

bottle of prevention
better than a
aged stomach.
Abbey's
fer-
cent **Salt**
and 60c bottle.
old everywhere.



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or precious things
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exclaimed Benjamin,
am I ever going to
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ANY.
YES

THE Union Trust Co. LIMITED

Head Office and Safety Deposit Vaults,
TEMPLE BUILDING, TORONTO
Branches: Winnipeg, Man., 315 Portage Av.
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Capital Paid up..... \$ 1,000,000
Reserve Fund..... 750,000
Assets, Trust Funds and Estates 13,517,011

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ence Invited.

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the capacious bag with a good part of his treasure, he flung it over his shoulder and flew homeward.

"Dear mother," he wrote that night, "for the first time since I came here I am sitting in a chair and shall sleep to-night on a pillow. The chocolate cake is rather dry, but the fruit-cake is perfect and tastes like old times. That laundry bag is a dandy, and the first thing I used. If it hadn't been for that, I'd had to leave half the things under the snow."

Grandmamma's eyes shone like stars when she read the letter, and she wiped her glasses, saying gently, "I told you so."—Mary J. Clark.

LEARN TO FORGET.

If you would increase your happiness and prolong your life, forget your neighbour's faults. Forget the slander you have ever heard. Forget the temptations. Forget the fault-finding, and give little thought to the cause which provoked it. Forget the peculiarities of your friends, and only remember the good points which make you fond of them. Forget all personal quarrels or histories you may have heard by accident, and which, if repeated, would seem a thousand times worse than they are. Blot out as far as possible all the disagreeables of life; they will come, but they will grow larger when you remember them, and the constant thoughts of the acts of meanness, or worse still, malice, will only tend to make you more familiar with them. Obliterate everything disagreeable from yesterday; start out with a clean sheet for today, and write upon it, for sweet memory's sake, only those things which are lovely and lovable.

STRETCHING.

A splendid thing for the body is stretching. When you first wake up in the morning take a good long stretch. Stretch the hands as far out sideways as possible. Then stretch them over the head as far as you can reach, and at the same time stretch the feet and stretch upwards just as high as you can, and then lower the feet and legs very slowly.

When you get out of bed raise your arms over your head and, standing on tiptoes, see how near you can reach the ceiling. Then walk about the room while in this position. Stand on the right foot and stretch the right arm forward and upward as high as you can while at the same time the left foot is raised from the floor—and

stretched outward, and the left hand is stretched backward and downward. This is a fine exercise for the whole body and is especially good and

A Man With Piles Cannot Work

The depressing, undermining influence of piles seems to affect mind as well as body until the sufferer from this annoying ailment feels miserable and utterly cast down.

The itching, stinging sensations which accompany piles are bad enough. The search for cure and thought of a surgical operation do not tend to cheer one up. Many get discouraged and allow their futures to be ruined by this wretched ailment.

It is so easy to relieve piles by the use of Dr. Chase's Ointment that it seems strange that anyone should neglect to give this treatment a thorough trial. If you could only read some of the letters from cured ones who had suffered ten, twenty or thirty years you would no longer doubt the effectiveness of Dr. Chase's Ointment in the relief and cure of piles.

strong. Standing on the left foot, this exercise can be reversed.

If you have been sitting in the same position for a long time reading, studying, writing or sewing, and the muscles have become tired and cramped, the best thing to do is to get up and stretch. Stretch the arms upward and outward and forward and backward. Lift the shoulders as high as you can and drop them. Expand the chest and breathe deeply. Or, sitting in the chair, stretch the hands upward, lift the feet from the floor and stretch them forward as far as possible. Any way, so you give the muscles a good, vigorous stretch.

When one is very tired there is nothing more restful than stretching the muscles and then relaxing them.—The Arrow.

HOW TO MAKE LIFE SUCCESSFUL.

The whole sum of this title of life is service. Service to others and not to self. Self is a narrow space. I wish to speak to the young men who have just opened the door of life, and to the old men who are just before the door that opens to a life beyond. Life is

not an existence for self. It is this service that is the grand exponent of a successful life. To determine what success a life may attain is to see how much a life may accomplish for the bettering of humanity.

I wish I had the power to convince every one of my hearers of the importance of service. In service you throw yourself into another life. The other life becomes part of yourself, you part of that other life; you are one. You work together for the bettering of the world. Just so you enter into God and divine life enters into you. You do not surrender to pope, priest, or church, but still have your own independence. You simply surrender to God.

To make life as successful as you can, you should not go away by yourself and say that you will live a good life, and then do nothing else. To cherish self is not the way to do service. You must lose self. Make yourself so strongly a part of the world that you influence all the other parts, and more strongly cement them together. Take in some other life. Serve it and show it that there is a Divine image hidden in it. Develop that image, and in so doing you benefit your own life.—Phillips Brooks.

How Nerve Cells Are Broken Down

Every man or woman who works with the brain uses up daily an enormous amount of nerve force. Millions of tiny nerve cells are broken down and must be replaced if mental and bodily efficiency is to be maintained.

If brain fag, headaches, sleeplessness or irritability set in, the evidence is plain that nature is not rebuilding as fast as work is breaking down. You cannot allow this depleting process to continue long if nervous prostration or paralysis is to be warded off.

Dr. Chase's Nerve Food will help you to get the balance on the other side of the account, so that each day will add a little to your stock of health and vitality. A man whose work is largely mechanical may keep going with health below par, but the brain worker must have a clear head or fall behind in the race. Restore the wasted nerve cells with Dr. Chase's Nerve Food and know the joys of good health and success.

ACCIDENT SICKNESS INSURANCE

— THE —
Dominion of Canada
Guarantee and Accident Insurance Co.
TORONTO



down he went deeper into the box and spied the laundry bag.
"Ha, just the thing!" And, filling

