W. C. T. U

Galt W. C. T. U.

The 13th annual meeting of the Galt W.C.T.U. was held in the parlor of the tional congress as to the hurtful ef-Y.M.C.A rooms a few days ago. The fects of the moderate use of alcohol election of officers for the ensuing year and its fearful power as the proresulted as follows:

secretary, Mrs. Thomas Bennett; corresponding secretary, Miss Wigginton; treasurer, Mrs. Goldie.

The vice-presidents representing the churches are: Mrs. Grove, Baptist Church; Mrs. Gavin, Methodist Church; Mrs. (Rev.) Millican, Knox Church; Mrs. C. M. Risk, Central Church; Mrs. Wm.

McKenzie, United Presbyterian. The corresponding secretary's report showed that 24 meetings had been held during the year, with a membership of 99, 9 of which are honorary members. In November last a lecture was given by Dr. Anna Shaw, which proved successful. In May Mrs. J. K. Barner, world's superintendent of prison work, gave two lectures, and a Bible reading, which were much appreciated and helpful to the work. Three sewing schools in connection with our union in different parts of the town have been carried on by members of the union. Mothers' meetings have been held in some districts, and a great deal of sewing was done by them for the poor last winter. Two petitions have been presented, one for moral reform from the Prisoners' Aid Society, and the other on Sabbath observance; also a protest was sent by the union against the nonenforcement of the liquor laws, especially on Sunday. The union has also supplied the barber shops and livery stables with that excellent paper, "Sabbath Reading." One of the honorary members attended to the weekly distribution. A box at the station is also supplied with temperance literature, and one at the Y. M. C. A. rooms. There was a large box of reading matter sent to the lumber camps, besides a number of comfort-bags. Another box of like weight was sent to the Northwest. We have a flower mission in connection, and at every meeting bouquets have been sent to the sick

The treasurer's report was read, giv ing the total receipts and total penditures for the year, and the balance on hand.

Reports of departments were given, showing the good work which is being done in each department. The appointment of superintendents of departments are as follows:

Scientific temperance, Mrs. Alexan-Landreth; evangelistic, Miss Cant; franobservance, Mrs. T. W. Walker; juvenile work, Mrs. W. Baird; Flower Mission, Miss Ross; hereditary and hygiene, Mrs. Minhinnick; parlor work, Mrs. (Dr.) Cameron; purity in literature, art and franchise, Mrs. J. M. Hood; young woman's work, Miss A. Cant; petitions, Miss Martin; fair work, Mrs. J. M. Robertson.

The visiting committee consists of the following ladies: Mrs. Pitts, Mrs. Janney, Mrs. Kinnaird, Mrs. Robt. Kerr, Mrs. James Struthers, Mrs. Bawten-heimer, Miss Turnbull, Miss Deans, Miss Pentland, Mrs. Allen Goodall, Mrs. Knechtel

Lecture Committee-Mrs. Williams, Mrs. Cornell, Mrs. F. Scott, Mrs. J. M. Robertson, Mrs. W. Shupe, Mrs. A. I. y, Miss Wigginton, Miss Minhin-

We are very pleased to state that successful year in our union work. There has been an onward march in almost every department. We are ennest, prayerful, hopefulness for the fu-

Provincial W. C. T. U. Convention.

The Provincial W. C. T. U. convention, which will commence in Knox Church, Hamilton, on Tuesday, Oct. 29, at 9 a.m., promises to be very successful as to the number of delegates. The reception to delegates and friends will take place in Knox Church on Tuesday evening. High tea will be served at 6:30, and a public meeting will be held at 8 o'clock. There will be speeches, greetings and addresses of welcome, interspersed with music under the leadership of Prof. Johnson. On Thursday evening Mrs. Boole will lecture in Centenary Church. The convention will open on Oct 29 and close on Nov. 1. Morning and afternoon sessions will be held daily. Everybody is welcome.

Drunkenness in Russia.

* The need of a more systematic and Vigorous movement against intemper- as Bryant has put it, of the "year's ance is beginning to be felt in Russia. The press generally approves of the system of Government control of the liquor traffic, which is shortly to be of doors, we shall want to carry some introduced, but this method is not con- of their beauty through the dull winter sidered entirely adequate. The cultured classes are urged to organize temper- blessing to the home in which it is since leagues throughout the empire found. It not only adds to the outward and to start a campaign of agitation and education against the drink habit. Count Tolstoi and a few others have done something for temperance, but his loved and cared for will make its insuccess has not been very pronounced. Nedlelia, a St. Petersburg Liberal weekly, in a strong article on the subject, gospel of all the people, for it is a

"To the foreigner Russia presents a sad spectacle; she is the greatest offender in the world in the matter of drink and the most indifferent to the evil. In this respect, as in so many others, we are far behind our neighbors. Our Chinese, Persian, Turkish neighbors are distinguished by great sobriety, owing to the injunctions of their Our Christian neighbors, while not free from the vice, try at least to regulate and counteract it in many ways. Government and private societies are constantly fighting the evil, with greater or less success. Not so with us. Our people, the poorest of all, spends about a million a day on drink, and the production and sale of intoxicants reach here most colossal proportions. In the last few decades drunkenness, while declining in Western Europe, has been increasing in Russia. With every year the evil becomes more widespread and intense. Not only does the adult male popula-tion drink, but women, girls, boys of 13 drink-an unheard-of thing elsewhere. Tainted parents produce off-spring predisposed to drink; the alcoholic poison is weakening the physical constitution of our race. Bold, strong types are being supplanted by weak lings and physical degenerates. The effect of this on national life is reflected in a thousand different ways. Our cultured classes are indolent, timid and weary, and hence the social stagnation of the country.
"The great evil of intemperance is

unfortunately insufficiently realized by us. The reform that have been under taken have hardly affected the masses at large. The little that is done is done mostly on paper. We have a few small temperance clubs and one temperance newspaper, but they have no influence Alas! how much there is to do and how few there are as yet to do it!"-Translated for The Literary Digest.

National Convention W. C. T. U. at Baltimore.

Baltimore, Oct. 22.-At the session of

the W.C.T.U. the resolutions acted upon reaffirm a belief in total abstinence, and refer with satisfaction to the affded testimonial in the recent internaducing cause of insanity President, Mrs. Wm. Graham; vice-president, Mrs. A. Cavers; recording secretary Mrs. Thomas Bannett; corthe national government, and trust that this nation will at no far distant time refuse to enrich her treasury at the expense of the physical, mental and moral well-being of the people; oppose the legalized saloon; recommend the union of all reform forces for the campaign of 1896; reaffirm allegiance to the prohibition party and ask that the party be called the home protection party; insist on Sabbath observance; rejoice in the advance made in the use of unfermented wine the sacramental table; affirm that neither the Women's Christian Temperance Union nor any of its members pecuniarily affected by the physiolegical books used in the schools for scientific temperance instruction; connn bird shooting tournaments; give warning against the use of narcotics; condemn lynchings and pledge support to the workers among the colored people; declare for an educational franchise requisite for both sexes, and deprecate the formation of boys' brigades in schools.

Notes and Incidents.

The chief constable of Chester, Eng., the other day published a memorandum to show that the imprisonment of a family of inebriates has cost the county £2,000.

A saloon-keeper at Malone, N. Y., removed an iron post that marked the Canadian boundary line ten feet into the United States territory, making the line run apparently through his saloon. This was done so that the liquor-dealer, when about to be arrested by officials of one country, could step back a foot and claim to be in another country.

Sir Wilfrid Lawson's second daughter, Miss Mabel Lawson, has just become engaged to a young neighbor in Cumberland. This is Mr. Alan de Lancey Curwen, son of the owner of Workington Hall, and of the island of Windermere, opposite Bowness, mentioned with warm praise by Miss Harriet Martineau.

Rev. Egerton Young, so long a mis-sionary to the Hudson's Bay Indians, der; work among lumbermen, Miss Ain-slie; press, Mrs. Williams; Journal, Mrs. has been preaching in the London suburbs. In the course of one sermon chise, Mrs. Kirkland; literature, Mrs. he said he would like to bring some W. Kay; narcotics, Mrs. Yerex; Sab- of his converts to England, but he of his converts to England, but he dare not until the temperance sentiment was more advanced. One native preacher had been brought over, but kind friends thought he required a little stimulant after the fatigues of the meeting, and the poor Indian had gone back with such a taste for spirits that he had to be expelled from his office, and finally died a drunken outcast.

Drunkards' retreats have now been in existence in England for fifteen years. The principle on which they are conducted is to make the patients stop drinking at once and to make them abstain entirely for a long period, twelve months when possible, keeping them busy during that time. The patients always come in an advanced stage of alcoholism. It has been found, as the Lancet reports, that no harm. the year just ended has been a most but good, is done by the sudden and complete disuse of alcohol in such cases; that a large number of the cases permanently cured; and that tering on the coming year with hearts habitual drunkenness in women is by full of gratitude for the past, and ear-

Floral Kints and Helps.

Beauty of Autumn-Window Gardening-Refinement of Flowers.

(By Narcissus.)

There is much to regret in the aspect of nature at this season of the year; to many the falling leaves and frost smitten flowers tell of nothing but sorrow and sadness, the end of summer and joy, and the beginning of winter and gloom. And yet there is a glorious beauty about autumn that we get at no other time. The magnificent tints of the fall foliage on our lovely maple and other trees, the ripe fruit, the charming sunsets, all tell of the richness of harvest time, and remind us, last loveliest smile."

The flowers having been such a source of pleasure to ourselves and others during the summer months out months. A well cared for winter garden will unquestionably prove a great beauty of the home, but it has an effect for good on the character of the inmates of the home. Flowers refine and enrich character. A single plant fluence felt in the room where it grows. The "Gospel of flowers" ought to be the gespel of love and joy, and beauty and

Many object to the trouble it takes to look after a window of plants. They certainly require care, and need a little trouble; but nothing gives better returns for the labor expended on them than a few flowering plants or bulbs through winter. In many homes it would be a great improvement if flowers took the place of much useless troublesome bric-a brac. The plants would require no more time and trouble than is given to dusting and caring for these showy but useless ornaments, while the added pleasure the flowers would give would be a decided gain in everyway.

A college student was heard to say, "A bouquet of flowers on my college room table will have a noticeably refining influence on boys who visit me Instinctively they feel, rather than know, that something wins to better thoughts.'

not noticed the same thing in other places, and under other circumstances? It seems almost impossible to imagine anyone being coarse, or rude in the presence of beautiful flowers. There is an influence and a power

And who with an observant mind has

for good in flowers, and it is free, with out money and without price, like all the best gifts. Anyone who desires to cultivate flowers may do so if a few feet of land can be commanded; failing that, almost anybody can control a window-sill.

A THEORY.

"I wonder what this bicycle brain that they are discussing can be?" said the young physician. replied his wife, with the satisfied air of superior knowledge, "it must be the same thing as they mean when they say one has wheels, isn't

Wives at Auction.

A Custom in Former Days Among British Husbands-Tradesmen Who Exchanged Better Halves-The Women, However, Refused to Abide by the Bargain.

(From the Boston Herald.)

Though instances are extremely rare at the present time, there was a period in the history of England when the selling of wives obtained to some extent in the western counties, and there was an impression general among the lower orders that such a sale was perfectly legal; and that inasmuch as the wife formed part and parcel of the husband's effects, with whatever other worldly goods she brought him, he had an undoubted right to dispose of her in any manner he saw fit.

The Herald, a day or two since, made mention of the fact that a Yorkshire man recently sold his wife for threeand-sixpence, with the belief that he was free to marry again. Consequently he placed his head in the halter a second time, when he was arrested for bigamy and convicted. That the custom was at one time recognized in England, it is sufficient to say that the Gentleman's Magazine, in 1778, opened a correspondence on the question, "Whether a man could let his wife on

Let us instance some few of these sales, at the same time giving thanks for the generous construction of the laws governing divorce in this country, which renders such a procedure on the part of the husband entirely unnecessary. The London Chronicle for Feb. 22, 1776, contains a notice of a double sale, or perhaps it would be better termed an exchange of wives. A couple of tradesmen in Lincolns-Inn Fields, having partaken a little too much of "the rosy," agreed, without consultation with their ladies, to effect such a transaction; and one of them, who possessed a wife which both of them agreed was more comely and presentable than the wife of the other, received a £20 note, a watch and a guinea. The next day he called on the purchaser and "delivered the goods." The poor wife merely thought that she was going there for dinner; but when the business was explained both of the women refused to abide by the silly bargain of the husbands.

THEY COULD NOT AGREE. In 1832 Joseph Thompson, who was a small farmer, renting between 40 and 50 acres, lived at a small village some three miles from the city of Carlisle, in Northumberland. He had been married about three years, but the couple had no children. He and his wife were in a perpetual state of disagreement and there was besides a chronic feud between his family and hers. There being no harmony, but an unceasing discord, they resolved to part. so on April 7, at an early hour in the morning, Farmer Thompson sent word to the bellman to give notice that a man would sell his wife at 12 o'clock in the market place. The oddity of the an-nouncement drew a full audience. In order to better the display her charms of person Mrs. Thompson placed herself upon a high oaken chair, with a halter of straw about her neck, this being an indispensable requisite in a sale of this nature, and a large circle of relatives and friends surrounded her. The husband, who acted as auctioneer, stood band, who acted as auctioneer, stood

"Gentlemen. I have to offer to your notice my wife, Mary Ann Thompson, otherwise Williamson, whom I mean to sell to the highest bidder. Gentlemen, it is her wish, as well as mine, to part forever. She has been to me only a bosom serpent. I took her for my comfort and the good of my house, but she became my tormentor; a domestic curse, a night invasion and a daily devil. Gentlemen, I speak truth from heart when I say may heaven deliver us from troublesome wives. Avoid them as you would a mad dog, a loaded pistol. cholera morbus. Mount Etna. or any other pestilential phenomenon in nature. Now, I have shown you the dark side of my wife, and her faults and failings, I will introduce the bright and sunny side of her, and explain her qualifications and goodness. She can read novels and milk cows; she can laugh and weep with the same ease that you would take a glass of ale when thirsty. Indeed, gentlemen, she reminds me of what the poet says of women in general:

Heaven gave to women the peculiar grace To laugh, to weep and cheat the hu-

man race. "She can make butter and scold th maid; she can sing Moore's melodies and plait her frills and caps. She can not make rum, gin or whisky, but she is a good judge of the best quality from long experience in tasting them. Therefore. I offer her with all her perfections and imperfection for the sum of 50

shillings. THE SALE WAS MADE. Having concluded his harangue, Far mer Thompson called for bids. were as slow in coming as cold molasse in running. It was between an hour and a half and two hours before the sale was consummated, but at length Mrs. Mary Ann Thompson was knocked down to one Henry Mears, a pensioner, for fl and a Newfoundland dog. And then the newly coupled pair left the city together, the mob huzzaing and cheering after them, Farmer Thompson in the meantime coolly taking off the straw halter from his quondam "winsome marrow" and putting it on his new dog. He then betook himself to the nearest inn and spent the there, making heavy inroads on his f1 note. The lady was described as a spruce, lively damsel, apparently not exceeding 23 years of age, and she seemed to feel a pleasure at the exchange she was about to make. So far as Farmer Thompson is concerned, he repeatedly exulted in his happy release from bondage. The particulars of this unique "vendue" are to be found in the Whitehaven Herald and Cumberland Advertiser for May 1, 1832. ed Gowthop exposed his wife for sale in the market at Hull at 1 o'clock in the day, but the mob interfered with

On Valentine's Day, 1806, a man namsuch good effect that he was compelled to withdraw her. Nothing daunted, however, in the evening he again he again brought her out and sold her for 20 guineas to a man who had lodged in his house for some years.

GOT RID OF THE HUSBAND. A very laughable instance took place in which the husband of the wife to be sold came out in the wrong place. He was a young man, hailing from Newcastle, in Cumberland, who, finding it impossible to live comfortably his helpmeet, resolved to somebody else the opportunity of doing so, by disposing of her by auction. Not being successful in finding a customer suggested that he should try Newcas-tle. They went there and the tle. They went there, and the wife so contrived matters that certain gentle- 50 or 60 rows of little squares worked men employed in his Majesty's ser- in red, blue, gold and silver thread, and vice—in other words a pressgang—in-troduced themselves to the husband, floor. The waist is cut in rather the and he found himself one day safe on style of an Eton jacket, and is so pro-

in distant waters, and so the tables were turned, and instead of getting rid of his wife, she got rid of him.

Allusion has been made above to the discussion of the question of leasing a wife, carried on in the Gentleman's Magazine. Anent that discussion it may be said in passing that a young and sprightly widow once appeared at a Bath masquerade with a paper pinned to her bosom bearing these lines:

To be let on lease for the term of my life, I, Sylvia J—, in the shape of a wife; I am young, though not handsome, good natured, though thin-

For further particulars, inquire with-

Enough has been instanced to show that wife selling was quite frequent, and the custom has not wholly died out at the present time. By law act counts as a misdemeanor, and the Yorkshire man mentioned at the opening of this article was not the to suffer for the offense. In 1837 one Joshua Jackson was convicted at the sessions in the west riding of Yorkshire, and got a month's hard labor

The Real Maid of Athens

Maidens Who Are Members of the Best Greek Families Make Their Debuts at Ten Years of Age and Marry Before They Are Sixteen.

I doubt if there is any city in the world where little girls-real little ones, I mean-think so much of getting married as they do in Athens.

One day a girl friend of mine, who School, was called out of the class-

"Why, what's the matter?" she asked in alarm.

"Nothing," he said. "Only you are going to be married two weeks from ever had a dread of soldiers. today.

That was the first she knew about it, and she was only 16 years old. A year clothed entirely in white, even to his later she was divorced from the husband who was thus thrust upon her.

CHILDREN'S COURT BALL. the little Greek girls of the best familles make their debut in society by dancing before King George and Queen hoped he would not see me. cers who come there, with swords and was just recovering from my nervousrattling spurs and bright uniforms, and ness when he turned to his Chamberdo not scorn to lead these little ladies lain, or ecclesiastic in attendance, and

beside her, and thus descanted on the their arms incased in silken mitts. Afvalue of "the lot." speak to her." ter their first appearance they go to "If she is a heretic," said he, "why this ball each year, until they become them do before they are grown up.

ELUDING THE CHAPERON. Very strict is the watch kept over these maids of Athens by their mammas and chaperons and governesses, who rarely allow them out of their And yet in a quiet way they sight. manage to carry on flirtations with their boy admirers, just as the girls do everywhere. In the hot afternoons after lessons are over they sit on the cool balconies in front of the houses, at least they are the coolest places to be found, and many are the demure or tender glances they cast, taking their dark eyes off their embroidery, upon the fine lads in military uniform, who never fail to stroll the promenade at that hour.

And, again, when walking with their governesses in the exposition grounds they are often followed at a discreet distance by ardent young swains, who take advantage sometimes of a governess' good nature or preoccupation to slip a note into the fair one's hand cr a few words into her ear.
A ROMANTIC INCIDENT.

As may be imagined, this severe restraint exercised over Greek girls leads often to unfortunate results, not only in the way of divorces, like the case I just mentioned, but in willful acts and elopements. I remember an incident of this sort that happened in a Greek family where there were two daughters, the one a great beauty, the other quite plain. A young English dipiomat fell in love with the handsome sister, and knowing that her marriage had already been arranged for with some one else, he hit upon an unusual plan for attaining his purpose. He procured a large coffin-like box. fitted it with cushions and holes for ventilation, placed a quantity of food inside, and then concealed it near the giri's home, having previously given orders to a commissary to carry it to the address indicated. The plain sister was in the secret, and was to assist in the escape. At the last moment, however, the courage of the beautiful one failed, and no argument could induce

her to go. wishing the expectant lover to be disappointed, and having a fancy for him box, which was forthwith nailed up and sound.

I always admired the young diploand discovered the exchange of sisters the girl that the pluck and devotion she than her sister's beauty. So he married

MENTS.

needles, these peasant girls learning from their mothers, and people come from far and near to purchase of their handiwork. For ten years the children creamy white, sometimes woven by the -New York Evening Sun. peasants themselves, but more frequently being purchased. Although the original stuff is often cheap and of heavy texture, yet from the matchless

At the bottom of the skirt are about board a frigate bound for a long cruise fusely covered with beautiful designs

in embroidery that the original material is quite concealed. Sometimes this jacket is of red velvet, covered with gold lace, the material used indicating

these bridal costumes by the peasant girls is almost endless, and when there are several daughters in are several daughters in one family ed. it becomes a serious drain upon the And forthwith the individual time and resources of the household, under a fire of curious glances.

By their sixteenth year their wedding ate sitting opposite to her. "I wish I dress is usually completed, and as could get her some water."

Easter week approaches all other work is put aside and the girls prepare for and he nervously addressed a passing the great feast to which they have so porter. Some of the passengers tittered long looked forward. At this time every as the mild request for a glass of water village in Greece presents the appear- was unheeded; but "the poor ance of a great picnic ground. All the thing" looked gratefully across at him. shops are closed, and on every corner are seen boys and disabled men selling bag and umbrella, glancing timidly sweetmeats. About 2 c'clock in the around the compariment sweetmeats. About 2 clock afternoon crowds begin to gather, taking any notice of him, and "the poor families coming from miles around, little thing" had fallen asleep, her head families coming from miles around, from all the neighboring towns, and often from Athens itself.

Then a little later the young girls, bright-eyed and radiant with happiness, come forth, dressed for the first time in the gown which is at once their pride and their fortune, with their shapely arms flashing with bangles, while on the bodice hang all their worldly wealth in the form of gold and asked, studying her scanty I silver coins. This is probably the last which was labeled "Miss Smith." time they will be seen on this occasion | She looked very forlorn standing without the little silver helmet worn there under the broiling sun. by all married women, for in the dancing that succeeds there is very little me," she replied, a suspicion of bitter-doubt that some comely Greek peas- ness in her tone. "I am the new govant will find in each of these young girls the bride of his heart, and when she dances to the music of the feast of Meagara the following year she will take her place among the matrons.

BLESSED BY THE POPE.

Then we were ushered into a vast empty antichamber hung with tapestries, with a brazier of charcoal in the center, where the Chamberlain presently came and chatted with my friend and the sisters who were there before us. Soon we were moved forward (like chessmen, I thought) into the audience chamber, where some nuns were kneeling in a row, and a sprinkling of bright uniforms relieved their blackness on was studying at the Hill Memorial the opposite side. Down went my friend on her knees, and the Chamberroom by her father, who told her to get her things and come home with him at case.

If there on her knees, and the Chamber-lain touched my shoulder. "It is a form," said he in English; "comply with it." There was a Swiss guard case. There was a Swiss guard with a drawn sword just behind, and what could I do but obey the voice? "Pray Heaven I get out safe again!"

was my cry in spirit as I cast a terrified glance over my shoulder, for I have When I turned my head again there was a mild-looking old gentleman slippers and mittens, talking gently to the nuns in soft Italian speech. drew back behind my friend as far as When they are only 9 and 10 years old I could without impaling myself on the Swiss Guard's naked sword, when his Holiness came near us, and devoutly Olga at the children's court ball, gave us each a hand to kiss, and exwhich takes place every year at the changed questions and answers with royal palace, toward the end of No-wember. This a red-letter event in their lives, for then, for the first time they are elected by the first that plenty of time to look at him, for time, they are allowed to dance with she had much to say, and of course I older boys, and even with the fine offi- understood not a word of their talk. I

long black curls tied with ribbon and tic; your Holiness need not trouble to

does she wear the sign of our faith? grown-up young ladies or have found touching as he spoke the cross round husbands for themselves, as some of my neck. The Chamberlain shrugged his shoulders in embarrassment, but my friend took up the word. "She is no heretic, Holy Father," said she warmly. "She is a good Chris-

tian, who nurses the sick and the poor, but she had the misfortune to be born in England, which is not to be laid to door as a fault.' "My daughter," said the kindly voice of an old man, as he laid one hand on

my head and gave me the other to kiss for a second time. "I give you my blessing; prosper in your good works," and he moved away.

TOOT YOUR HORN ANYWAY.

If you strike a thorn or rose, Keep a-goin'! If it hails or if it snows. Keep a-goin'! 'Taint no use to sit an' whine When the fish ain't on your line: Bait your hook an' keep on tryin'-Keep a-goin'!

When the weather kills your crop, Keep a-goin'! When you tumble from the top, Keep a-goin'! S'pose you're out o' every dime? Gettin' broke ain't any crime; Tell the world you're feelin' prime

Keep a-goin' When it looks like all is up. Keep a-goin'! Drain the sweetness from the cup,

Keep a-goin'! See the wild birds on the wing! Hear the bells that sweetly ring! When you feel like singin'-sing! Keep a-goin'!

-Atlanta Constitution.

CURE FOR HEADACHE.

"An excellent and never failing cure

for nervous headache," said an apostle

of physical culture, " is the simple act of walking backward. Just try it some time if you have any doubt about it. I have yet to meet the person who did not acknowledge its efficacy after a Here was a crisis, indeed, and not trial. Nobody has ever yet discovered or formulated a reason why such a process should bring such certain relief. herself, the other sister lay down in the Physicians say that it is probably because the reflex action of the body and shipped to its destination, where it brings about a reflex action of the arrived 24 hours later with the girl safe brain, and thus drives away the pain that when reduced by nervousness is the result of too much going forward. mat's conduct when he opened the box As soon as you begin to walk back ward, however, there comes a feeling that had been made. If he felt any discorpthing being reversed and that appointment he concealed it, assuring is followed by relief. The relief is always certain and generally speedy. had shown were more precious to him Ten minutes is the longest I have ever found necessary. An entry or a long, her, and I believe they were happy ever narrow room makes the best place for after.

SPEND YEARS ON WEDDING GAR
such a promenade. You should walk very slowly, letting the ball of your foot touch the floor first and then the heel, Peasant girls are skillful with their just the way, in fact, that one should in theory, walk forward, but which, in practice, is so rarely done. Besides curing nervous headsone, there is no better way to learn to walk well work at their marriage garments, so it and gracefully forward than the pracis little wonder that they achieve such tice of walking backward. A half hour a splendid result. The mohairlike ma- of it once a day will do wonders towterial of which the gown is made is of ards improving the gait of any woman.

She Listened.

And forthwith the individual went serving to keep the girls' fingers busy voice was sweet, but weary, like the

during their evenings and spare hours speaker's face.
"Poor little thing," thought the cur-

tending perilously toward the shoulder of a man in corduroy.
"This is Fernham," the curate whis-

pered, bending over her. "I thought, perhaps-"

In the next instant she had started up, and was standing beside him on the country platform.
"Can I do anything for you?"

"Thank you, you can do nothing for

erness for Boyne lodge, and—they've forgoften to meet me."

They turned out of the station together. Along the dusty road he endeavored to cheer her way by pointing out little bits of nature, but his desire to see her face brighten, if only once,

was disappointed. "I'm too tired," she said at last. "I can't see anything beautiful. I never can. The world seems always the same to me-all gray."

"Miss Smith, the children told me I should find you here." It was several weeks later. The curate was looking in at the open school

room window at Boyne lodge. "Once upon a time, I believe you were always laughing," he said impulsively. "A veritable singing bird." "Yes-I remember, a long time ago, someone used to call me 'Sunbeam

but in knocking about the world the color has been washed out of me, and the song has been squeezed from my throat. Her words haunted him-as her oldyoung face had haunted him-for

On the day that he decided to tell her of his love she disappeared from Fernham. No one knew how, when or where. The little governess had gone leaving no explanation and taking nothing away with her.

It caused a passing stir in the household of Boyne lodge, but by nightime only the children whimpered for Miss Smith. The curate was distraught. He made

futile inquiries at the station, and finally, without any definite idea, he set out to look for her. Unconsciously he had taken the track the river. His imagination was now at highest tension, and a hideous fear

attacked him. my love," he whispered, staring into the water. "God give her back to

Something moved beside him-a woman, lifting herself heavily from the "I'm so tired," she said in a voice that was sweet, but so weary.
"They have missed you," he said

quietly. "If you have rested we'll turn back again." "I'm going to London. I haven't enough money to take me all the way. so I'm walking the first half. I couldn't bear it any longer-not that anyone was cruel to me; I simply couldn't bear it. I've never felt like it before-that yearning to get away from myself almost suffocated me. There were times when I was happy, deliriously happy,

but the after moments of wretchedness were slowly killing me. Your gentle-ness disturbed my peace. I used to be a human machine, now I'm a living, feeling woman." His arm had folded round her, but she seemed unaware of it.
"It's your fault," she cried with sud-"Until I met you everyden passion. thing was nothing to me. I lived among

shadows without aching; and "And now the singing bird shall sing again," he said huskily. "Don't laugh like that—I love you!"

OBESITY AND WIT.

"What kept you out?" said the thin man to the fat man at the jammed entrance. "Corporation influence," was the stout response.

SMALL BOY WIT.

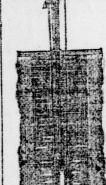
"When I was a young man," said Candidate Campbell to one of his Ohio audiences the other night, "I was a Republican, but I married a Democratic girl, and you see the result.' "Yes, baldheaded," said the small boy in the gallery.

ON THE WRONG FOOT.

The conductor said there was room for a few more inside At the Elephant and Castle, when the tram turned west, the customary contingent of shoppers got in and there

was an uncomfortable jam.
But the little man kept his eyes on his paper. He also kept his seat. "Pardon me, madam," said a polite man hanging on to a strap, to a lady standing beside him with an armful of paper parcels, "you are standing on my foot."

"I'm so sorry," said she, "I thought it belonged to the man sitting down." And then the little man's eyes were lifted from his paper, and she got the seat .- London Answers.



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