

This and That

A SMALL BOY'S RIDE.

A small boy sat quietly in one of the seats in the coach on a train running between two of our Western cities. It was a hot, dusty day, very uncomfortable for traveling, and that particular ride is perhaps the most uninteresting day's journey in our whole land.

sat patiently watching the fields and fences hurrying by, until a motherly old lady, leaning forward, asked sympathetically:

"Aren't you tired of the long ride, dear and the dust and the heat?" The lad looked up brightly, and replied, with a smile: "Yes, ma'am, a little. But I don't mind it much, because my father is going to meet me when I get to the end of it."

What a beautiful thought it is, that when life seems wearisome and monotonous, as it sometimes does, we can look forward hopefully and trustingly, and, like the lonely little lad, "not mind it much," because our Father, too, will be waiting to meet us on our journey's end.

THROUGH AND THROUGH.

"Wash me thoroughly from mine iniquity and I shall be clean," said the Psalmist.

The mystery of annealing glass, that is, baking it so that the color may go clean through it, is now by some casualty quite lost in England, if not in Europe. Break a piece of glass painted some 400 years since and it will be found as red in the middle as in the outskides; the color is not only on it, but in it and through it; whereas now all art can perform is only to fix the red on one side of the glass.

I suspect a much more important mystery is lost in our age, viz., the transmitting of piety clean through the heart, that a man become inside and outside alike. The sincerity of the ancient patriarchs, inspired prophets, holy apostles, patient martyrs, and pious fathers of the primitive church, whereas only outside sanctity is too usual in our age. Happy the man on whose monument that character of Aas (1 Kings 15:14) may be truly inscribed for his epitaph: Here lieth the man whose heart was perfect with the Lord all his days. Heart perfect, O finest of wares! All his days, O the largest of measures!

BE TOLERANT.

Paul said: "There are, it may be, so many kinds of voices in the world, and none of them is without signification." That means, for one thing, that no man's speech is meaningless simply because his neighbor fails to comprehend it. To be

A GOOD CHANGE.

A Change in Food Works Wonders.

The wrong food and drink cause a lot of trouble in this world. To change the food is the first duty of every person that is ill, particularly from stomach and nervous troubles. As an illustration: A lady in Hickmon Mills, Mo., has, with her husband, been brought around to health again by leaving off coffee and some articles of food that did not agree with them. They began using Postum Food Coffee and Grape-Nuts Breakfast Food.

She says, "For a number of years I suffered with stomach and bowel trouble which kept getting worse until I was very ill most of the time. About four years ago I left off coffee and began taking Postum. My stomach and bowels improved right along, but I was so reduced in flesh and so nervous that the least thing would overcome me.

Then I changed my food and began using Grape-Nuts Breakfast Food in addition to my Postum Coffee. I lived on these two principally for about four months. Day by day I gained in flesh and strength until now the nervous trouble has entirely disappeared and I feel that I owe my life and health to Postum and Grape-Nuts.

Husband is 73 years old and he was troubled, for a long time, with occasional cramps, and slept badly. Finally I prevailed upon him to leave off coffee and take Postum. He stood out for a long time, but after he tried Postum for a few days he found that he could sleep and that his cramps disappeared. He was satisfied and has never had coffee since.

I have a brother in California who has been using Postum for several years; his whole family use it also because they have had such good results from it."

lieve Paul's saying is to have large and genuine tolerance. Conscience does not decide what is right or wrong for us. The moral judgment does that, and conscience passes sentence, "allowing or disallowing," approving or condemning. So it comes to pass that people of equally clear conscience can do such queerly different things. We are apt to say their consciences are at fault, but it is not so. It is a certain obliquity of moral vision. Two men of a like sensitive conscience will always do the same things, only providing that they always "see" alike. It is the variation in point of view that makes possible and innocent the wide difference between good people on moral questions. Only the difference is not innocent if anything has been allowed to cloud the vision. It is a great thing to say of a man: "I know how he will decide if he can but be made to see what is right." It is a greater thing to say: "He lives so near to God that he sees straight." It cannot be said of many, and he whose enology it truly is has the widest and most genuine tolerance for the moral decisions of those who see things from another angle.—Epworth Herald.

SPIRITUAL GROWTH PERPETUAL.

The essence of the life of the soul is dynamic; man's spirit is a fountain of energy. There is abundant testimony to this even during the earthly years. Man conquers nature, amasses stores of learning, masters abstract truth, solves baffling problems, and asserts in all spheres the supremacy of mind over matter.

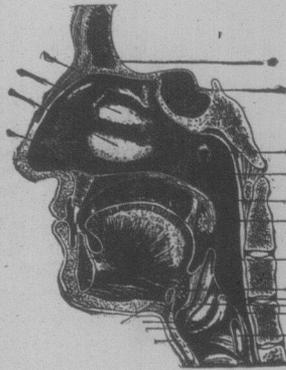
This great and wonderful power does not stop when existence on earth is ended. If one continues to feed and exercise his mind, his mental powers will not only be retained but grow to the last. Certainly the soul will grow. The aged Christian's faith is clearer than ever before, his love glows with a more ardent flame, his obedience is more spontaneous and complete. We have said of more than one such who has come within the range of our personal knowledge. "He is ripe for the heavenly garner." Did we mean that his faith had gone as far as it could and must now cease? Did we mean that love to God had filled up its measure? Did we mean that there could be no further absorption of the human will in the divine? Certainly not.

Now who shall say where the utmost limit of these spiritual powers is set? Spiritual dynamics involve growth. The climax is not reached here on earth. Indeed, is it ever reached? This power of spiritual life means the power to make progress through eternal ages. Our immortality is not a mere continuance in mediocrity, mental or spiritual. It is rather a continual progress which rejoices in what has already been attained, but is forever enlarging its capacity and its achievement. The spiritual powers, set in the right direction here on earth, beyond this life will expand in a measure and in a glory which now we only faintly appreciate.—Oliver Addison Kingsbury.

Bologna has been having a sensation in the rumor that its great leaning tower, the pride of the city, is weakening and may fall. This has caused so large an influx of visitors that it is said the hotelkeepers may not be wholly guiltless in regard to the rumor. The city has two of these square towers, the Asinelli, which is 315 feet high, and was erected in 1109, and its rival, the Garisenda, which was built one year later, and which was originally much higher, and is rendered peculiar by its decided inclination to one side. It is now only 153 feet high, the width of one side is 23 feet, the walls at the base are 6 feet 6 inches thick, while higher up they are 4 feet 9 inches. Its origin is somewhat obscure, but it was certainly intended to outdo the Asinelli, and both were for retreat in troublous times. Some say the original intention was to make it lean, but others contend that either the ground has settled or there was a defect in the engineering. This unique relic was so little thought of by one of its later possessors that it was sold in 1266 for 220 lire, something less than \$44.

Premier Roblin announces that the new Canadian northern line to Port Arthur will be open through for traffic on February 1 and that on that date a reduction of two cents per hundred weight would be made on the wheat rate from Brandon and intermediate points. Under the contract the rate will be reduced to ten cents per hundred before the province becomes responsible for any deficit.

Dr. Sproule on Catarrh. The Gateway of Consumption.



The Commonest Abode of Catarrh Germs

Twenty years ago Catarrh was comparatively unknown. Now no age, sex or condition is exempt from it, and no climate or locality is a cure for it. Catarrh is to be more dreaded than all the yellow fever, cholera, smallpox, diphtheria, and all other epidemic diseases—as it is more fatal. It is in the large majority of cases the forerunner of consumption, and vital statistics show that deaths from consumption in this country have increased more than 200 per cent in the last five years, nearly all of these cases having been traced back to catarrh as their starting point, and many physicians now contend that catarrh is only incipient consumption. I make the treatment of catarrh a specialty. I do cure catarrh. Catarrh has never been cured by nasal douches, washes or snuffs. Catarrh is a disease of the mucous membrane and is curable only through the blood, and by medicines peculiarly adapted to each particular case. Medicine that will cure one will not cure another.

It has been determined by microscopists that catarrh has as distinct a germ as any of the noted epidemics, diseases, and again and again has it been shown that a patient had been treated for some other disease when catarrhal germs have been present.

A remedy for Catarrh must be used constitutionally, and it must possess a direct affinity for the mucous membrane, and of being absorbed by the purulent mucous wherever located.

If you have catarrh, answer the above questions, cut them out of the paper and send them to me with any other information you may think would help me in forming a diagnosis, and I will answer your letter carefully, explaining your case thoroughly, and tell you what is necessary to do in order to get well.

DR. SPROULE, B. A., (formerly Surgeon British Royal Naval Service), English Catarrh Specialist, 7 to 13 Doane Street, Boston.

It must be homogeneous and each individual case requires treatment adapted to its conditions. My treatment is based upon these plain theories, and has proved to be infallible. It not only relieves, but it cures catarrh at any stage speedily and surely.

CATARRH OF THE HEAD AND THROAT.

The most prevalent form of catarrh results from neglected colds.

- 1. Do you spit up slime?
2. Are your eyes watery?
3. Does your nose feel full?
4. Does your nose discharge?
5. Do you sneeze a good deal?
6. Do crusts form in the nose?
7. Do you have pain across the eyes?
8. Does your breath smell offensive?
9. Is your hearing beginning to fall?
10. Are you losing your sense of smell?
11. Do you hawk up phlegm in the morning?
12. Are there buzzing noises in your ears?
13. Do you have pains across the front of your forehead?
14. Do you feel drooping in back part of throat?

If you have some of the above symptoms your disease is catarrh of the head and throat.

DISEASES OF BRONCHIAL TUBES.

When catarrh of the head and throat is left unchecked it extends down the windpipe into the bronchial tubes, and in time attacks the lungs and develops into catarrhal consumption.

- 1. Do you take cold easily?
2. Is your breathing too quick?
3. Do your eyes watery?
4. Is your voice hoarse and husky?
5. Have you a dry, hacking cough?
6. Do you feel worn out on rising?
7. Do you feel all stuffed up inside?
8. Are you gradually losing strength?
9. Have you a disgust for fatty food?
10. Have you a sense of weight on chest?
11. Have you a scratchy feeling in throat?
12. Do you cough worse night and morning?
13. Do you get short of breath when walking?

If you have some of these symptoms you have catarrh of the bronchial tubes.

Note the Solid Progress of Confederation Life Association.

Table with 6 columns: Year, Premium Income (Net), Interest Income, Total Income (Premiums & Interest), Assets, Insurance in Force (Net). Rows for years 1878 to 1900.

Cash Surplus above all liabilities, Government Standard \$505,546.25
Capital Stock, Paid-up 100,000.00
Capital Stock, Subscribed, Uncalled 900,000.00
TOTAL SURPLUS SECURITY FOR POLICY HOLDERS \$1,505,546.25
S. A. McLEOD, Agent at St. John. GEO. W. PARKER, Gen. Agent.

THE CZAR'S GOOD EXAMPLE.

A characteristic story of the Czar's love of simplicity has been going the rounds of St. Petersburg lately. A certain lieutenant who was in a perpetual state of impetuosity was one day seen riding in a tram. The other officers of the regiment were furious at what they called an insult to the uniform, and intimated to the culprit that he had the option of either sending in his papers or being cashiered, and the unlucky subaltern chose the former alternative. Before he had time to do so, however, the Czar heard of the affair, and without a moment's delay, donned his colonel's uniform of the regiment in

question and, sauntering out of his palace, hailed a tram, and, calmly entering it, sat calmly down till it stopped in front of the barracks. He desired the officers to be called, and when they were assembled addressed them thus: "Gentlemen, I have just ridden from the palace in a tram, and I wish to know if you desire me to send in my papers. I presume I have disgraced the uniform." "Sire," replied the major, nervously, "Your Majesty could never do that." "Then," replied the Czar with an amused smile, "as I have not degraded the uniform, Lieutenant D. cannot have done so, and will thus retain his commission in this regiment, even if he, like me, dare to ride in a tram.—London 'Tid bits.'