

friends and relatives to come and see them, and even the poorest will find some small belongings which she can display as her "O Hina Sama." The boys have to wait for their holiday till May 5th, when such toys as bows and arrows are sold, and over every house where there are boys are put up long bamboo poles, from which may be seen floating, like so many flags, huge paper or cotton carp. The idea is that as the carp is a very strong fish and able to swim against the stream, so will the small boy be able to overcome all difficulties and make his way in the world.

In trying to tell you something of the differences of the customs of the East and the West I cannot leave out the marriage customs, which are, perhaps, the strangest of any. Here in England a man considers it quite his own business to choose his wife, but in Japan it is considered the duty of the parents to arrange suitable marriages for their sons and daughters. When the time comes that the parents think right for their boy or girl to marry, they call in some friend or relative who undertakes to find a suitable partner. This man is always called the middleman, because he goes between the parents on either side. Having fixed on someone he considers suitable, the middleman next arranges the "mi-ai," or "mutual seeing," for the young pair. The most that they can expect from this meeting is just to see one another, and perhaps exchange a word, and sometimes not even that, for the meeting always takes place in the presence of others. If after this meeting there seems nothing to hinder the match, an exchange of presents is made between them, and a lucky day is chosen for the wedding, which always takes place at night. The young bride, dressed in the white mourning garments of her country (to show that she is dead to her old home), is carried away by the middleman and his wife to the home of her future husband. When she reaches her new home she changes her dress for one provided by her new relatives, and then the wedding ceremony takes place. There is no religious service, but the bride and bridegroom are given three wine-cups of different sizes, out of which they both drink three times. Three days later comes the "return home," as the visit to the bride's parents is called. This visit and the placing of the bride's name on the family register of her husband really brings the wedding ceremonies to a close and makes the marriage legal.

Perhaps as you read these words today you are only thinking of the difference between your lives and those of the people in far-away Japan; but will you not also remember that they, like you, have been made by the one Father; that for them, as for you, Christ has died; and that it is to these very people that Christ has bidden you and me to go and "preach the Gospel?"—Awake.

**THE VALUE OF CHARCOAL.**

**Few People Know How Useful it is in Preserving Health and Beauty.**

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered willow charcoal and other harmless antiseptics in tablet form, or rather in the form of large, pleasant-tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much-improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and, although in some sense a patent preparation; yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

**THOUGHTS FOR THE THOUGHTFUL.**

It is easier for us to take our children into the world than it is for us to get them out again.  
The Church should bring to men

something of heaven to earth and save them from the hells that are now.

A quiet, sympathetic look or smile many a time bears a heart that needs help which you can give.

The best help is not to bear the troubles of others for them, but to inspire them with courage and energy to bear the burdens for themselves, and meet the difficulties of life bravely.—Lubbock.

**WE'RE CHUMS, YOU SEE.**

They wonder why I run and tell  
Of every little thing,  
And say I'm such a baby boy,  
Tied to an apron string;  
But truly, I don't blame them much;  
They're different from me;  
My mother knows just what is what,  
Because we're chums, you see!

When things are in a tangle up,  
And tempers snarling, too;  
When some one needs a whipping bad,  
(And maybe it is you),  
She never scolds nor makes a fuss,  
But, sweet as sweet can be,  
Will try to help a fellow out,  
Because we're chums, you see!

If you've been going wrong, she knows  
Just how to set you right,  
And shows you how your actions look  
In God's most holy sight;  
While if there must be punishment,  
About that we agree,  
Although her heart feels sorry, too,  
Because we're chums, you see!

She ciphers with me on my slate,  
Then helps me read and spell,  
And makes me study hard and learn  
To say my lessons well.  
And mother's great at games. She likes  
To play as well as we;  
When our side wins she's just as glad,  
Because we're chums, you see!

She doesn't think her boy can go  
So very far astray  
If we together keep as chums  
So close along the way.  
We must the same dear Father love,  
Obedient children be;  
Then we can both His blessing win,  
Because we're chums, you see!

I'm sorry for those other chaps,  
I pity ev'ry one;  
They'd love to have a chum like mine,  
For all they're poking fun.  
Some mothers are too tired, I know,  
And others do not care  
To bother with the little boys,  
Their plays and studies share.

But mine! She's just the very best  
Of loving friends to me!  
And, oh! I'm such a happy son  
Because we're chums, you see!

**GEMS.**

The realization of God's presence is the one sovereign remedy against temptation.—Fenelon.

There is no human life so poor and small as not to hold many a Divine possibility.—James Martineau.

This I resolved on—to run, when I can; to go when I cannot run; and to creep, when I cannot go.—Bunyan.



**You know the action of fruit.**

Apples, on the kidneys—oranges, for stomach and appetite—prunes and figs for the bowels. But—fresh fruit won't CURE these organs when diseased: they can only HELP to keep them well.

**Fruit-a-tives**  
or Fruit Liver Tablets

can—and DO—cure. They are fruit juices—but changed chemically and medicinally, by our secret process. So remarkable is this conversion, that "Fruit-a-tives" cure all Stomach, Liver, Kidney and Skin Diseases, where the fresh fruit would have no effect on the trouble.  
50c. a box. At all druggists.

FRUITATIVES, Limited, OTTAWA.

Cheerfulness is also an excellent wearing quality. It has been called the bright weather of the heart.—Samuel Smiles.

**Remake Body and Brain**

BY ADDING NEW, FIRM FLESH AND TISSUE AND INCREASING NERVE FORCE WITH

**Dr. Chase's Nerve Food.**

The restorative, upbuilding and invigorating influence of Dr. Chase's Nerve Food are the features which make it of incalculable worth to the person who is weak, run down and nervous.

It is not a stimulant to whip up tired nerves.

It has not a deadening, narcotic effect. It cures by forming new, red corpuscles in the blood and creating new nerve force.

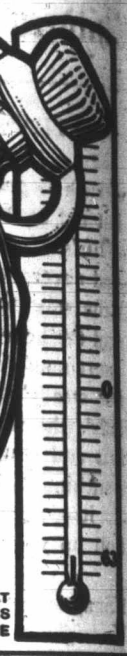
If you feel yourself restless, irritable and nervous, unable to sleep and easily fatigued, lacking in energy and enthusiasm, subject to headaches, indigestion and bodily weakness, you need just such help as Dr. Chase's Nerve Food will give you.

This great food cure has become famous because of its power to reconstruct wasted tissues and to put new vitality into wasted nerves.

You need not expect miracles, because nervous diseases are never cured except by patient and persistent treatment. One thing you can be certain of, is that each box of Dr. Chase's Nerve Food will be of some benefit to you. This is because it is a food cure and restorative.

Note your increase in weight while this medicine is being used. Note how the form is rounded out and the healthful glow is restored to the complexion.

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. Portraits and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.



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