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or I, even in lesser

CANDLE BEAMS.

"How far that little candle throws its beams!"

An old woman, with a load of barrel staves under her arm and projecting beyond the shelter of her dingy shawl, was walking unsteadily along the street by reason of her burden and her age.

A group of girls, just out from school, were sauntering with the inconsequent steps of happy, care-free girlhood.

"Oh, Miss, I beg your pardon!"

A bundle of books, poised lightly on the springing hip of one of the girls, went scattering over the sidewalk.

The girl looked a moment at the old woman, at her books, surprised, alarmed a bit, it was all so sudden. Then she laughed out heartily, and cried, with a ring in her fresh young voice: "Oh, that's all right! It was my fault just as much as it was yours. More, because I wasn't looking. Don't you mind!"

Then with merry, responsive laughs, all the girls fell to picking up the fluttering books.

Did I imagine it, or was there really the glimmering of a human smile in the bleared blue eyes of the wretched woman?

Who shall say but that ready laugh and those pleasant, hearty words may have touched a chord hidden away under the dirt and rubbish of years of poverty—may have awakened to that poor creature the memory of joyous, protected days, long, long past? Who knows but it may make even her a trifle tender with other old creatures struggling among the ash barrels?

God help us all to keep near our lips the ready, hearty, generous word!

SOME RULES OF THE CHURCH.

"The minister of every parish shall often admonish the people that they defer not the Baptism of their children longer than the first or second Sunday next after their birth, or other holy day falling between, unless upon a great and reasonable cause."

"To the intent that all mortal men may be always in readiness to die whensoever it shall please Almighty God to call them, the Minister shall diligently, from time to time \* \* \* exhort their parishoners to the often receiving of the Holy Communion of the Body and Blood of our Saviour Christ when it shall be publicly administered in the church."

"When any one is sick, notice thereof shall be given to the Minister of the parish."

"So soon as children are come to a competent age and can say the Creed, the Lord's Prayer, and the Ten Commandments, and can answer to the other questions of the Short Catechism, they shall be brought to the Bishop."

"All persons within this Church shall celebrate and keep the Lord's Day, commonly called Sunday, in hearing the Word of God read and taught, in private and public prayer, in other exercises of devotion, and in acts of charity, using all Godly and sober conversation."

"When once thy foot enters the church, be bare. God is more there

han thou; for thou art there only by His permission. Then, beware, and make thyself all reverence and fear. Kneeling ne'er spoil'd silk stocking." "Till he and be rich."—Herbert.

BUILDING EVERY DAY.

We are building every day, In a good or evil way; And the structure, as it grows, Will our inmost self disclose,

Till in every arch and line All our faults and failings shine; It may grow a castle grand, Or a wreck upon the sand.

Do you ask what building this That can show both pain and bliss, That can be both dark and fair? Lo, its name is Character!

Build it well, whate'er you do; Build it straight, and strong, and true; Build it clean, and high, and broad; Build it for the eye of God!

Stricken with Paralysis.

Could Scarcely Walk and Was Given up by Doctors—An Extraordinary Case—Now Believes His Life was Saved by

Dr. Chase's Nerve Food.

Mr. James A. Deal, a respected resident of Bridgewater, N.S., writes: "About a year ago I suffered a stroke of paralysis, which left me in a very bad state of health. To add to my troubles, last winter I took la grippe, which completely exhausted my nervous system. I could scarcely walk or talk, my legs and arms were partially paralyzed, my blood did not circulate properly, and I could not do any work. In fact, I was so bad that the doctors gave me up and thought I could not live through the summer."

"I began the use of Dr. Chase's Nerve Food, and persevered in the treatment, until now I am at work again. The change in my condition has been most remarkable. It is a surprise to everyone to know that I am able to be around again. My nervous system has been built up wonderfully by this remedy. I am able to rest well, my circulation is normal, and my general health good. My appetite is first-class, and I have gained considerably in flesh."

"The results I have obtained from Dr. Chase's Nerve Food have been most gratifying, and I have no hesitation in stating that I believe I owe my life to this preparation. I am willing that you publish this letter, with the hope that it may be the means of helping others to regain their health."

Dr. Chase's Nerve Food, 50 cents a box, six boxes for \$2.50, at all dealers, or Edmanston, Bates & Co., Toronto.

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OF THIS ADVERTISEMENT IS TO INDUCE YOU TO TRY

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BESANT'S WRITING RULES. Here are some rules which Sir Walter Besant drew up for his own guidance in writing: 1. Practice writing something original every day. 2. Cultivate the habit of observation. 3. Work regularly at certain hours. 4. Read no rubbish. 5. Aim at the formation of style. 6. Endeavour to be dramatic. 7. A great element of dramatic skill is selection. 8. Avoid the sin of writing about a character.