

Will Send \$2.50 Free.

Franklin Miles, M. D., LL. B., the Celebrated
Specialist, Will Send \$2.50 Worth of His
Treatment Free.

When an experienced physician offers to give away \$40,000 worth of a New Treatment for diseases of the heart, nerves, stomach or dropsy, it is conclusive evidence that he has great faith in it. And when hundreds of prominent people freely testify to his unusual skill and the superiority of his New Special Treatment, his liberality is certainly worthy of serious consideration.

That Dr. Miles is one of the world's most successful physicians is proven by hundreds of testimonials from well-known people. One patient cured after failure of eleven Grand Rapids physicians, two after being given up by six and seven Chicago physicians, another after nine leading doctors in New York City, Philadelphia and Chicago failed. 1000 testimonials sent upon request.

The eminent Rev. W. Bell, D. D., of Dayton, O., Gen. Sec'y of Foreign Missions, writes editorially in *The State Sunday School Union*: "We desire to state that from personal acquaintance we know Dr. Miles to be a most skillful specialist, a man who has spared neither labor nor money to keep himself abreast of the great advancement in medical science." The late Prof. J. S. Jewell, M. D., said: "By all means publish your surprising results." Prof. J. P. Ross, M. D., Ex-Pres. of Rush Medical College, wrote in 1874: "Dr. Miles has taken two courses of my private instruction in diseases of the heart and lungs." Mr. Truman DeWeese, editor Chicago Times-Herald, states: "Dr. Miles cured me of years of inherited headache and dizziness." The well-known manufacturer of Freepress, Ill., J. C. Scott, says: "I had fruitlessly spent thousands of dollars on physicians until I consulted Dr. Miles." Mrs. Frank Smith, of Chicago, writes: "Dr. Miles cured me of dropsy, after five leading physicians had given me up."

This new system of Special Treatment is thoroughly scientific and immensely superior to the ordinary methods.

As all afflicted readers may have \$2.50 worth of treatment free, we would advise them to send for it. Address DR. FRANKLIN MILES, 201 to 209 State St., Chicago, U. S. A. He pays all duties. Mention this paper.

Campbell Morgan on "The Waste."

It is to be remembered that nations do not tabulate the loss of life when they enter upon a war of conquest, and until the first note of complaint has been heard from the men and women in the mission field we must be dumb and silent. Nothing is wasted that is poured at the feet of Christ. Think deeply and you will find the cross of Christ everywhere. The old commonplace, "The blood of the martyrs is the seed of the Church," is true, and we may expect that China is about to have a new Pentecost, the harvest of a glorious result from the great trials through which missionary effort has passed in that country. But you can not convince the cold business man outside of this coming. It is ours to hope right on. We see Jesus, and there we must be content. His work is unfinished. The fog is on the world, but by the waste of the moment he wins the ages. Missionary effort is the necessity of Christian life and we can not escape from it. The first conscious thrill of the life of God within the human soul is a missionary passion. The one function of the Church is missionary.

TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease Consumption, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a cure for Consumption, Asthma, Catarrh, Bronchitis and all throat and lung troubles. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing, and may prove a blessing, will please address:
Rev. EDWARD A. WILSON, Brooklyn, New York

Health and Home Hints.

The Breakfast an Important Meal.

Most people are possessed of the idea that "almost anything is good enough for breakfast." We cannot agree with them, for the day begun wrong usually continues wrong. The "almost anything" breakfast is not particularly inviting; one eats little of it, and about ten o'clock a hollow chasm is discovered, which yawns and deepens with intense gnawings as the hands of the clock creep, O so slowly, toward the noon hour.

Unless one is abnormally strong this brings two results; a faint, dizzy feeling, which develops into a real headache, temporarily relieved by the luncheon or dinner; or indigestion, caused by overeating upon an empty and tired stomach. The breakfast should be tempting, and should be partaken of without haste, especially by those whose business admits of no opportunity of taking a light luncheon toward noon.

The habit of haste in the morning meal is almost national (Englishmen have caricatured the American at breakfast as gulping down a quantity of half-cooked oatmeal in exactly one and one-half minutes), and most noticeable in the professional man, the business man, and the student, who, as a rule, retire late, rise late, and consequently have to hurry to get to the office or recitation room in time.

It is here that the wife and mother will recognize her duty, first, in insisting upon a breakfast hour that precludes all haste, and, second, in providing appetizing dishes and a wholesome variety. She should make a careful study of breakfasts as well as lunches and dinners, plan for little surprises and changes, and, above all, consider the health of the family. Let there be less fried fish and meat, and more that is broiled; let there be fewer fritters, doughnuts, and hot muffins, and more toast and coarse bread, at least a day old, and more fresh or stewed fruit; let the cereals be well cooked, steamed the day before, then warmed up; let the coffee be perfect, with real cream if possible.

One who has mastered the science of coffee-making will never place a really poor breakfast before her family.

Cocoa is an excellent breakfast drink; also hot, not scalded, milk, especially for those of weak digestion. One should learn the possibilities of eggs, for they can be prepared in such a variety of ways—the puffy, brown omelet, served with crisp breakfast bacon; the egg on toast, whole, round, and dainty; the scrambled egg; and the boiled or added egg, not the so-called soft-boiled egg, with leathery white and running yolk.

Hot fresh bread, as we all know, is not healthful, yet it is so delicious, especially for the morning meal, that many cannot dispense with it. One way of getting over the difficulty may be new to some. We bake the rolls, biscuits, muffins, or corn bread the day before, and hide them until the next morning, then dip the tops into cold water, place in a tin, and heat in the oven, after which the possessor of a weak digestion can eat them in perfect safety, and the epicurean cannot distinguish them from the freshly made, unless, indeed, he should miss that indigestible stickiness which is the bane of all new bread.

To Cook Sweetbreads—Having scalded in salted water, remove stringy parts. Then stand them in cold water ten minutes. Drain on towel. Dip into egg and bread crumbs, and fry in butter.

LIVER TROUBLE.

LIFE FULL OF MISERY TO SUFFERERS FROM THIS TROUBLE.

ITS SYMPTOMS MADE MANIFEST BY A COATED TONGUE, BAD BREATH, BAD TASTE IN THE MOUTH AND PAINS EXTENDING TO SHOULDERS.

(From the Brockville Recorder.)

Sufferers from liver troubles find life one of almost constant misery, growing worse and worse unless prompt steps and the proper remedy be taken to restore the organ to its natural condition. Mrs. Joseph Leclaire, of Brockville, was such a sufferer, but has been, happily, released from the trouble by the only medicine known to thoroughly restore this important organ to its normal condition, once disease has fastened upon it. To a reporter, Mrs. Leclaire willingly gave her story for publication. She said:—"For a long time I suffered severely from complications of the liver and dyspepsia. I would awake in the morning with pains under my shoulders and in my stomach. My tongue was heavily coated, and I had a horrible taste in my mouth, especially on arising in the morning. I was constipated, and at times my head would ache so badly that I could scarcely let it rest on the pillow. There was such a burning sensation in my stomach at times that it felt as though there was a coal of fire in it. The pain was especially severe after eating, and for months my life was one of misery. A friend advised me to take Dr. Williams' Pink Pills, and I did so. After using the first box, there was a material improvement, and in the course of a few weeks longer I felt that I was completely cured. My tongue was cleared, the bad taste left my mouth, the pains disappeared, and I am as well as ever I was. Before taking the pills I suffered from bronchitis at times, but it has never since troubled me. I can recommend Dr. Williams' Pink Pills to anyone who suffers as I did."

Dr. Williams' Pink Pills restore health and strength by making new, rich, red blood, thus strengthening every organ in the body. They do not act merely upon the symptoms, as ordinary medicines do, but go directly to the root of the trouble. In this way they cure such diseases as liver and kidney troubles, rheumatism, paralysis, St. Vitus' dance, heart troubles, sick headaches, anaemia, and the irregularities that make the lives of so many women one of constant misery. Do not be persuaded to take any substitute; see that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. If in doubt, the pills will be sent postpaid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont.

This is the sweetest story,
Wonderful, strange, and true;
Jesus, the King of glory,
Once was a child like you.

The population of Polynesia at the present time is said to be about 863,000, of whom 323,500 are Christians. This is the result of a single century of work.

I think sometimes we waste time in grieving over wasted time.