC BAKING POWDER

Contains no alum.
Made of healthful ingredients, without alum.
The only well-known moderate priced baking powder made in Canada that contains no alum.
Complies with the Law of Great Britain by containing no alum.
Anticipates the Pure Food Law of Canada by containing no alum.
Safeguards the health of the family by containing no alum.
Is honest with consumers by containing no alum.

NO OTHER MANUFACTURER OF MEDIUM PRICED GOODS CAN MAKE THESE STATEMENTS.

Free Cook Book
If you have not received a copy of Magic Cook Book, send name and address on postal card and this valuable little book will be mailed free of charge.

MAGIC BAKING POWDER

Manufactured by
E. W. Gillett Co. Ltd. Toronto, Ont.

NO ALUM

No. 362

while on the sand; he gets into his
bathing suit while the house is being
pulled out into the water by horses
employed for that purpose.

The steps being let down, it is pos-
sible for the bather to enter the water
without having to promenade over the
sand. When through with your bath
you climb the steps out of the water
into your dressing-room, call your
driver and have your little house pulled
up high and dry on the sand. The
scene on the beach is one of great an-
imation, the bathers frequently engag-
ing in a game resembling basketball,
and the dashing hither and thither of
the bathers in their varied-colored suits,
now on the beach and again in the
water, chasing the ball, is a sight once
seen never to be forgotten.

Just beyond the palace of King
Leopold stands old Fort Welling,
where the English troops were landed
just before the battle of Waterloo, but
the fort has been remodelled into a
grandstand and the parade ground
made over into a racetrack, on which
are held the Ostend races that have
become so famous as to draw hither
the best English and continental horses
to compete with the Belgium thorough-
breds.

FRIEND OF KINGS.
Sir Ernest Cassel, One: a Poor Boy,
Now Entertains Royalty.

Sir Ernest Cassel, one of King Edward's
hosts at Biarritz, has had a career full
of romance, the romance of the self-made
man. It seems like a fairy tale that the
unknown lad of the seventies should now
be the friend and counsellor of the King
of England and the German Emperor.

It is rumored that he is one of the six
men who move in the mysterious back-
ground of the Government of England,
says the Gentlewoman. He has been the
builder of his own fortune. Money has
grown under his hands, and banks and
railways have made his vast riches.
One of the most dramatic moments in
his career was a Boer war incident. The
British Government stood in need of a
big sum at short notice. It was obtained
by Sir Ernest in three hours. Luck seems
not to attend him on the turf, although he
once won the Two Thousand.

Much has been written on Brook House,
his Park Lane residence, but there has
been scant mention of the Turkish bath
which occupies part of the ground floor,
nor of the marvellous range of kitchens.
There are six of these, with marble floors
and walls, and they include pastry kit-
chens, grilling, roasting and boiling kit-
chens, a vegetable kitchen and a room for
fruit and flowers.

WOMEN BETTING
Using Milliner as a Blind for Placing
Money.
In the light of allegations made in
the West London county court, Lon-
don husbands should look closely into
their wives' millinery bills. The case

3 1/2 %
You might better
place your savings
here where they
will earn 3 1/2 %
instead of 3%. Secu-
rity, \$2,000,000 as-
sets.

**AGRICULTURAL
Savings and Loan Co.**
109 Dundas Street
LONDON, ONTARIO

ANALYSIS OF

St. Lawrence Sugar

THE STANDARD OF PURITY

Laboratory of Provincial Government Analyst.

MONTREAL, 22nd February, 1909.

I HEREBY CERTIFY that I have drawn by my own hand
ten samples of the St. Lawrence Sugar Refining Co's EXTRA
STANDARD GRANULATED SUGAR, indiscriminately
taken from four lots of about 150 barrels each and six
lots of about 450 bags each. I have analyzed each and
found them uniformly to contain 99.93/100 to 100 per cent of pure
cane sugar, with no impurities whatever.

(Signed) MILTON L. HERSEY, M.Sc., LL.D.,
Provincial Government Analyst.

The St. Lawrence Sugar Refining Company Limited, Montreal. 20

The pinch of prosperity

Have you felt it? You wouldn't mind the high prices
of food if your wages advanced with them. It is
a good time to cut out expensive foods and try

SHREDDED WHEAT

It is a better substitute for meat than vegetables,
because it is rich in muscle-making, brain-building
material. It contains more body-building nutriment
than meat or eggs. It costs much less, always the
same price—always clean—always pure—always
wholesome. Your grocer sells it.

Shredded Wheat is made of the whole wheat, steam-
cooked, shredded and baked in the cleanest, finest food
factory in the world. Two biscuits heated in the oven
and served with hot milk and sugar or salted to
taste supply all the energy needed for a half-day's work.
Delicious in combination with vegetables or fruit.

All the "Meat" of the Golden Wheat.

THE CANADIAN SHREDDED WHEAT CO., LIMITED
NIAGARA FALLS, ONTARIO
Toronto Office, 49 Wellington Street East.

was an action by a betting agent
against a fashionable milliner to re-
cover money received by her in the ca-
pacity of a go-between for betting
commissions with the plaintiff.

The correspondence between the par-
ties revealed a shocking state of af-
fairs, said the judge. Bills for new
hats and other finery were merely
blinds for money staked by women on
horses through the milliner's connec-
tion with the turf agent. In the pre-
sent case the horse was not even placed
and the stakes were lost.

The defendant set up the plea that

she had been acting on her own be-
half, and that she was therefore a
principal, not an agent, and that the
plaintiff could not recover the money
anyhow under the gaming act, which
forbids such transactions. The judge
held that on the strength of the de-
fendant's letters it could not possibly
be maintained that the milliner was
acting otherwise than as an agent and
gave judgment for the amount claim-
ed, with costs.

MINARD'S LINIMENT FOR RHEUMATISM
EVERYWHERE.