

THE BUSY MAN.

If you would get a favor done
By some obliging friend,
And want a promise, safe and sure,
On which you can depend,
Don't go to him who always has
Much leisure time to plan,
But if you want your favor done,
Just ask the busy man.

The man with leisure never has
A moment he can spare.
He's always "putting off," until
His friends are in despair.
But he whose every waking hour
Is crowded full of work
Forgets the art of wasting time;
He cannot stop to shirk.

So, when you want a favor done,
And want it right away,
Go to the man who constantly
Works thirty hours a day.
He'll find a moment, sure, somewhere,
That has no other use,
And fix you, while the idle man
Is framing an excuse.

UNDUE THOUGHTFULNESS.

It seems ungracious to write it, but we are persuaded that many women err in the direction of being too thoughtful for husband and children; or perhaps it would be better to say, in suffering their thoughtfulness to manifest itself in a series of petty cares and anxieties that have no real relation to the wellbeing of the recipients, and, indeed, tend to become burdensome to those they love. Have you never paid a visit where your host was so fussy anxious to have your wants anticipated that you were glad to catch at any decent excuse for shortening the visit? You would much rather have been left to yourself. There were things that you would rather do for yourself than have any one else do for you. Very few men really enjoy having the details of their daily life immersed in a multitude of attentions, and as for children, it is easily possible to give them so much anxiety and care that they grow up to regard the attentions of a fond mother as their right, and to lack self-reliance and generous attention to the comfort of others. You can find plenty

Headache

Horsford's Acid Phosphate

This preparation by its action in promoting digestion, and as a nerve food, tends to prevent and alleviate the headache arising from a disordered stomach, or that of a nervous origin.

Dr. F. A. ROBERTS, Waterville, Me., says:
"Have found it of great benefit in nervous headache, nervous dyspepsia and neuralgia; and think it is giving great satisfaction when it is thoroughly tried."

Descriptive Pamphlet free on application to
Rumford Chemical Works, Providence,
R.I. Beware of Substitutes and Imitations
For Sale by all Druggists.

Clergyman's Statement

Unable to Attend to His Duties on Account of Nervous Troubles—How He Found a Complete Cure.

The high character of the testimonials published in behalf of Hood's Sarsaparilla is well known. These testimonials come from a class of people whose words are worth considering. Many clergymen testify to the value of this medicine. Rev. Bernard M. Shulick of Brighton, Iowa, owing to weakness of the nerves, was for a time unable to attend to his duties. He makes the following statement: "I have suffered for a long time from weak nerves. After I had taken a bottle of Hood's Sarsaparilla I became quite well. The weakness of the nerves has now wholly disappeared and I am able to attend to my duties again. I am therefore grateful to Hood's Sarsaparilla and I recommend it to everyone who suffers from weak nerves."

Hood's Sarsaparilla

Is the best—in fact the One True Blood Purifier. Sold by all druggists. \$1; six for \$5.

Hood's Pills

cure nausea, indigestion, biliousness. 25 cents.

of children who by receiving the constant devotion and self-sacrifice of their mothers have themselves become incapable of consideration for others. Undue thoughtfulness for others without a sense of proportion, may easily make an otherwise admirable woman a fussy wife, who spoils her children.

THE BABY BOY COVERED WITH ECZEMA AND CURED BY DR. CHASE.

Mrs. Jas. Brown of Molesworth, Ont., tells how her boy (eight months old) was cured of torturing Eczema. Mothers whose children are afflicted can write her regarding the great cure, Dr. Chase's Ointment. Her child was afflicted from birth and three boxes of Dr. Chase's Ointment cured him.

"FROM GREENLAND'S ICY MOUNTAINS."

In 1819 Reginald Heber, then a young man, and rector of a Shropshire church, went to pay a visit to his father-in-law, Dr. Shepley, vicar of Wrexham. On Sunday Dr. Shepley was to deliver a discourse on behalf of foreign missions, and on the previous afternoon he sat chatting upon the theme with a few friends. He knew Mr. Heber's gift in rapid composition, and suddenly said to him:

"Write something for us to sing at service to-morrow morning."

The young man retired to another part of the room and soon appeared again with three verses, beginning with that familiar line, "From Greenland's icy mountains." He made no change in them except to alter "savage" in the seventh line of the second verse to "heathen."

"There, there," remarked Dr. Shepley, on hearing them, "that will do very well."

Mr. Heber was not satisfied. "No, no," said he; "the sense is not complete."

In spite of his father-in-law's earnest protest, he withdrew again, and then returned to read the triumphant stanza:

"Waft, waft, ye winds, the story,
And you, ye waters, roll,
Till like a sea of glory,
It spreads from pole to pole;

Till o'er our ransomed nature
The Lamb for sinners slain,
Redeemer, King, Creator,
In bliss returns to reign."

"What shall we sing to it?" asked Dr. Shepley.

Mr. Heber, who had a fine musical ear, suggested a popular air, called "Twas when the seas were roaring." The others agreed in liking his choice, and next morning the people of Wrexham sang for the first time the words so familiar to our ears. The air has given place in our churches to a tune composed by Dr. Lowell Mason. Tune and words are worthy of each other, and will probably never be separated.

As for Reginald Heber, he sailed for India in 1823, and died there after three years of patient and loving toil among the heathen.

IF YOU WISH TO BE WELL

You must fortify your system against the attacks of disease. Your blood must be kept pure, your stomach and digestive organs in order, your appetite good. Hood's Sarsaparilla is the medicine to build you up, purify and enrich your blood and give you strength. It creates an appetite and gives digestive power.

—Hood's Pills are the favorite family cathartic, easy to take, easy to operate.

THE PATIENCE OF PAST GENERATIONS.

The inhabitants of Grosslaswitz, a small north German town, are possessed of a bell which, every time it is heard, rings out a story of perseverance and careful husbandry of which they may justly be proud.

A century and a half ago the townsfolk wanted a new church bell, but when each had promised what he could spare from his scanty earnings, the amount would not cover its cost. But a passing bird came to their rescue, and on its flight dropped a grain of seed in the churchyard, from which in due course a green stalk of corn sprang. The stalk was carefully tended, and when it ripened the village schoolmaster plucked it, and sowed its seed in his garden. This in due season brought forth an increased crop, until his strip of ground was turned into a small corn-field. Then, when he found help necessary, he called to his aid a number of the surrounding farmers, and divided his crop of corn amongst them. Year by year the crops increased, and after eight harvests the sturdy villagers rejoiced in the possession of a beautiful new bell, which had sprung from one stray seed carefully nurtured—a noble

Delicate children! What a source of anxiety they are! The parents wish them hearty and strong, but they keep thin and pale.

To all these delicate children Scott's Emulsion of Cod-liver Oil with Hypophosphites comes with the best of news.

It brings rich blood, strong bones, healthy nerves, and sound digestion. It is growth and prosperity to them.

No matter how delicate the child, it is readily taken.

50c. and \$1.00, all druggists.
SCOTT & BOWNE, Chemists, Toronto.

example of what great things may grow from the smallest beginnings.

Should not we of this impatient, hurrying age, which hates to wait for results, gain by using more of this quiet perseverance?

—Those are fine, manly, chivalrous boys who have undertaken to protect some young Chinese boys who are going to a public school in Greenpoint, L. I. On the first day a number of the rougher boys attacked and abused the children whom Sam Lung had ventured to send to the public school. Thereupon a number of the other boys banded together and went to the laundryman's shop in the morning and made an escort which protected them until they were safe in the school-room. They were not going to allow any persecution there. Those are boys to be proud of. Heaven bless their fists and hearts!

A MOTHER'S STORY—HER LITTLE GIRL CURED OF COUP.

Having tried your medicine, my faith is very high in its powers of curing Cough and Croup. My little girl has been subject to the Croup for a long time, and I found nothing to cure it until I gave Dr. Chase's Linseed and Turpentine, which I cannot speak too highly of. Mrs. F. W. Bond,
20 Macdonald street,
Barrie, Ont.

WILLIE'S HOME.

A little five-year old boy bounded into the house one day and exclaimed, as he hung his hat up in the hall:

GET THE GENUINE ARTICLE!

Walter Baker & Co.'s
Breakfast COCOA

Pure, Delicious, Nutritious.

Costs Less than ONE CENT a cup.

Be sure that the package bears our Trade-Mark.

Walter Baker & Co. Limited,

Dorchester, Mass.



(Established 1780.)