

he yielded and took the note to Anselmo.

From twelve o'clock to three was the only time when all the jailors slept. And from one hour only the light from Anselmo's lantern shone into his room. During this time the prisoner took out the stones from the chest and began to undermine the floor beneath the chest. The time it occupied to take out the stones, and put them back again, left him only twenty minutes for work. But slowly he worked on, and after eleven months and twenty-one days, he had so far succeeded that he made a bold venture. And though rubbish fell upon him and nearly buried him, he succeeded in pushing his way through and escaping to light and freedom.

Had it not been for Anselmo's unflinching faithfulness, it could never have been done at all. Thus, in one sense, Anselmo saved him. Throughout the long and lonely watching he kept this in mind,—"My brother said, do this, and I will meet thee there." And so he continued on and on to trust his brother's promise.

And now, why have I told you this story? Because it illustrates in a way our own duty. Advent tells us of our Great Brother and Lord, Jesus Christ, that He will meet us some time. We do not know when, it may be soon or late, but He has given us a duty to do, and we ought to do it faithfully as Anselmo did, and like him, we never know how great a thing we may be doing. It may seem little, it may seem worthless, but it may be neither one nor the other, but good and great as Anselmo's lantern. "Watch," said Christ, "for ye know neither the day nor the hour."



The Arsenical Ore Reduction Company, of New York, is building concentrators at Net Lake, three miles from Temagami.



A KING REBUKED.

A king was once riding along in disguise, and seeing a soldier at a public place door, stopped and asked him to dine with him, and while they were eating, the king swore.

The soldier said: "I am sorry to hear young gentlemen swear."

His majesty took no notice, but swore again.

The soldier said: "I'll pay part of the bill, if you please, and go, for I so hate swearing that if you were the king himself I should tell you of it."

"Should you, indeed?" asked the king.

"I certainly would," replied the soldier.

A while later, the king having invited some lords to dine with him, the soldier was sent for, and while

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WHAT SULPHUR DOES

For the Human Body in Health and Disease.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was got without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide), and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets, and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health: sulphur acts directly on the liver and excretory organs, and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles, and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins, while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples, and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate, people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers a far safer, more palatable and effective preparation.

Advertisement for HEINTZMAN & CO. featuring a 'STOCK TAKING SALE' of 'BARGAINS IN SECOND-HAND ORGANS'. The ad lists 32 different organ models with their specifications and prices, ranging from \$19.00 to \$110.00. It also includes 'EASY TERMS OF PAYMENTS' and the company's address at 115-117 King Street West, Toronto.

they were at dinner he was ordered into the room to wait a while. Presently the king uttered an oath. The soldier immediately (but modestly) said: "Should not my lord the king fear an oath?"

The king looking at the soldier, said: "There, my lords, is an honest man; he can respectfully remind me of the great sin of swearing, but you can sit and let me stain my soul and not so much as tell me of it."