

Every Cold Means Danger

It does not do to neglect even a slight cold. When you have a cold your lungs are more susceptible to the germs of Consumption. Take

Shiloh's Consumption Cure

It will cure your cough or cold at once. It will heal and strengthen your lungs. It is a safeguard for you always. Take it at the first indication of a cough or cold.

Rev. Mr. Parson, of Toronto, writes: "I used two bottles of Shiloh's, and take pleasure in recommending it. There is nothing like it for cough, throat and lung trouble."

Shiloh's Consumption Cure is sold by all druggists in Canada and United States at 25c, 50c, \$1.00 a bottle. In Great Britain at 2s. 2d., 4s. 3d., and 8s. 6d. A printed guarantee goes with every bottle. If you are not satisfied go to your druggist and get your money back.

Write for illustrated book on Consumption sent to you free. S. C. Wells & Co., Toronto.

Some Pointers on Getting Plump.

There is for emaciation as successful and simple a treatment as for obesity. You need not be thin any more than you need be fat.

If one's system is run down from hard work and worry of course there are two things that must at once be done before the treatment is begun. First, take a tonic, and build your system up as well as you can. Second, join the "Don't Worry Club". Then you may begin the treatment for emaciation.

Of course you must diet and avoid all acids as much as possible, that is solids like lemon, vinegar, etc. Drink plenty of milk, eat cereals, good steaks, roasts and all nourishing food; fruits are excellent; do not drink tea or coffee, cocoa is not harmful.

Sleep in a well-ventilated room; and, when arising in the morning, take exercise with dumbbells and Indian clubs, before taking a bath, then use friction with rough towels until you are in a perfect glow. Then you are ready to sit down and partake of a good breakfast.

After this, if you work, walk to your place of business. If the distance is too great, walk part of the way anyway, and do so night and morning. When luncheon time comes do not sit in the office all noon, but take a walk, even if it is only around the block and back, walk briskly, with head erect, shoulders thrown back and chest out.

When you return home at night have a good dinner, and retire early. One who is weak from overwork is in need of rest, and should sleep as long as possible.

If you have a wheel spare what time you can on it, but remember, in riding, to sit erect, and breathe through the nostrils. One hour of riding and breathing through the mouth is worse than none at all. The nose, with its lining, acts as a filter of the air.

If possible, take exercise in a gymnasium, but if a gymnasium is not available, there are good exercises to practice at home.

Stand by a chair, resting one hand on the back of it, then, with the heels together and the toes turned out, bend

the knees and sink toward the floor, bringing the arm that is free forward with every sinking and rising. Ten of these movements will tire you a good deal at first.

Place the hands on the hips and bend back as far as you can without hurting yourself. Bend forward, keeping the knees straight, touch the fingers to the floor in front.

Raise the arms above the head, palms back to back, lower them to the side and try to touch them in the back, hold them straight to the sides and describe small circles with them. Bend the elbow, touch the finger tips to the shoulders, and then straighten the arms. Breathe in when you bring the arms up to the shoulders, and exhale when straightening.

If these exercises are practiced and the diet regularly maintained, you will find an increase in your weight before a month. Exercise is peculiar. While it diminishes the weight of course it too, it increases it if too thin. No one can hope to add flesh, unless the circulation be good, and to make it all that it should be, it is absolutely necessary to exert the muscles and get a good breath of air.

Few people are aware that it is necessary to breathe well to have good health, and few have any idea how badly they are breathing. A full, deep respiration is like a tonic to anyone.—Marion Bright in Pittsburgh Chronicle.

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LITERARY NOTES.

The Presbyterian Review, published by the Poole Publishing Company, Toronto, contains a large amount of interesting matter in its issue of Nov. 29, just at hand. On the front page of the cover is an excellent picture of the Rev. H. C. Hossack, M.A., LL.B., editor. There is also an illustrated article on the work of Rev. Wm. McKie, who has been stated pastor of Cookes Church, Toronto, during the vacancy; also on Rev. A. B. Winchester, minister-elect of Knox Church, Toronto; on Regina Industrial School and many other interesting features.

From the standpoint of illustrations, the Canadian Magazine surpasses itself in its Christmas number. The reproductions of characteristic bits of "Canada's Scenic Splendors" are done in colors most effectively. There are several poems by Ethelwynn Elzevir, Frank Macdonald, and Elizabeth Roberts Macdonald. There are short stories by Verna Sheard, Arthur Scriner and Jane Fayer Taylor, all bright and cheerful. The "Young Idea in Japan," while John A. Ewen takes us to the other end of the world to see "Mrs. Kruger at Home." The colored cover represents "Johnny Canuck's Christmas."

The December issue of Table Talk opens with a pleasant bit of poetry entitled "The Turkey's Jubilee," and is followed by a number of well-written articles, among them of special excellence being: "The Cooking of the May Flower Women," "A Borrowed Christmas," "The Making of a Man," "The Christmas of the Olden Days," "Christmas Facts and Fancies of Many Countries," "The Children's Christmas" and "Gifts of the World." Illustrated is an attractive feature of Table Talk, and several timely and tempting-looking dishes enrich the pages of this month. Our readers can obtain a free sample copy by addressing the Table Talk Publishing Company, Philadelphia, Pa.

The fiction of the Christmas Home Magazine includes a strong story of a forest fire, entitled "The Path of the Destroyer," by Cloudsley Johns; "A Christmas Ghost," by Cassandra Lee; "Miss Tabitha's Last Chance," a humorous story by Will S. Gidley, and "The Wax Lady," by C. S. Long, which opens up a new field for the fiction writer.

The Christmas number of the Christian Guardian, which will be issued on Dec. 12, will offer many literary and artistic features. Among its many contributors are Mr. W. E. H. Massey, the manager of the Massey-Harris Company, who from his great business experience, writes of the "Which Which Beset Young Men"; Mrs. Jean Blewett, one of the most popular of our lady writers, who tells "The Love in Love," some things which she ought to know, and Miss Margaret Little, a popular story-writer, who contributes a story entitled "In the Face of a Child." There, with a score of other articles, poems and stories, appropriate to the season of the year, will make the Christmas Christian Guardian a very readable number. The illustrations will also be numerous and attractive.

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question of opening a direct trade with England and Western Europe by sea, and has ordered the construction of large steamers specially adapted to the purpose. Unless, therefore, we prove unpropitious, we shall soon see Russia entering the lists as an active competitor with the other countries exporting food stuffs and farm produce with an organized system for the handling of the produce from the time it is put into the station on a railway line until it is landed at the place of import.

Dizziness and Nausea

Caused by Over Study and Close Confinement.

How a Popular School Teacher Suffered—And How Acting on a Friend's Advice She Tried Dr. Williams' Pink Pills and Was Restored to Health and Strength.

"About the most thorough and popular teacher I have ever had here," is the opinion expressed by one of the people of Canada, N.S., of their present young lady school teacher, Miss Nellie Outen. Miss Outen is possessed of keen intelligence and engaging manners, and has been peculiarly successful in her chosen profession. At present she looks the picture of health, and one observing her good color and buoyant spirits, would never think of associating her with sickness. It was, however, only last autumn that she was almost hopeless of continuing in her work on account of her ill-health, and her condition was a source of alarm to her friends. "Yes," she said to an Acadian reporter who called upon her recently to learn the particulars of her case, "I suppose it is a duty I owe to Dr. Williams' Pink Pills that I should make public the wonders they worked for me, but perhaps I would not have thought of it if you had not called."

"You see, in addition to my teaching I had been studying very hard over my work, and then I was attacked with whooping cough, which did not leave me for a long time, and so I became pretty well run down. I was always considered the embodiment of health at home, but last autumn I was really ailing, and my condition. Sometimes in the schoolroom I would be seized with dizziness, and often I would faint away. I would take vomiting turns, and had a great deal of nausea, and languor all the time. I lost my color and became thin and pale, and it seemed as if my blood had turned to water."

"This condition of things was so different from anything which I had previously experienced that I sought medical advice at once. I was informed that I was suffering from anaemia, and I at once put myself under medical treatment. But although I tried several bottles of prescriptions, my condition seemed to be getting worse all the time. When I went home for my Christmas vacation I was almost in despair. It was while at home, however, that my friends advised me to use Dr. Williams' Pink Pills. Acting upon their advice, I took up their use. The first box made its effect felt, but I used four or five and then the cure was complete. Ever since then my health has been excellent, and I have felt my old-time self, and am able to attend to my duties, which are by no means light, without the fatigue and languor that made the work irksome. You may depend upon it, I will always have a friendly word to say for Dr. Williams' Pink Pills."

If your dealer does not keep these pills in stock, they will be sent postpaid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams Medicine Company, Brockville, Ont.

SEE SIGHTS FROM A COACH

Many People in England Do Their Touring Leisurely.

Every year about 4,000 people, mostly Americans and Australians, traverse the whole of Great Britain in imitation old-fashioned coaches, says the London Mail. This year quite 10,000 Americans alone have booked up in advance complete tours in this way, and yet very few in Great Britain or in the United States know that one coach is now so linked with another throughout the whole of the English provinces that the railway can be almost totally ignored.

The revival of coaches some years ago ended in a dead loss to those who undertook it, for the very good reason that things were done on the most lavish and uncommercial scale. Now, however, nearly every coach running from a London hotel is a source of handsome profit, for nearly all the coaches are run as commercial speculations as well as for pleasure. When a good route is chosen they cannot be a failure, for the reason that before they start a certain number of persons living along the road guarantee to make or pay for so many journeys in each season.

But this is about all that is known on the subject by most Englishmen, though thousands of Americans write months in advance, asking that a complete coach route may be devised for them throughout England. A coaching agent declares that at the end of each four seasons past from 3,000 to 4,000 persons have returned to America and to their colonies having seen the whole of England and a good part of Scotland and Ireland from well-appointed coaches that took them from inn to inn, and he further avers that he has no understanding, rather than exaggerating when he says that quite 10,000 persons have already had these rail-ignoring journeys arranged for them this year.

Doctors Like It.

For over twenty years Vapo-Cresoleine has received the unequalled support of the medical profession; we feel very proud of this. Physicians everywhere realize the importance of this direct way of treating all throat affections. Put some Cresoleine in the vaporizer, light lamp beneath, and then breathe-in the healing and germ destroying vapor. It is the doctor's prescription now for a whooping cough, frequently curing it in a few days.

Vapo-Cresoleine is sold by druggists everywhere. A Vapo-Cresoleine outfit, including the Vaporizer and Lamp, should last a lifetime, and a bottle of Cresoleine, complete, \$1.50; extra supplies of Cresoleine and containers, 50c. Illustrated booklet containing full directions, sent free on request. V. V. CRESOLEINE CO., 110 Fulton St., New York, U.S.A.

The Poets.

Wars and Rumors of Wars. Wars and rumors of wars, smoke, and riot and flame, But our God is high in the heavens, and the Prince of Peace is his name.

Wars and rumors of wars; the nations like wolves at bay, Growing and prowling and snarling, till their battles are set in array. The heathen swarm to the conflict; they storm with fire and sword, And hurl their grim defiance, bitter and brave, at the Lord.

Alas, for the heathen people who know not what they do, Who must eat the bread of abasement, and drink of the cup they brew.

Woe for the homes uncounted, where sorrow and squallor meet, Where the women wait and listen for unreturning feet.

Gog and Magog are loose; rapine is in their track; But the Lord who holds them in leash, can call their cohorts back.

His saints are safe in the terror, whatever the stress shall be, Our Lord for his own is mighty; they are safe on land and sea.

The great world navies hasten, the great world armies rise, But One is serene above them, the Lord of the earth and skies.

Out of the fury and tempest, out of the whirl and the rush, A still, small voice shall issue; there shall follow a brooding hush.

And God shall bring his purpose to blossom and fruit in time; His purpose that marches onward to his hour of grace sublime.

Wars and rumors of wars, till the Master bid them cease, For our God is King in the heavens, and his name is the Prince of Peace. —Margaret E. Sangster, in the Independent.

The Age of Gold. The clouds that tower in storm, that beat, Arterial thunder in their veins, The wild-flower, lifting fair and sweet, Their perfect faces from the plains.