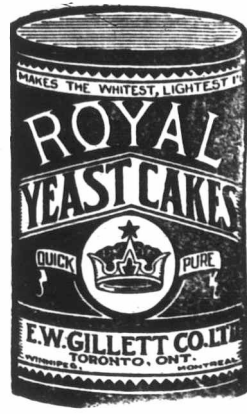


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who was one of the survivors of the tragedy of the Black Hole of Calcutta, and who was barbarously murdered a few years later by native rebels in India. A curious feature of Eastbourne parish church is that the chancel is out of rectangular, being inclined somewhat to the south. It is possible that this is a suggestion of the inclination of our Lord's head upon the cross. One of the most interesting antiquities of the church is an Eastern sepulchre, in which in pre-Reformation times the burial of the Lord's body was symbolically represented by the Consecrated Host being placed there on Good Friday. The Rev. Canon Goodwyn just lately resigned this living.

Children's Department

THE BIRDS' CHRISTMAS TREE.

By P. C. Laverton Harris,
Manager Toronto Humane Society.

In many places in Great Britain and Ireland, in the United States, Canada and Germany, and some other parts of the world, when Christmas comes with all its joy and happiness, boys and girls and older people as well, do not forget that the dear little birds out in the cold ought to be remembered by Santa Claus, and they make a Christmas tree for the birds. This is a most beautiful custom, I think, because the birds have all they can do during the long winter months to get enough to eat, and it is a cause of wonderment to me how they

do it. I have also wondered how they live through some of the very cold nights. When we are all snuggled down among the blankets, these little fellows pack themselves away into some little corner of the house-caves, or among the close branches of the cedar or spruce trees and there they sleep all night, with tiny heads under their wings, holding on tight so that the fierce wind will not blow them off. Don't you think that it is marvellous that so many of them live to rejoice with us when the bright spring days come again?

Some kind-hearted people throw out crumbs and seeds for the birds every day during the winter, and the little chaps soon learn to know their friends. They will come and chirp and call, and, if breakfast seems a little later than usual, they will scold and say all manner of strange things about the slow people inside the house. Sometimes they get tired waiting and will fly away as if they were all very much vexed, but they generally leave one of the flock to watch, and when he sees breakfast put out, away he goes and tells the others. Now that is what happens every morning where these kind, thoughtful people live (and we wish there were more of them), but when Christmas comes they think the birds also, should have something extra.

How is the "Birds' Christmas tree" made?

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Well, in a number of ways. A little fir tree or some other small evergreen is put into a pot or box of earth or sand. Then little bunches of grain are tied to the branches, or pieces of soda biscuit, small bones with gristle meat on them, little tin buckets of bird seed, crushed sun-flower seed, pieces of apple or orange. This tree is generally placed on something high, so that the cats cannot easily spring at the birds. Among the farmers it is customary to save several sheaves of grain and one of these is fastened to a tree branch or on a pole. A hand-full of coarse sand is also acceptable.

HEAD ACHE

Stop it in 30 minutes, without any harm to any part of your system, by taking
"NA-DRU-CO" Headache Wafers 25c. a box, at all druggists.
NATIONAL DRUG AND CHEMICAL CO. OF CANADA LIMITED, MONTREAL 27

Can you think of anything much more joyful than to be able to watch all the fun that the birds have over their Christmas tree. Even if you cannot get a tree ready you can sweep away the snow and throw out some bird seed or soda biscuit crumbs.

I wonder how many of the homes in Canada will remember the birds on Christmas morning.
(Other papers, please copy.)

CHRISTMAS EVE.

Ab, Santa Claus! last Christmas Eve I was happy as a king,
And we were wondering, Paul and I,
What treasures you would bring.

Now, Santa Claus, dear Santa Claus,
Could you bring back to me
My little brother Paul, again,
How happy I should be!

But if you cannot, Santa Claus,
Please bring no gift at all—
I could not care for anything
Without my brother Paul.

The True Man.—Mind is superior to things, not because it is free from law, but because it is a law unto itself. The true man is he who freely and gladly obeys the laws of his being, who is not drawn hither and thither by every passing impulse or influence, but steadfastly follows the leadings of his conscience and his own ever-progressing standard of right-doing. Thus he is, first of all, true to himself, and, in so being, he is true to all others. If he makes a promise, he is sure to keep it; if he enters into a contract he will fulfil it both in letter and spirit; if he assumes a relation, he will be certain to discharge its obligations—and this not from outward compulsion, not from the fear of social or personal disfavour, not from the influence of circumstances or feelings, but from his own secret loyalty to the right, which is the essence of all true freedom.

WORDS AND DEEDS.

Beneath a sky of cloudless blue,
With raptur'd soul entranced I sat,
As o'er my head a mavis sang
An improv'd Magnificat.
What grand, melodious notes were his
How clear and pure the cadence
sweet!
Had I a voice so eloquent,
I'd ever sing God praises meet.

"Praise without deed is emptiness"
(A quiet voice within me said)
"Go forth and conquer Ill with Good;
Set Truth's firm foot on Falsehood's
head.
Go, do His will with joyful heart—
Deed He desireth more than word—
His battles fight, and win at last
The fadeless laurels of thy Lord."
—A. Webb. Toronto.

Contentment.—Don't be constantly envying those of your companions who appear to be more successful than you, but be contented with your lot, and success will in the end crown your efforts. We agree with the poet who says, "Contentment makes men happy."

Three Rulers.—The world is governed by three things—wisdom, authority, and appearances. Wisdom is for thoughtful people, authority for rough people, and appearances for the great mass of superficial people who can look only at the outside.

Diseases of the Skin

Often appear with sudden changes of temperature. Eczema and Salt Rheum are cured by

Dr. Chase's Ointment

Cold, damp weather brings out eczema and salt rheum. Many who are subject to these ailments do not suffer except during the changeable weather of fall and spring.

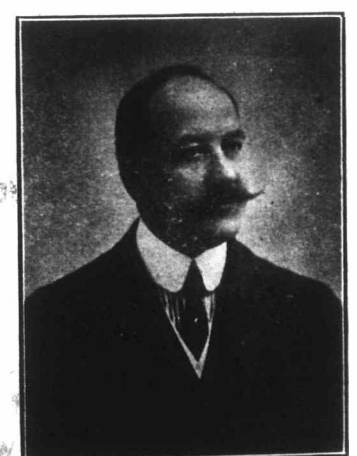
The annoying itching and the disfiguring blotches on the skin make this trouble almost unbearable to those who are not familiar with the soothing, healing influence of Dr. Chase's Ointment.

Relief comes almost as soon as this ointment is applied. Gradually the irritation disappears, the sores are healed up and the skin is left soft, smooth and natural.

There is always danger of eczema spreading and becoming chronic. For this reason the use of the ointment should be regular and persistent until the cure is thorough and complete.

Mrs. John J. Delory, Linwood, Antigonish county, N.S., writes:—"I want to say that Dr. Chase's Ointment has proven a great blessing to me. I had salt rheum on one hand, and could not get it healed up. The itching was most distressing at times. Two boxes of Dr. Chase's Ointment has cured me completely, and I gladly recommend it to every sufferer."

In every home there is a demand for Dr. Chase's Ointment. It is particularly useful where there are children. Chafing and skin irritation are relieved at once. Obstinate wounds are readily healed. Baby eczema and all forms of poisoned or irritated skin are soon cured by this soothing, healing ointment. 60 cents a box, at all dealers, or Edmanson, Bates & Co.,



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