

you walked through the Cultural Building, and of you admired the palms, crotons and dracaenas, you can't grow, and stopped on the names of the as, etc., which you can grow. Wonderful brown and orange "Sherlock," a fine pink called "Magnificent," a (cactus variety) with yellow net Cross," a shaded yellow "liath," a white with mauve "The Millionaire," a clear en West," and a clear red,

vegetables that were extra "Golden Bantam" corn; celery; winter radishes—black; "Bonny Best" "Early Jewel" tomatoes; arrow; "Danish Ballhead" Savoy" cabbage; "Erlurt" Hubbard" squash; "Pan- and "white Tripoli" and Yellow Globe" onions. Choice potatoes showing first—were: "Irish Cobbler," "Eureka," "Rose of Erin," "ire State" (white), "Green white), "Rural New Yorker," and "Early Ohio" (pink). ing collection of garden de up of dill, sweet Basil, parsley, marigolds, cori- orehound, thyme, lavender, , spearmint and caraway; collection which appeared ial interest to the men— use of the representations ins got by growing it—was nseng plants, now showing berries.

Way Buildings.

Two-thirds of this build- ken up by the Government- ways of Canada, the other P. R. All told, the build- of the most interesting on and as one went about it impressed by the magnifi- d vast possibilities of this In addition to the fine ng scenery in every part of and Trunk this year pro- wonderful model of Jasper . More interesting, to was an exhibit of lighthouse wireless telegraphy cabin up of Canada with twinkling the location of the greater in the C. P. R. section were models of the hotels at ke Louise, with mountains ground. Here also were grains of the West, and a of Indian articles.

ot visit the poultry or live s these were being "done" r representatives of this lake heavenly quiet after young nephew who spoke, out suddenly from the Building almost onto the ke, where graceful white sailing about and Sir John ful yacht was riding at

nt you enjoyed it?" like to come for a day, be glad to go back home." ay he felt as the most of clothes off and his old s on, myself," said Farmer rows will come to "The year, all the same.

ur Health.

"MEDICUS."

nic Bronchitis.

V. D., Huron Co., Ont. onchitis may include a different things, for ex- tuberculosis or emphy- is often complicated by is. This, of course, makes of chronic bronchitis most have usually two con-

important and the most int to remember in the

treatment of chronic bronchitis is this: DON'T COUGH. Every time you cough you damage your lung. You stretch the air-cells so much that they lose their elasticity. The patient's chest becomes large, barrel-shaped. In fact, patients are often proud of their large chest, and with considerable pride thump their chest and tell you what a splendid chest they have. Because the air-cells have been stretched and lost their elasticity these patients are "puffy," get short of breath on exertion, lips are often blue and their hands cold and feel sweaty. So DON'T COUGH. Because the air-cells are stretched you "can't get under the cough," it is difficult to raise phlegm. The more you cough the more you have to cough. As the doctors in the consumptive sanatorium will tell you, if you don't stop coughing you can't be cured. So, too, in chronic bronchitis, if you don't stop coughing you can't be cured. This is easier said than done, but you should put up a strenuous fight, and the longer you fight the easier the fight.

Climate.—It is usually advised to go to a warm climate during the winter. None of my patients were wealthy enough to afford that, so I cannot speak from experience as to the practical value of it. In the winter it would be advisable not to expose oneself to extreme weather. On the other hand, I don't think it is advisable to shut your self up all winter in a house. It is very essential that you have plenty of moisture in the air during the winter. Don't neglect to keep water in the water-pail of the furnace, or keep a kettle of water on the back of the stove.

There is only one drug that seems to be of any service in my hands, and that is terpin hydrate—a tablet of 2 grains 4 times a day. This should not be taken if you have Bright's Disease, because it might aggravate the kidney condition. For that reason consult your family doctor first. Terpin hydrate is got from turpentine, and acts very like turpentine. Turpentine is used a good deal as an application to the chest, for example, turpentine and goose oil, and is often given internally. You are, no doubt, familiar with such patent medicines as tar, tolu, turpentine and tamarac.

I think diet has no influence on chronic bronchitis. You should maintain your normal weight. If you are a poor sleeper make your last meal of the day the lightest meal.

The Children's Poem.

Two Riddles.

Someone comes in our front door—
Makes things awful glad!
Stamps his feet upon the floor,
Gives a bear-hug and a roar.
'Tisn't Santa, yet he brings
Pockets full of pleasant things.
Guess!
Sounds exactly like our dad!

Yes!
There is something very bright
Lights up every place;
Makes you not afraid at night;
Makes you always feel just right.
Not the moon, and not the sun;
Not the lamps when day is done.
Guess!
Can't have me—that's mother's face!
Yes!

Hope's Quiet Hour.

Sham Religion.

In His teaching He said, Beware of the scribes, which desire to walk in long robes, and to have salutations in the marketplaces, and chief seats in the synagogues, and chief places at feasts: they which devour widow's houses, even while for a pretence they make long prayers; these shall receive greater condemnation.—S. Mark 12 : 38-40 R. V. margin.

I was reading those words last night and they impressed me forcibly, as if I was listening to the voice of the Great Master Himself. Then I went to bed and had a very vivid dream. I dreamed that one of the "Advocate" readers was calling on me, and I was trying to make a good impression on her by talking of the work I was doing. Then I awoke, filled with horror at myself, and the words of the text seemed to be aimed directly at me. In dreams we

sometimes catch glimpses of our secret selves. The desires, which lie so deep in our consciousness that we are ignorant of their existence, put up their heads for an instant and we catch glimpses of ugly sins which we never suspected. It is as if our Lord touched us, with the grave warning, "Beware!" When He warned St. Peter of the secret cowardice which the Apostle had no idea of, the warning was unheeded. Do you wonder that, in the silent night, I prayed with all my heart to be cleansed from secret sins, and especially from the loathsome cancer of sham religion.

It has been said that confession is good for the soul; but it is not for that reason I am telling you about my dream. Perhaps the danger of cultivating a religion which is only skin deep may lie in your path, also. Probably many of the scribes, so sternly condemned by Christ, really thought they were serving God. Like the Pharisee in the temple, they thanked God that they were not thieves, profiteers or impure and degraded. They were very regular at the religious services, they were temperate in meat and drink, they gave large sums (ostentatiously) to the church. Their prayers were eloquent and impressive; and only God knew that they came only from the surface and did not express the desires of their inmost hearts. They were really living for this world. They were looking always for the praise of men and for worldly advantage, using the pretence of religion to hide sharp practices and shady dealings. They cared nothing for the misery of their neighbors if only they could gain some advantage without being found out. God knew that the surface comeliness of their lives was only a thin coat of whitewash. Underneath—hidden from the sight of men—were greed, selfishness, cruelty and loathsome hypocrisy. The disease of heart-impurity was hidden beneath those long robes of respectability.

It was in love for their souls that our Lord tore off the disguise and revealed the hidden ugliness to the astonished multitude. S. Luke tells us that the warning against the scribes' sham religion was given "in the audience of all the people." A private rebuke would have slipped easily off the polished veneer which formed the hard outer covering of their souls. Christ would not have put them to public shame unless it was necessary. They cared a great deal for the praise of men and looked at their own lives through the glass of public opinion. As long as their neighbors heaped praise and flattery on them they did not investigate closely to see whether it was deserved.

A few days ago someone said to me: "It is terrible to see the young people drifting away from church and showing no interest in religion. Week-end house-parties spend Sunday in having a good time, and the new generation is practically heathen."

I answered, with easy and confident optimism: "Every soul needs God, and some day the people who have allowed Him to be crowded out of their lives will seek Him in weariness of spirit, because earthly cares and pleasures can never satisfy soul-hunger."

But last night, while my dream was sounding its loud warning in my heart, I wondered whether the young people were as much to blame as their elders. Young hearts are very quick to detect sham religion. In their natural hatred of hypocrisy they may rush to the extreme of fancying that all religion is only an outside show. Young men of Galilee turned from the business of making money to follow Christ. As St. Peter truly said, they "left all" to follow Him. That was because they felt His genuineness. His long prayers were not made in the synagogues and in the corners of the streets, but were real talks with the Father in secret places.

There was no attempt to win public favor on the part of Christ. When the people wanted to take Him by force to make Him a king, He sent them away and retired to a mountain-top for prayer in secret. One morning, when He had got up very early and slipped away for the chance of quiet communion with the Father, the disciples found Him and said: "All men seek for Thee." It was a chance to sway the crowds by the magic of a popular preacher. But His quiet reply was: "Let us go into the next towns, that I may preach there also."

He could easily have won fame and lifted Himself into a position of earthly

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