

LEARN TO LET GO

The person who wants to be healthy, morally, mentally physically, source of great mortification and must learn to let go, writes Evelyn trouble to many well-meaning per-Pickens in Medical Talk. Let go of sous. them. They are not worth while hour, if they would allow it.

That little difference that exists bench, but he could set a basin on it, between yourself and your neighbor, and neither the basin nor the gramthat you argue and backer every time marians would object. you meet, drop it, let it go. You lie could sit on a dog's tail, if the can't afford to lose a good neighbor or a friend by simply hanging on to loot on it. But if he should set on It's stylish, I presume. some difference of opinion, and spend- the aforesaid tail, or sit his foot there ing your time quarreling over it in- the grammarians as well as the dog We made some sugar-water, stead of enjoying each other and would howl-metaphorically at least. talking about the things on which you do agree. Don't argue with any aside and sit down, and be assailed And remember, please remember, that arguing means certain death to love and friendship. You may think not, WHY DON'T MEN PRAISE THEIR you may hope to accomplish something by arguing, but you will accomplish nothing but a loss of respect for each other and the total that once existed. Respect each oth-

er's opinions and let go the arguing. That little hurt that you got from a friend, perhaps it wasn't, intended, perhaps it was, but no matter, let it go. Refuse to think about it. Let go of that feeling of hatred you have for another, the jealousy, the envy and the malice, let go such thoughts. They are foul and unclean and you should refuse them unclear habitation within your thought or memory. Sweep them out of your mind and you will be surprised what a clearing up and rejuvenating effect it will have on you, both physically and mentally. It will be like ridding the system of poison, for such thoughts do act as poison, diminishing the seretions of the body, clogging up the organs, and vitiating the whole sys-tem. Let them go, let them go; you house and shelter them at a deadly

But the big troubles, the bitter disappointments, the deep wrongs, the heart-breaking sorrows, the tragedies life, what about them? Why-just let them go, too. Drop them, softly, may be, but surely. Put away all regret and bitterness and let sorrow be only a softening memory. let them go-let them go.

It is not so hard after you once get in the habit of doing it-letting go of these things. You will find it such an easy way to get rid of the things that mar and embitter life that you will enjoy letting them go. And then when you no longer give any time to vexations and worries and irritations, o hatred or envy or bitterness, and more time talking about skies, and for the stars that shine "Every night and morning."

BLESS HUMAN SUNBEAMS. (Leslie's Weekly.)

God bless the human sunbeams, The men both strong and true, Who daily sing or whistle At all they have to do. Their eyes are clear and merry, Their step is firm but light,

Their laugh's a benediction, And life once more seems bright God bless the human sunbeams, The woman who, though sad, Can still be self-forgetful And other hearts make glad

Theirs is a blessed mission; Their smile can make night day, Their cheery words of comfort Soon drive all clouds away God bless the human sunbeams, The children fair and fond, Who come into our presence,

Life's hardest lessons conned Their prattle falls like music, Just as a tear drop starts, Their kisses and caresses, Can ease poor burdened hearts.

### The Danger That Lurks in Colds

AND HOW SERIOUS RESULTS CAN BE AVOIDED BY USE OF

# DR. CHASE'S SYAUP LINSEED AND

There is one way in which the rawages of consumption can be very materially lessened and that is by the prompt and thorough cure of coughs

While weak lungs undoubtedly predispose to lung trouble and consumption, the beginning must always be

with a neglected cold. By directing your attention to Dr Chase's Syrup of Linseed and Turpentine, we make known to you the most certain and effective means of curing coughs and colds and preventing such diseases as bronchitis, consumption

and pneumonia. This is not a new medicine, not an experiment, but a preparation which has successfully stood the test of time and has to-day by far the largest sale of any similar treatment.

If we can only help you to realize he danger of neglecting coughs and olds, we know that you will not run the risk of depending on any "cough mixture" the druggist may choose to hand you out, but will insist on getting a medicine with a reputation, ator? such as Dr. Chase's Syrup of Linseed change ice into mice.

prescribe for man a more effective swer-One, for after that his stom- temporary. Goodness must always forever to be a Gradgrind question treatment for croup, bronchitis, ach wouldn't be empty. whooping cough, asthma, coughs and colds than Dr. Chase's Syrup of Lin-seed and Turpentine. 25 cents a botwle, at all dealers.

SIT AND SET.

Two little words have been

the little irritations and the petty A man, or woman either, can set a vexations that cross your path every hen, although they cannot sit her day. Don't take them up and pet neither can they set on her, although them and nurse them and brood over the hen might sit on them by the

A man cannot set on the wash-

And yet, the man might set the tail I It will do no good. neither by the dog nor by the grammarians.-Golden Days.

WIVES?

"I simply won't stand it any longer; he is always finding fault with me, and nothing I do finds favor in destruction of those kindly feelings his eyes. Where's the use in trying when nothing pleases him?"

The speaker was a hard-working little woman, discouraged because her husband never praised her, or never seemed pleased with her efforts to give him pleasure. She was telling me her troubles, poor soul, and 1 comforted her as best i could. But what struck me, dear reader, was that there are so many others with just the same tale, did they choose to tell it. "A man is never a prophet in his own country," you know, and the prize we possess is, unfortunately, not always appreciated.

ing down hill. It gets to be a habit I am bobbed.

door? Why can't he speak kindly to fore. her mince-pie, and charitably of her spenge cake? Why cannot he tell her and must stand back to back, but withhold them.

this, that, or the other ailment, then fumer is the application of very hot you can give the whole time to use- water to the face with a woollen thoughts, healthful thoughts. wash rag. A matron of 50, whose You will find the world such a beau- charms are the envy of those of her iful place. You will love it simply acquaintances of half her years, has or the warm sunshine, for the blue used this application many years. at night. It will all be beautiful to says, "I give my face a thorough you because you will be free to enjoy washing with a piece of white flannel t, free in mind and body. You will in hot water. Once in a great while no longer be depressed with unwhole- I use soap, but not often, as I have some thoughts; and your mind will found the hot water, persistently become buoyant and clear and strong, used, very satisfactory. If the skin and your body will respond with a has not been exposed to a great igor and vitality and vivaciousness amount of dust, the water may be hat will make mere existence a plea- merely sopped upon the face at night, as once a day is often enough to scrub. After the hot bath dash on a liberal quantity of cold water with the hands until the skin fairly glows. This is the cheapest and most wonderful cosmetic known. A month of I promised him a world of toys such treatment will transform any complexion. My skin is much fairer and rosier now than when I was 20. I had naturally a poor complexion, coarse and muddy. I tried many remedies, but they were very unsatisfactory, until one day an old lady, whose skin I always had admired for its youthful appearance, gave me the recipe. I tried it faithfully and before long saw with delight that my compl xion was clearing.

> THE CHRISTMAS TREE WOOD Ho, little fellow, if you will be good His hair is golden as the sun Some day you may go to the Christ- They mind you of the halo on It lies to the north of the Country

of Dreams. It glitters and tinkles and sparkles

and gleams; For tinsel and trinkets grow thick

on the trees Where wonderful toys are for him who will seize.

You go by the way of the Road of Be-good

Whenever you go to the Christmas Mary Mother, be good to him; Tree Wood, And when you draw we you will

notice the walls That rise high about the fair City of Dolls

Whose entrance, unless you are want- THE LEGEND OF ST. NICHOLAS. ed, is barred By Tin Soldier regiments standing on guard.

It's over in Candy Land, there where the shops Forever are turning out peppermint drops;

Where fences are built of the red and white sticks And houses are fashioned of chocolate bricks.

Where meadow and torest and sidewalk and street Are all of materials children can eat. You sail on a ship over Lemonade

Lake

And drink all the waves as they quiver and break. And then, when you land, you are under the trees, Where Jumping Jacks jump in the

sway of the breeze-But only the children most awfully good Can ever get into the Christmus

Tree Wood. -W. D. Nesbit. RIDDLES.

Why should a housekeeper never put the letter M into her refriger-Answer-Pecause it would

It is impossible for a doctor to giant eat on an empty stomach? An- but if so, the injury has only been heroic sacrifice of martyrs? Is it

THE WEDDING.

I'm 'vited to the wedding, And have to make a dress; I want a lot of 'lusion-A hundred yards, I guess. I think I'll make it "princesse"; couldn't wear it plain-It's very fashionable To have a plaited train.

It's Rosa Burdock's wedding, To-morrow, just at three. In Mamie Turabull's garden. Under the apple-tree; bridegroom's Colonel Bracebridge;

He wears a sword and plume.

And Maimie's got a cake; never saw such good ones As her mamma can make. She puts on plenty frosting And lots of sugar plumsguess we'll have 'freshments Before the min'ster comes.

We've got to pick some dandelines To make a chain and ring-Louise will play the jew's-harp, And Mamie and I will sing: We'll have to say the 'sponses: They couldn't if they tried-But Rosa is so el'gant,

We'll have to stand the Colonel Against a piece of board, Or maybe he can stand up By leaning on his sword. Come now, this is to-morrow Let's get our hats and shawls; Bring June and Zephyrine, And all the other dolls.

She'll make a lovely bride

GAMES AND TRICKS.

The man who never praises his wife | A good game for boys is one that will find fault with everything on comes from the French and is called cover that three beautiful young girls every possible occasion. It is the "Frere, on be bat," which, translated were to be sacrificed to a life of ineasiest thing in the world to find means "Brother, some one strikes fault-easier than the proverbial slid- me." Here we will call it, "Prother,

with some men, and they are hardly It is a game and a trick combined conscious when they are exercising it. and can be played on the green or in-Why cannot a man show his wife doors, which is well, for on rainy that he appreciates her efforts to days boys want such a game. Two please him? Why cannot he praise boys are selected as brothers, one of the pudding of his wife as well as whom must know the game, and the of the eldest daughter, a purse of the cooking of Mrs. Jones, next other must never have played in be-

that her new hat is becoming and not close together. The one who daughter, and after that mysterious that she looks sweet and pretty in it, does not know the game is told that and prove it by kissing her, like he one of the other players, who all used to do, long ago? Kind words stand around the brothers in a ring, and little thoughtful acts make a will hit one of them with a knotted succeeded in doing, when the Archwife happy, and no man ought to handkerchief from time to time. The bishop came on his third errand of one who is hit must call out, "Bro- charity. The grateful father, falling ther. I am bobbed!" and the other prostrate before the Saint, exclaimed, COMPLEXION TREATMENT. asks, "Who bobbed you?" If the hit Far better for the complexion than any cosmetic compound by a per-

HER CHRISTMAS PRAYER. Mary, Mother, be good to Him; be kind to him that day-Twill be the only Christmas time

is he would only stay-Sure, heaven's full of little boys That sing and laugh and play. But you would know the smile

him Among a thousand more; His smile will make all else seem

When you call him "Asthore.

Sure, you will know him by his eyes, That are so sweet and very blue, And deep and clear and very wise-They read the heart of you.

An angel or a saint.

I promised him a splendid tree, With candles all aglow. O, Mary Mother, you can see Twas me that loved less so, And surely, surely, you will see My boy, so sweet and slim-His eyes are hungering for me As my eyes are for him.

Be kind to him that day. 'Twill be the only Christmas time That he has been away.

-W. D. Nesbit

(By Julia R. Doyle. It seems a far cry from a stately jolly, rotund gentleman who visits world is not a small undertaking, our homes each Christmas eve via changes centuries have wrought with by creating for himself a world, great a pretty fantasy that St. Nicholas, or little, in which he can honestly to whom children formerly looked believe. This world cannot be made for toys and sweetmeats at the hap- otherwise than in his own image; it py Christmastide, has, in effect, become the modern Sauta Claus of furtrimmed jacket and leather boots. One of the earliest allusions to St. Nicholas as patron of youth is contained in a quaint old chronicle which the heart of fiction, even the least "An whau he was born, they made hym chrysten, and called hym truth can be found.-Speaker. Nycolas. That is a mannes name; but he keeueth the name of the chylde for he chose to kepe vertues, meknes, and symplenes, and without malyce. he lived all hys lyf in vertues with this childes name, and therefore chyldren don hym honour before all

for emulation, it was an act of Chris-

### USED MEN AT THE OFFICE WOMEN IN THE HOME CHILDREN AT SCHOOL

Every day in the week and every week in the year men, women and children feel all used up and tired out.

The strain of business, the cares of home and social life and the task of study cause terrible suffering from heart and nerve troubles. The efforts put forth to keep up to the modern "high pressure" mode of life a this age soon wears out the strongest system, shatters the nerves and weakens the heart.

Thousands find life a burden and others an early grave. The strain on the system causes nervousness, palpitation of the heart, nervous prostration, sleeplessness, faint and dizzy spells, skip beats, weak and irregular pulse, smothering and sinking spells, etc. The blood becomes weak and watery and eventually causes decline.

## Milburn's **Heart and Nerve** Pills

are indicated for all diseases arising from a weak and debilitated condition of the heart or of the nerve centres. Mrs. Thos. Hall, Keldon, Ont., writes: "For the past two or three years I have been troubled with nervousnes and heart failure, and the doctors failed to give me any relief. I decided at last to give Milburn's Heart and Nerve Pills a trial, and I would not now be without them if they cost twice as much. I have recommended them to my neighbors and friends.

Milburn's Heart and Nerve Pills 50 cta. per box or 3 for \$1.25, all dealers, or The T. Milburn Co., Limited, Toronto, Ont.

tian charity performed while Archbishop of Myra, in Lycia, that led to his being credited with the wholesale bestowal of gifts at Christmas He came in touch with many of the youthful members of his flock, and was horrifled on one occasion to discover that three beautiful young girls famy because their father, an impoverished nobleman, could not provide the necessaries of life for them. To save the innocent young maidens from the impending danger the Saint, who had inherited a fortune, went secretly to the nobleman's home and threw into the window, at the feet gold, sufficient for a marriage dow-

er, thus insuring her a happy future. Some time later St. Nicholas did the same kindness for the second visit, the nobleman determined to watch and, if possible, discover the identity of their benefactor. This he "O. St. Nicholas, servant of God,

The latter insisted on the matter Now, this is the trick: As soon as being kept secret, but in some way the game begins the brother who un- the story became known, and after derstands the game removes the band- his death the nuns in the convents age from his eyes, and quickly knot- of the East imitated his example by ting it, he strikes his brother with making secret gifts to their friends. it. When he asks, "Who bobbed you." The young ladies who were students The young ladies who were students, he gets the wrong answer, of course, in the schools soon learned to expect and so the game goes on until the these presents from unknown sources, victim begins to realize that he is be- and after a time the custom grew of ing tricked. To throw him off the placing silk stockings, with a petiscent the other brother must say now tion to St. Nicholas, at the door of and then, "Brother, I am bobbed." the abbess' room at night. In the The players in the ring have the fun morning the stockings would be found to contain gifts. This is thought to have been the origin of the custom of hanging up a stocking on Christ-

If an old English verse is creditable modern children are more fortunate than were those bygone days, who were required to fast on Christ-

'Saint Nicholas money used to give to maydens secretlie,

Who, that he still may use his wonted liberalitie, The mothers all their children on the Eve do cause to fast,

And when they every one at night in senseless sleep are cast, Both apples, nuttes, and pears they bring, and otherthings besides, As caps, and shoes, and petticotes,

which secretly they hide, And in the morning tound, they say, that this St. Nicholas brought.

Think of it, twentieth century youngsters-you who are spoiled Think of being offered such luxuries as "caps, and shoes, and petticotes" when there is a crying necessity for miniature airships, and doll houses fitted up with "really" furniture and

automatic pianos! Yet the little lads and lassies of that day were quite as happy as will be the most favored pritege of Santa Claus this year.

THE ART OF STORY TELLING.

The art of story-telling is simple. At the same time it is the most delusive of all creative arts, the most liable to be obscured by the scruples of its servants and votaries, the one pre-emirently destined to bring trouble to the mind and the heart of the Archbishop in episcopal robes to the artist. After all, the creation of a except perhaps to the divinely gifted. the chimney route. Yet such are the In truth every novelist must begin is fated to remain individual and little mysterious, and yet it must resemble something already familiar to the experience, the thoughts and the sensations of his readers. worthy of the name, some sort of

WHAT IS TO BE COUNTED.

Is it not time to call a halt in this mad career of materialism and practicality, and once more ask if there is nothing in life but the building of houses, the acquisition of money, the But while, from his early childhood, creation of machinery and an aggrehis virtues were held up to children, gation of bodily comforts? Is nothing to be counted of moment except that which can be weighed and hand-A Good Name is to be Prized .- led? Are we to take no account of There have been imitations of Dr. justice, courtesy, self-forgetfulness, Thomas' Eclectric Oil which may courage and heroism? His humanity How many soft boiled eggs could a have been injurious to its good name, forever ceased to be enriched by the come to the front and throw into the as to who shall have the largest sal-Which would you rather that a shadow that which is worthless. So ary, who shall live in the biggest lion ate you or a tiger? Answer - it has been with Eelectric Oil; no house and whose name shall be par-Why, you would rather that the lion imitation can maintain itself against aded most in the newspapers?-J. W ate the tiger, of course. | the genuine article. | Longley, in Canadian Magazine. | And by

THE RHEUMATIC WONDER OF THE AGE

# Benedictine Salve

This Salve Cures RHEUMATISM, PILES, FELONS or BLOOD POISONING. It is a Sure Remedy for any of these Diseases.

### A FEW TESTIMONIALS

### RHEUMATISM

What S. PRICE, Esq., the well-known Dairyman, says

212 King street east.

Toronto, Sept. 18, 1902.

John O'Connor, Toronto: DEAR SIR,-I wish to testify to the merits of Benedictine Salve as & cure for rheumatism. I had been a sufferer from rheumatism for some time and after having used Benedictine Salve for a few days was com-

475 Gerrard Street East, Toronto, Ont., Sept. 18, 1900. John O'Connor, Esq., Nealon House, Toronto, Ont .:

DEAR SIR,-I have great pleasure in recommending the Benedictisa Salve as a cure for lumbago. When I was taken down with it I called in my doctor, and he told me it would be a long time before I would be around again. My husband bought a box of the Benedictine Salve, and applied it according to directions. In three hours I got relief, and is four days was able to do my work. would be pleased to recommend it to any one suffering from lumbago. I am, yours truly,

(MRS.) JAS. COSGROVE.

2564 King Street East, Toronto, December 16th, 1901 John O'Connor, Esq., Toronto:

DEAR SIR,-After trying several doctors and spending forty-five days in the General Hospital, without any benefit, I was induced to try your Benedictine Salve, and sincerely believe that this is the greatest remedy in the world for rheumatism. When I left the hospital I was just able to stand for a few seconds, but after using your Benedictine Salve for three days, I went out on the street again and now, after using it just over a week, I am able to go to work again. If anyone should doubt these facts send him to me and I will prove it to him.

Yours for ever thankful. PETER AUSTEN.

Peter Austin, writing from Des Moines, Iowa, under date of July 2nd, 1905, says: "Enclosed please find M.O. for \$1.00, for which send me 1 box of your Benedictine Salve. Rheumatism has never troubled me since your salve fixed me up in December, 1901."

198 King Street East, Toronto, Nov. 21, 1902

John O'Connor, Esq., Toronto: DEAR SIR,-I am deeply gratefu to the friend that suggested to me, when I was a cripple from Rheumatism, Benedictine Salve. I have at intervals during the last ten years been afflicted with muscular rheumatism. I have experimented with every available remedy and have consulted, I might say, every physician of repute, without perceivable benefit. When I was advised to use your Benedictine Salve I was a helpless cripple. In less than 48 hours I was in a position to resume my work, that of a tinsmith. A work that requires a certain amount of bodily activity. I am thankful to my friend who advised me and I am more rhan gratified to be able to furnish you with this testimonial as to the efficacy of Benedictine Salve. Yours truly, GEO. FOGG

St. James' Rectory, 428 N. 2nd street, Rockford, Ill.

Mr. John O'Connor: DEAR SIR,-Please send me three more boxes of Benedictine Salve. as soon as possible. Enclose please find cheque and oblige.

(Signed) FRANCIS P. MURPHY

Cobourg, April 22nd, 1905 Mr. John O'Conner, 197 King street, Toronto: DEAR SIR,-Enclosed please find one dollar (\$1), also postage, for which I wish you would mail to my address another box of Benedicties Salve. Hoping to receive same by return of mail, I am, sir, ours truly.

PATRICK KEARNS

### PILES

241 Sackville street Toronto, August 15th, 1902.

John O'Connor, Esq., Toronto: DEAR SIR,-I write unsolicited to say that your Benedictine Salve has cured me of the worst form of Bleeding, Itching Piles. I have been a sufferer for thirty years, during which time I tried every advertised remedy I could get, but got no more than temporary relief. I suffered at times intense agony and lost all hope of a cure.

Seeing your advertisement by chance, I thought I would try your Salve, and am proud to say it has made a complete cure. I can heartily recommend it to every sufferer.

JAMES SHAW

Toronto, Dec. 30th, 1901. John O'Connor, Esq., Toronto: DEAR SIR,-It is with pleasure I write this unsolicited testimonial, and in doing so I can say to the world that your Benedictine Salve thoroughly cured me of Bleeding Piles. I suffered for nine months. consulted a physician, one of the best and he gave me a box of salve and said that if that did not cure me I would have to go under an operation. It failed, but a friend of min learned by chance that I was suffering from Bleeding Piles. He told me he could get me a cure and he was true to his word. He got me a box of Senedictine Salve and it gave me relief at once and cured me in a few days. I am now completely cured. It is worth its weight in gold. I cannot but feel proud after suffering so long. It has given me a thorough cure and I am sure it will never return. I can strongly recommend it to anyone afflicted as I was

It will cure without fail. I can be called on for living proof. I am, Yours, etc., ALLAN J. ARTINGDALE,

With the Boston Laundry. Rev. Father McDonald of Portsmouth, Ont., sent for a box of Benedictine Salve on the 11th of April, 1905 and so well pleased was he with the result of its use that he sent for more as follows:

Portsmouth, 18th May, 1905 MY DEAR SIR,-Herewith enclose you the sum of two dollars to pay for a couple of boxes of your Benedictine Salve. I purpose giving one to an old cripple and the other to a person badly woulded with piles, in order that they may be thereby benefitted by its use.

Yours respectfully,
M. McDONALD. (Signed) Address Rev. Father McDonald, Portsmouth, Kingston, Ont.

## BLOOD POISONING

Corner George and King Streets, Toronto, Sept. 8, 1904. John O'Connor, Esq., Toronto:

DEAR SIR,-I wish to say to you that I can testify to the merits "of your Benedictine Salve for Blood-Poisoning. I suffered with blood poisoning for about six months, the trouble starting from a callous or hardening of the skin on the upper part of my foot and afterwards turning to blood-poisoning. Although I was treated for same in the Gene al Hospital for two weeks without cure, the doctors were thinking of having foot amputated. I left the hospital uncured and then I tried your salve. and with two boxes my foot healed up. I am now able to put on my boot and walk freely with same, the foot being entirely healed. I was also treated in the States prior to going to the hospital in Toronto. without relief. Your salve is a cure for blood-poisoning. MISS M. L. KEMP.

Toronto, July 21st, 1902

J. SHERIDAN.

34 Queen street East

John O'Connor, Esq.: DEAR SIR,-Early this week I accidently ran a rusty nail in my ger. The wound was very painful and the next morning there were symptoms of blood poisoning, and my arm was swollen nearly to the shoulder. I applied Benedictine Salve, and the next day I was all right and able to

# JOHNO'CONNOR 199 KING STREET

WM. J. NICHOL, Druggist, 170 King St. E. J. A. JOHNSON CJ., 171 King St. E

And by all Druggists PRICE \$1.00 PER BOX