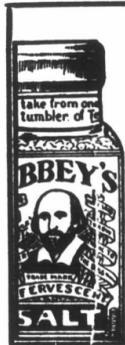


Vicar of Flaxton, Ohoka, and Eyerton, where he remained until his retirement in 1907. Mr. Cruden possessed a considerable library, and in his knowledge and use of the Greek Testament would put many of his younger brethren to shame. The same energy which made him reluctant to retire made it hard for him to abstain from work, and even in his declining days at Riccarton he

expelling all aliens from the country—the first Aliens Act. Ethelmar fled to Winchester, but being pursued by the Barons he went to France, and never returned to England again. He died in Paris, and his body was buried in the Church of St. Genevieve but, by his direction his heart was sent to be enshrined in Winchester Cathedral. Within the wall of Bishop Fox's choir screen there is a Latin inscription recording the death of Ethelmar in 1260.

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assisted in the Sunday School. The esteem in which he was held was strikingly shown at the funeral, six of his old Church officers coming at short notice to act as bearers. The Bishop, though far from well, was present at the funeral in Riccarton Churchyard. He leaves a widow, four daughters, and a son in Eng-



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land, with whom we desire to express our deepest sympathy. So ends the earthly life of a veteran in the service. May he rest in peace.—"The Church News."

Interesting Discovery at Winchester Cathedral.—While excavating recently near the angle of the south aisle and transept of Winchester Cathedral the workmen preparing the foundations for the new buttresses unearthed at a depth of 6 ft. a massive piece of polished Purbeck marble weighing about 13 cwt. On being cleaned it was found to be beautifully carved. Above the spandrils are chiselled in high relief on one side a shield with the Lions of England, and on the other side a shield with the Spread Eagle. In the centre of the arch is a Bishop's mitre. It is believed to have formed part of an Early English memorial tomb, which it is suggested was that of Aymer de Valence, half-brother of Henry III, who was appointed Ethelmar Bishop of Winchester in that Monarch's reign. Close to the entrance to the chapel of the Guardian Angels on the north of the Lady Chapel there are the remains of Ethelmar's memorial, inserted in the wall in the centre of one of the Early English arches of the arcade. It is an oval-shaped slab of Purbeck marble with an effigy of the Bishop holding his heart in his hands, and at the top of the slab are two broken fragments, which on measurement and comparison were found to correspond exactly to the piece of marble unearthed, which is therefore doubtless a fragment of the canopy of the Bishop's tomb. Ethelmar was a most unpopular prelate, and when appointed by Henry III. the monks of St. Swithun refused to elect him. The King thereupon repaired to Winchester and lectured the monks into obedience. Ethelmar's conduct raised strong feelings amongst the Barons against Henry's alien favourites, and at a Parliament at Oxford a law was made

Children's Department

FORBEAR TO SPEAK HASTILY.

From the beginning of the day to nightfall we need to say, not to our neighbour, but to ourselves—*forbear*; and again, *forbear*. Seldom do we regret silence, often must we lament speech. Our hasty words, impetuously spoken, linger in wounded memory, and leave scars. One question whether affection is again the same after an unjust or brutal attack has flawed its perfect arc. In the home realm, where relatives meet in the unrestraint of daily intercourse and the social guard is down, there is always occasion for the exercise of forbearance. Wait a little; repress the impulse to censure; drive back the spirit which is bitter and bristling, and wear the look and speak the language of amiability. Recall the assertion of a certain old book, that "better is he that ruleth his spirit than he that taketh a city." If the small son or daughter has transgressed, *forbear* the reproof until assured that the error was intentional; that the ac-



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ROYAL YEAST
 MOST PERFECT MADE
 MAKES LIGHT WHOLESOME BREAD.
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cident was due not to innocent misunderstanding, but to wilful mischief. If the friend fails to do what in given circumstances is expected of her, *forbear* the unkind reflection, and give her the benefit of charity. Most wrongs right themselves and most frictions are smoothed if only forbearance directs the domestic engineering.—Harper's Bazaar.

SUNSHINE AFTER RAIN.

Though great dark clouds ascend the sky,
 And thunders peal again,
 Though lightnings flash and tempests rage,
 There's sunshine after rain.

Though war arise on every side,
 Like billows of the main,
 The sea will calm and peace prevail,
 As sunshine after rain.

If life be dreary for awhile,
 With days of grief and pain,
 Have courage, for there always is
 Bright sunshine after rain.

Our future may be wrapt in mist,
 But fear we should restrain;
 The Ruler of the stormy sky,
 Gives sunshine after rain.

The clouds that seem so dark to us,
 His goodness shall proclaim,
 Who trusts in Him shall ever find
 Glad sunshine after rain.

Rev. L. Sinclair.

FIND YOUR WORK—THEN DO IT.

Remember, my son, you have to work. Whether you handle a pick or pen, a wheelbarrow or a set of books, digging ditches or editing a paper, ringing an auction bell or writing funny things, you must work.

If you look around you, you will see the men who are most able to live the rest of their lives without work are the men who work the hardest. Don't be afraid of killing yourself with overwork. It is beyond your power to do that on the sunny side of 30. Men die sometimes, but it is because they quit work at 6 p.m. and don't get home until 2 a.m. It is the interval that kills you, my son. The work gives

you an appetite for your meals; it lends solidity to your slumbers; it gives you a perfect and grateful appreciation of a holiday.

There are young men who do not work, but the world is not proud of them. It does not even know their names. It simply speaks of them as "so-and-so's boys." Nobody likes them. The great busy world does not know that they are there.

So find out what you want to be and do, and take off your coat and do it. The busier you are, the less harm you will be apt to get into, the sweeter will be your sleep, the brighter and happier your holidays, and the better satisfied will all the world be with you.—Robert J. Burdette.

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Internal treatment for skin diseases is nearly always disappointing. By applying Dr. Chase's Ointment to the diseased parts relief is obtained almost immediately, and gradually the sores heal up and disappear. Here are two letters which will interest you:—

Mrs. Chas. Gilbert, Haystack, Placentia Bay, Nfld., writes:—"I was a sufferer from Salt Rheum for ten years, and had about despaired of ever being cured, so many treatments had failed. Reading of the wonderful cures effected by Dr. Chase's Ointment, I commenced using it, and was entirely cured by eight boxes. I want to express my gratitude for Dr. Chase's Ointment, and to recommend it to all sufferers."

Mr. Stanley Merrill, Delaware, Ont., writes:—"For years I was troubled with my hands cracking, often becoming so sore that I could hardly do any work. I got some of Dr. Chase's Ointment, and happily find that one or two applications of same to the affected parts make them well. I have had no trouble since using the ointment for sore hands."

Dr. Chase's Ointment, 60c. a box, at all dealers, or Edmanson, Bates & Co., Limited, Toronto.



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