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July 24, 1902]

It was the doctor's she was sure, and soon the veranda was empty, and a hurried child was running across the fields toward the woods which skirted the pond.

What a hunt there was for Bertie when the buggy stopped suggested it?" before the gate! But she was not to be found.

It was more than two hours before she appeared, and, as soon as she was within doors, another buggy stopped before the house.

"The doctor! I'm very giad, for I was afraid he wouldn't come, and you cannot go to school until you are vaccinated," said mamma.

Bertie was silent. She did not speak until the doctor had gone. Then she said slowly, with a deep flush upon her face;

"I thought the doctor was here a long while ago, mamma."

"Oh, no; Uncle Will came for you to ride out with him, but we could not find you," answered mamma, and there was a roguish gleam in her eyes. Did she know?

"Oh-h-h!" cried the dismayed Bertie; "Uncle Will's rides are just splendid. O mamma, I ran away to the woods, and almost fell into the pond. I missed that nice time, when vaccinating don't hurt a bit. Oh, dear me!"

"Remember it, deary," said mamma, significantly. "Never run away from a duty, no matter how hard it seems, for it sometimes brings an unexpected reward."

"You are right, mamma," smiled there in my place? Bertie with tears in her eyes.

DAUGHTER'S PART AT HOME.

One of the sweetest things a girl can do is to receive friends graciously, particularly at home. In one's own house a cordial welcone is peculiarly fitting. Do not stand off in the middle of the room and bow coldly and formally to the friend who has called. Walk over to meet her; give her your hand and say pleasantly that you are very glad to see her again. Stiff, cold and formal ways of greeting acquaintances are

to her father's house. attention he loves—the kiss, the decline, complete prostration. cheery word—to help her mother and the rest in letting her father see Hamilton, states:—"For a number debt in much outspoken love.

THE LOWER LIGHTS.

to-day," said Ruth, one Sunday Bates & Co., Toronto.

morning at the breakfast-table. "Somehow I don't feel like it, and nobody will ever know the difference, whether I'm there or not."

"My dear," said Aunt Margaret, "I've often heard you singing 'Let the lower lights be burning.' wonder if you know the story that

"No," answered Ruth, "I never so much as h ard that there was one."

"Some years ago a steamer in a terrific gale was trying to make the harbor. There were two lights at the entrance of the harbor-one, the upper light on the bluffs of the shore; the other, the lower light on a bar at the other side of the entrance. The pilot peered out anxiously to catch a glimpse of the friendly lights, and presently caught sight of the upper one. But that a one was not sufficient; he must see also the other to know just where to go. But for some reason it was not lighted on time. Beaten by wind and wave, the steamer staggered on as best she could, while the hearts of all on board trembled with fear. If she missed the entrance, there was little hope of her escaping the rocks. Suddenly the lower light app ared, but, alas it was too late—the ship had missed the entrance, and, in the attempt to turn about, went down with all on board.

"I suppose," said Ruth, with a little laugh, "you mean that even if I am the most insignificant member of our church, and sit in the very back seat, it is my duty to be

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Restless, languid, weak and weary. not proper in a girl welcoming guests | no life, no energy, tired all the time, throbbing, palpitating heart, heart But even more important than asthma, sleepless nights, sudden her manner to a guest who happens startings, morning languor, hot in for an hour or a day, is the man- flushes, brain fag, inability to work ner of a daughter to her father and or think, exhaustion on exertion, mother. The father returns to his general numbness, dead all over, home after a wearying day of busi- | cold hands and feet, flagging appeness. He is tired in body and tite, slow digestion, food heavy, mind. Coming back, he throws off easily excited, nervous, muscles care; he is joyous at the thought of twitch, strength, fails, trembling the dear ones he will meet after hands and limbs, unsteady gait, hours of absence. His young limbs puff, loss of flesh, loss of daughter, with the bloom and muscular power, irritable, desponfreshness only girlhood wears, dent, hysterical, cry or laugh at should be ready to give him the anything, settled melancholia, steady

how much he is loved at home. of years I have been a great sufferer Men give up a great deal for their from nervous headache and nervous families—their time, their strength, dyspepsia. I had no appetite, and the knowledge they have gained in my whole nervous system seemed life's experience. They spend weak and exhausted. I have found everything freely for their home's Dr. Chase's Nerve Food very helpsake, and the home should pay its ful. It seemed to go right to the seat of trouble, relieving the headache, improving digestion and toning up the system generally."

Dr. Chase's Nerve Food, 50 cents "I don't believe I'll go to church a box, at all dealers, or Edmanson,

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"You remember George Eliot's poem of the violin-maker, who said if he did not make the very best violin possible for him to make, God would miss the music? If we are not each of us faithfully doing our duty, be it small or great, there is have been music. More than that, prosper, either this or that, or whether both shall be alike good. ster say, could not paint a picture, but ence as she came near the crossing. he could tell Apelles that the shoetie was not right, and so might help towards making the beautiful picture perfect."

"Oh, Auntie!" exclaimed Ruth, hereafter."

THE DYINGGIRL.

I went once to see a dying girl whom the world had roughly treated. She never had a father: she never knew her mother. Her home had silence or discord where there might been the poor house; her couch the hospital cot; and yet, as she stagour lives are bound together—we gered in her weakness there, she must needs lift up those around about picked up a little of the alphabet, us or drag them down. We are enough to spell out the New Testbidden to sow our seed at all times, ament, and she had touched the hem for we know not whether shall of the Master's garment and had learned the new song. And I never trembled in the presence of majesty The cobbler, as I once heard a mini- as I did in the majesty of her pres-

"Oh, sir," she said, "God sends his angels. I read in his Word: 'Are they not ministering spirits, sent forth to minister to them who shall be the heirs of salvation?' And why did I say anything? I might when I am lying in my cot they have known you would not let me stand about me on this floor, and stay at home in peace. Still, I will when the heavy darkness comes and try to keep my wee, little lower this poor side aches so severely, he light burning as brightly as possible comes, for he says, 'Lo! I am with

you,' and I sleep, I rest."