

Children's Department.

LITTLE WORDS OF KINDNESS.

Little words of kindness,
Whispered soft and low,
With a thrill of gladness
To the heart they go,
Lighting up its darkness
With a cheering ray;
Changing heavy sadness
To the light of day.

Little words of kindness
Do a work of love;
God's own hand records them
In the world above.
They whose words of pity
Dry the mourner's tears,
Have the Saviour's blessing
Through their earthly years.

Little words of kindness,
Heartily bestowed,
Help a fainting brother
On life's weary road,
Little words of kindness
To a wandering soul,
Blessed by God, may lead him
Back to Jesus' fold.

Little words of kindness
Seem of little worth,
Yet we cannot buy them
With the gold of earth.
Scatter, then, like sunbeams,
Many a word of love,
And the Lord of heaven
Will bless you from above.

THE LITTLE TRACT BOY.

A little boy lived one summer near a great palace of the King of Italy. Around the palace were the famous Boboli Gardens. They were full of laurels and cypresses, and all kinds of trees and flowers. There were many finestatues and fountains, ponds full of fish, and several graceful swans. There were long walks, between living walls of green, and shady nooks, into which the hot sun could not shine.

To these beautiful gardens this little boy went, with his nurse, every pleasant day. There he used to meet some old officers, who, for their long service in the army of the king, were

Delicious Drink

Horstford's Acid Phosphate

with water and sugar only, makes a delicious, healthful and invigorating drink.

Allays the thirst, aids digestion, and relieves the lassitude so common in midsummer.

Dr. M. H. Henry, New York, says: "When completely tired out by prolonged wakefulness and overwork, it is of the greatest value to me. As a beverage it possesses charms beyond anything I know of in the form of medicine."

Descriptive pamphlet free.

Rumford Chemical Works, Providence, R.I.

Beware of Substitutes and Imitations.

A PREACHER'S REPORT

Interesting Statement by Elder Joel H. Austin of Goshen, Ind.—He Gives Expression to His Thanks.

Elder Joel H. Austin is well known as a preacher, and he is also a registered attorney before every claim department of the Government, and has been more or less engaged in the prosecution of pension claims. He speaks as follows:

"I was a victim of catarrh and had almost constant pain in my head. The trouble was gradually working down on my lungs. I was weak and irresolute. My wife had the grip and Hood's Sarsaparilla cured her. After this I had the same disease and resorted to Hood's. In a short time the aches and pains were relieved and I also saw the medicine was helping my catarrh. In six weeks I ceased to have any further trouble with it and I am now a well man. I had no faith in a permanent cure, but up to this time since taking Hood's Sarsaparilla there has been no return of the disease, and I am thankful for a medicine so intelligently compounded and so admirably adapted to the needs of the system." ELDER JOEL H. AUSTIN, Goshen, Indiana.

Hood's Pills cure all Liver Ills and Sick Headache. 25c.

permitted to live near the palace in quietness the rest of their days.

Very soon the officers and the little boy became good friends. They told him stories of the wars, and gave him flowers to carry home to his mother. One day the little boy carried some tracts, called "The Soldier's Inheritance," and gave them to the old officers. The next day they thanked him for the tracts, and asked him to bring others to them. And so, for many weeks, he gave them good little books, which they read with much interest.

One day the oldest officer, who was the particular friend of the little boy, asked him if he could give him a New Testament. When he went again to the gardens he carried a New Testament to the officer. Soon after, the other officers asked where they could find Testaments, and were directed to a place where all kinds of good books could be found, and there they bought Testaments for themselves.

Thus it was that God, in His providence, made this little boy the means of doing good to these old officers, giving them religious books, and, what was best of all, the Word of Life, which, there is reason to hope, has been a source of great blessing to many.

LITTLE RESTING-TIMES.

It does not take long to catch one's breath, if the matter is not put off too long; and a short pause in the midst of a hard climb may make a very long rest at the top unnecessary, and thus save time.

How much wiser in every way to accustom one's self to rest a little by the way, when short stops will answer rather than to push on at the utmost speed, until compelled to pause for a long rest, or perhaps to stop altogether.

Lectures are being constantly read to older people about living too fast, rushing through life in too great haste, and losing time at last by not resting betimes. Would it not be well if younger people could be impressed with the importance of the little resting-times by the way before they have injured themselves by hurrying on too fast in work or play, in business or study?

Lazy people need no warnings of this kind, but there are hosts of young people who are not in the least lazy; who are ambitious, eager and aspiring, and who may make the mistake of hastening too fast.

In the Christian life the need of resting-times, when one is quiet enough to hear the Master speak, can not be too strongly urged. It is the age of Christian endeavor, and activity is urged on every side. There is need for this, too, for there is so much to do everywhere! But to be always on the march or always actively engaged will soon prove too great a strain. Begin now to take the little resting-times, physically, mentally, and spiritually, that by and by, when the ranks of the older ones are filled from the young people of to-day, there will be less need for the lectures on quiet and rest.

—Little self-denials, little honesties, little passing words of sympathy, little nameless acts of kindness, little silent victories over favorite temptations—these are the silent threads of gold which, when woven together, gleam out so brightly in the pattern of life that God approves.

BABY ECZEMA AND SCALD HEAD.

Infants and young children are peculiarly subject to this terrible disorder, and if not promptly arrested it will eventually become chronic. Dr. Chase made a special study of Eczema and disease of the skin, and we can confidently recommend Dr. Chase's Ointment to cure all forms of Eczema. The first application soothes the irritation and puts the little sufferer to rest.

—A fool is always wishing Time away, while the wise man is always enjoying it.

Listowel, Sept. 22, 1896.

Edmanson, Bates & Co.

Gentlemen,—I have pleasure in saying that Dr. Chase's Ointment, Pills and Catarrh Cure and Linseed and Turpentine are selling well, and are giving every satisfaction. Many of my customers have spoken highly in their praise.

Yours truly,
J. A. Hacking.

—In God's world, for those who are in earnest, there is no failure. No work truly done, no work earnestly spoken, no sacrifice freely made, was ever made in vain.

You think of Scott's Emulsion as only for those who have consumption or who have inherited a tendency to it. Almost its greatest use is for those whose condition is so impaired as not to be able to get the good they should out of their ordinary food. In nearly every case with these, Scott's Emulsion of Cod-liver Oil brings back appetite, stimulates digestion, restores color and plumpness, and controls the diseases of thinness. Book about it, free,

50 cts. and \$1.00, at all druggists.
SCOTT & BOWNE, Belleville, Ont.

British American Business College, Toronto.

Confederation Life Building.

Re-opens Sept. 1, '97. Owned and directed by the following Toronto business men: FRED. WYLD, Esq., E. R. C. CLARKSON, Esq., F.C.A., EDW. TROUT, Esq., WM. MCCABE, Esq., F.C.A., and S. F. MCKINNON, Esq.

Affiliated with the Institute of Chartered Accountants. Students prepared for Civil Service and assisted to positions.

Send for free prospectus to DAVID HOSKINS, C.A. PRINCIPAL.

\$45 Dollars. \$45

Invested in a six months' course of training in SHORTHAND, TELEGRAPHY and GENERAL COMMERCIAL SUBJECTS—in the

+++++
+ CENTRAL BUSINESS COLLEGE +
+++++

OF TORONTO,

will pay an invaluable dividend to any bright intelligent young man or woman who attends the school. The best time to invest will be on Sept. 1st, when the Fall Term begins. Scores of young people sent direct to good situations during the last session. Particulars cheerfully given.

Address W. H. SHAW, PRINCIPAL.

—Be true to the cause you've at heart, and to the land in which you were born.

Walter Baker & Co., Limited.

Dorchester, Mass., U. S. A.
The Oldest and Largest Manufacturers of

PURE, HIGH GRADE Cocoas and Chocolates



on this Continent. No Chemicals are used in their manufactures. Their Breakfast Cocoa is absolutely pure, delicious, nutritious, and costs less than one cent a cup. Their Premium No. 1 Chocolate is the best plain chocolate in the market for family use. Their German Sweet Chocolate is good to eat and good to drink. It is palatable, nutritious and healthful; a great favorite with children. Consumers should ask for and be sure that they get the genuine Walter Baker & Co.'s goods, made at Dorchester, Mass., U. S. A.
CANADIAN HOUSE, 6 Hospital St., Montreal.