

trying to hear. At last, spying the bird in my hat, the baby made a sudden dive for it. My first thought was an angry response, but when I looked up in the mother's tired worried face—well, I changed my mind and remembered to smile, and, turning to the baby, I smiled at her, too, and asked her not to catch my bird, for he was not alive.

She answered with a delighted "gurgle," and held out both arms to me.

Who can resist a baby, no matter how hard-hearted they wish to be?

I asked her mother to let me keep her for a while; The little thing was very sweet and good when she got on my lap, for she was not crowded, or shut in, and could see the crowd below her. She laughed and tried her best to talk, and I dare say told me a great many sweet things, only I could not understand her. The old gentleman sitting next to me proved devoted to children; and he helped me entertain the baby.

I think that one smile into the mother's face won the good will of the whole family of the baby's relatives who were with her, for each one seemed to take an especial interest in me, and would ask me some question or say something to me now and then.

We came home through the gloaming, with all of God's beautiful opal lights shining across the sky, making "that silent city" appear a city of peace and rest indeed.

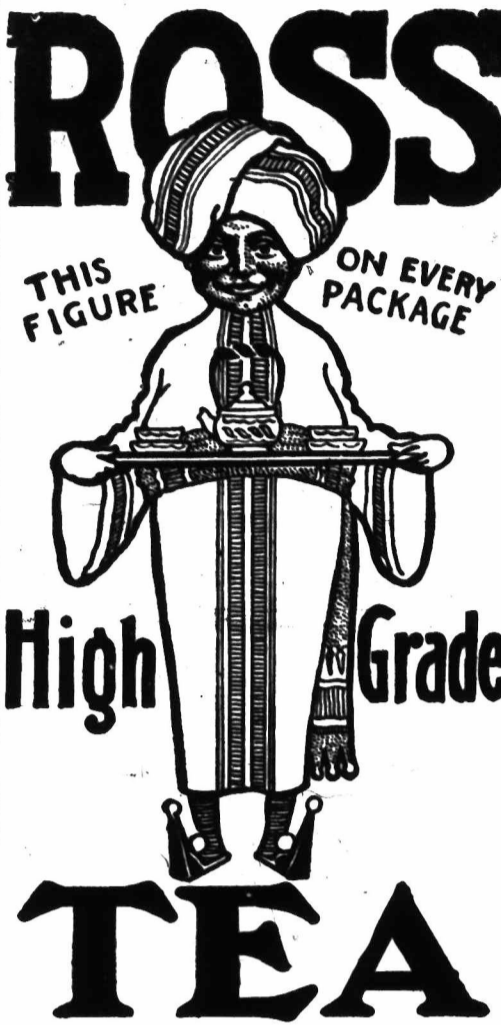
That was a most pleasant afternoon to me, and only "smiling" made it so, for I really did nothing but what common politeness or humanity would call for.

I have often tried "the smile" since. It will not fail five times out of a hundred.

I could tell of a dear little gentleman from Louisiana, whose acquaintance I formed through a smile, and of a pleasant walk we had together, on which he told me of his southern home, in a most interesting and boyish manner. Of an old veteran from the Soldiers Home, who, though lame, wanted to give me his seat in the car while he stood.

Ah, my dears! there is joy in good

Tetotallers there are many, prohibitionists not a few. But they never seem to worry about the harm poor teas do. To tetotally prohibit drinking tea but of the best, is the aim of all who've given ROSS'S HIGH-GRADE Brand a test.



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—A good mother, when her son was leaving the home of his childhood and going out into the great world, knowing that he was ambitious, gave him this parting injunction: "My son, remember that, though it is a good thing to be a great man, it is a great thing to be a good man."

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measure, pressed down and running over, in a "smile." Try it!

Don't wait to feel it, but try and look it, and the feeling is sure to follow. "for smiles answers smiles like echoes"

This old worldly world has so much of sorrow, of strife, of struggling, wroing, and fretting, that a smile to us (little atoms which make up the whole) looks like a glimpse of that better sunny land, to which, in our hearts, we hope some day, to go.

So, can one wonder that the "world" loves a smile? She has sorrow enough of her own.

GOOD ADVICE FOR YOUTH.

It is well to be careful of one's company. Franklin says: "He that lives with cripples learns to limp," and "he that lives with wolves learns to howl."

It is well to be just. An ancient motto says: "The just man will prosper in spite of envy,"

It is well to be generous. Goethe says: "He who does nothing for others does nothing for himself." Plato says: "He who spends himself for all that is noble, and gains by nothing but what is just, will hardly be notably wealthy or distressfully poor."

It is well to be reasonable. Hare says: "Instead of watching the bird as it flies above our head, we chase his shadow along the ground; and finding that we cannot grasp it, we conclude it is nothing."

It is well to be honest. Ruckert says: "He who says 'I sought yet I found not,' be sure he lies; he who says 'I sought not and found,' be sure he deceives; he who says, 'I sought and found,' him believe—he speaks true."

It is well to "brush up against the world." Goethe says: "Talent forms itself into secret; character in the great current of the world."

It is well to be never cast down. Elizabeth Barrett Browning says:

Let no one till his death  
Be called unhappy. Measure not the work  
Until the day's out and the labour done."



## WHOLESOME ADVICE

For People Whose Stomachs Are Weak and Digestion Poor.

Dr. Harlandson, whose opinion on diseases is worthy of attention, says when a man or woman comes to me complaining of indigestion, loss of appetite, sour stomach, belching, sour watery rising, headaches, sleeplessness, lack of ambition and general run down nervous condition I advise them to take after each meal one or two of Stuart's Dyspepsia Tablets, allowing the tablet to dissolve in the mouth, and thus mingle with the food eaten. The result is that the food is speedily digested before it has time to sour and ferment. These tablets will digest the food anyway whether the stomach wants to or not, because they contain harmless digestive principles, vegetable essences, pepsin and Golden Seal which supply just what the weak stomach lacks.

I have advised the tablets with great success, both in curing indigestion and to build up the tissues, increasing flesh in thin nervous patients, whose real trouble was dyspepsia and as soon as the stomach was put to rights they did not know what sickness was.

A fifty cent package of Stuart's Dyspepsia Tablets can be bought at any drug store, and as they are not a secret patent medicine they can be used as often as desired with full assurance that they contain nothing harmful in the slightest degree; on the contrary, anyone whose stomach is at all deranged will find great benefit from the use of Stuart's Dyspepsia Tablets. They will cure any form of stomach weakness or disease except cancer of the stomach.

—Be sure if you do your best in that which is laid upon you daily you will not be left without help when some mightier occasion arises.



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