

Most Rev. J. Travers Lewis, D.C.L., Archbishop of Ontario, and Very Rev. Buxton B. Smith, D.D., Dean of Ontario and rector of St. George's Cathedral, Kingston, are the new ways of addressing these Church dignitaries. Upon both of them were conferred the honorary title affixed to their names by Bishops' College, Lennoxville, Que.

K.D.C. Pills cure chronic constipation.

The only European monarch who possesses the ideal kingly dignity is King Oscar. He is a very tall and very handsome man, with a graceful and easy carriage and faultless bearing. Add to this a felicitous memory for names and faces, a fluent command of six languages, a striking courtliness of manner, and the secret of his popularity is revealed.

Of the 103 cathedrals of the United Kingdom 48 are Roman Catholic, 36 Church of England, 12 Church of Ireland and 7 Church of Scotland. The oldest cathedral in England is believed to be that of Winchester, which, according to tradition, was built in 177 by King Lucas on the site of a pagan temple. The oldest portions of the present edifice are said to date back to 890 A.D.

Among the watches in the Horological Exhibition, Westminster Aquarium, says the *Scottish American*, is one that belonged to Robert Burns. It was made by Fowles, of Kilmarnock, in three metal cases, the date of it being 1771. On the dial there is an artistic enamelling, illustrating a shepherd boy in many coloured costume, reclining on a bank, idly playing a pipe.

#### To Make Pure Blood

There is no medicine before the people equal to Hood's Sarsaparilla. It is the standard spring medicine and blood purifier, and it possesses peculiar merit which others try in vain to reach. It really makes the weak strong. Do not neglect to purify your blood this spring. Take Hood's Sarsaparilla now.

Hood's Pills become the favourite cathartic with every one who tries them. 25c. per box.

### Family Reading.

#### A Consecration Hymn.

Through Thy love, O Lord, atoning,  
Set forth in the bread and wine,  
All Thy claims upon us owning,  
We are consecrated Thine.  
Rescued from sin's condemnation,  
We our hearts to Thee would raise,  
For Thy great propitiation;  
For Thy kind forgiving ways.

Now the manna-bread is broken,  
Poured the federating wine,  
And the sacred vow respoken,  
Binding us in league divine.  
As we sit in tearful pleasure,  
Meditate on Calvary,  
Help us make Thy love the measure  
Of our duty, Lord, to Thee.

Through the blood of Thy salvation,  
Sprinkled on each waiting soul,  
Here we make new consecration—  
Of Thine own, take Thou control.  
Thou, the Father's one-begotten,  
We, through Thee, His children, too,  
Be the covenant ne'er forgotten,  
Which in blood we now renew.

#### Gratitude.

He who looks for gratitude in return for every favour, spoils the fine flavouring of his kindly deeds. He is not willing to give them unreservedly; he seeks repayment, though in a subtler and more refined form than the one who expects material favours in return. True generosity is self-forgetful; in the words of Antoninus, "It is like a vine which is satisfied by being fruitful in its kind, and bears a bunch of grapes without expecting any thanks for it." Thus a man that is rightly kind never proclaims a good turn, but does another as soon as he can—just as a vine bears again the next season.

#### Rules for Daily Life.

Begin the day with God:  
Kneel down to Him in prayer;  
Lift up thy heart to His abode,  
And seek His love to share.

Open the Book of God,  
And read a portion there;  
That it may hallow all thy thoughts,  
And sweeten all thy care.

Go through the day with God,  
Whate'er thy work may be;  
Where'er thou art—at home, abroad—  
He still is near to thee.

Converse in mind with God;  
Thy spirit heavenward raise:  
Acknowledge every good bestowed,  
And offer grateful praise.

Conclude the day with God:  
Thy sins to Him confess;  
Trust in the Lord's atoning blood,  
And plead His righteousness.

Lie down at night with God:  
Who gives His servants sleep;  
And when thou tread'st the vale of death,  
He will then guard and keep.

#### Angel Visitants.

"The God of hope will fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost."—Rom. xv. 13.

Joy; peace; hope; a fair triad which all men seek, and few find and retain. But the Apostle does not think that he is asking too much for his friends at Rome, when he asks that these angel visitants may dwell with them. They are for the most of us, if I might use such a figure, like bright-winged, sweet-voiced birds that dart and gleam about us, and we hear their voices, but nets and cages are hard to find. If we want to know how to secure and to retain these blessings, let us ponder this prayer, which is a promise as well, and opens up for us the secret of the way to find joy, peace, and hope.

#### Christ Divine.

Suppose you had a chain which for thousands of years had been winding on to a drum, and link after link had been rough iron, and all at once there comes one of pure gold, would it be reasonable to say that it had been dug from the same mine, and forged in the same fires as its black and ponderous companions? Generation after generation has passed across the earth, each begetting sons after its own likeness; and lo! in the midst of them starts up one sinless Man. Is it reasonable to say that He is the product of the same causes which have produced all the millions, and never another like him? Surely to account for Jesus without the supernatural is hopeless.

#### The Right Philosophy.

It is worth while for us all, even when suffering pain, to refrain from frowning and wrinkling up our faces, and saying impatient words. Every passing thought and feeling write themselves upon the countenance, and the young girl is making day by day not only the woman she will be in character later on, but the woman she will be in looks. Handsome or plain, agreeable or the opposite, the woman of forty is dependent for her looks on the girl of fourteen. You owe an amount of thought and consideration to the woman you are going to be, and the friends who will love her, and so you must not let needless lines and furrows come to your pretty brows, but keep your foreheads smooth, and do not draw your lips down at the corners, nor go about looking unhappy. It is possible, even when bearing much pain, to wear a tranquil expression if one will, but remember that the tranquil mind in the end can conquer pain.

Crossing town the other day in haste to catch a train, the horse car was three times blocked by great vans which stood upon the track. I looked about on my fellow-passengers. Some had flushed and angry faces, some could not sit still, but tapped the floor with their feet, and uttered exclamations, and looked at their watches. One or two stepped out with their bags and walked hastily

onward. But a dear old lady in the corner of the car was a pattern of sweetness and amiability, and I heard her observe to her neighbour, "We will probably lose our train, but at this time of day there are trains every half hour, and it's never well to be put out by little accidents of this sort." She had the right philosophy.

#### Christ Himself Divine.

The light shines through a window, but the light and glass that make it visible have nothing in common with one another. The Godhead shines through Christ, but He is not a mere transparent medium. It is Himself that He is showing us when He is showing us God. "He that hath seen Me, hath seen"—not the light that streams through me—but "hath seen, in Me, the Father."

#### Character.

Who is it that, when years are gone by, we remember with the purest gratitude and pleasure? Not the learned or clever, or the rich, or the powerful, that we may have known in our passage through life; but those who have had the force of character to prefer the future to the present; the good of others to their own pleasure. These it is who leave a mark in the world more really lasting than pyramid or temple, because it is a mark that outlasts this life, and will be found in the life to come.

Give us a character on which we can thoroughly depend, which we are sure will not fail us in time of need, which we know to be based on principle and on the fear of God, and it is wonderful how many brilliant and popular and splendid qualities we can safely and gladly dispense with.—Dean Stanley.

#### Face the World Bravely.

It is impossible to estimate the power for good in this sad, struggling life, of a bright, glad, shining face.

Of all the lights you carry in your face,  
Joy shines farthest out to sea.

One of the best things any of us can do for this world is to show it ever a victorious life of joy, a face that shines even through tears, a beauty of the Lord which glows with radiance even in the night. That is the life the Master wants every follower of His to live, and we can live it, too, if our life is truly hid with Christ in God.

#### Unceasing Prayer and Praise.

In some monasteries and nunneries there used to be a provision made that at every hour of the four and twenty, and at every moment of every hour, there should be one kneeling figure before the altar, repeating the psalter, so that, night and day, prayer and praise went up. It was a beautiful idea, beautiful as long as it was an idea, and like a great many other beautiful ideas, made vulgar and sometimes ludicrous when it was put into realization. But it is the symbol of what we should be, with hearts ever occupied with Him, and the voice of praise rising uninterruptedly from our hearts, singing a quiet tune, all the day and night long, to Him that has loved us, and given Himself for us.

#### Nothing Strange.

Intelligent people, who realize the important part the blood holds in keeping the body in a normal condition, find nothing strange in the number of diseases that Hood's Sarsaparilla is able to cure. So many troubles result from impure blood that the best way to treat them is through the blood, and it is far better to use only harmless vegetable compounds than to dose to excess with quinine, calomel, and other drugs. By treating the blood with Hood's Sarsaparilla, scrofula, salt rheum, and what are commonly called "humors," dyspepsia, catarrh, rheumatism, neuralgia, consumption and other troubles that originate in impurities of the blood or impaired circulation, can all be cured.