Our Boys and Girls. STEADY AND STICK.

A rush is good in its place, lad, But not at the start, I say, For life's a very long race, lad, And never was won that way. It's the stay that tells-the stay boy, And the heart that never says die; A spurt may do, with the goal in view, But steady's the word, say I; Steady's the word that wins, lad, Grit and sturdy grain; It's sticking to it will carry you through

Roll up your sleeves again!

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O! Snap is a very good cur, lad, To frighten the tramps, I trow, But Holdfast sticks like a burr, lad-Brave Holdfast never lets go. And Clever's a pretty nag, boy, But stumbles and shies, they say; So Steady I count the safer mount To carry you all the way.

The iron bar will smile, lad, At straining muscle and thew, I'ut the patient teeth of the file, lad, I warrant will gnaw it through. A snap may come at the end, boy, And a bout of might and main, But Steady and Stick must do the trick,-Roll up your sleeves again!

RELIGIOUS INTELLIGENCER. THE

Pine, where the huge tree that had given the hill its name lay prostrate, shattered by lightning.

A large boulder, dislodged by the fallen tree, had plowed its way down the hillside, and with the broken tree-top lay across the track, just beyond a sharp curve.

"I believe that loud clap of thunder we heard last night busted the old pine," said Roy. "Hark!" he exclaimed, listening. "There's the whistle for Burnham's Station. In_ten minutes she'll be down here and go smash!"

The boy knelt beside the boulder, and squinted over it at the track beyond.

"No, sir, Ruby !" he exclaimed, "the engineer can't ever see this in time to stop 'er."

"O Ruby, your dress!" he cried. And seizing the garment in both hands he fairly tore it from his astonished sister and was off with it, leaving her standing with bare neck and arms.

Ruby drew the wagon into the shade of some roadside bushes, put on the cape, and scrambled up to a point from which she could see her brother and the advancing train.

Now she could see the black smoke row the engine, and now it was on the down grade; and there was Roy, bravely waving his tattered signal.

Ruby's heart beat wildly as the great black thing drew near, and came to a halt just as it reached Lone Pine curve. How the engineer thanked Roy again and again! And how the passengers

But Pluck made up his mind, and he went-in sheepskins and without a pias-

ter. He trudged sturdily on day after day until he reached Constantinople. He soon found his way to the college and inquired for the president.

Pluck asked for work, but the presicent kindly told him that there was none, and that he must go away.

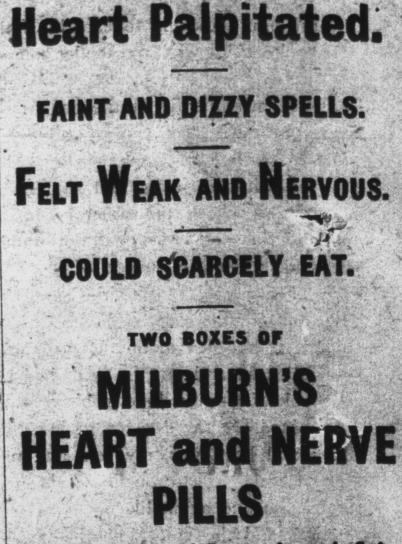
"'Oh, no," said Pluck; "I can't do - that. I didn't come here to go away." When the president insisted, Pluck's answer was the same-"I didn't come here to go away."

He had no idea of giving up. "The King of France, with forty thousand men, went up a hill and then came down again," but it was no part of Pluck's plan to go marching home again; and three hours later the president saw him, in the yard, patjently waiting.

Some of the students advised Pluck to see Professor Long. "He knows all about you Bulgarian fellows," they said.

The professor, like the president, said there was no work for him, and he had better go away. But Pluck bravely stuck to his text, "I didn't come here to go away."

The boy's courage and perseverance pleased the professor so much that he urged the president to give Pluck a trial. So it was decided that he should take care of the fires. That meant car-1ying wood, and a great deal of it, up three or four fights of stairs, taking away the ashes and keeping all the



March 23, 1904.

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Bured Mrs. Edmond Brown, Inwood, Ont., when she had almost given up hope of ever gotting well again.

She writes : "I was so run down that I was not able to do my work, was short of breath, had a sour stomach every night and could scarcely eat. My heart palpitated, I had faint and dizzy spells and felt weak and nervous all the time. My husband got me a box of Milburn's Heart and Nerve Pills but I told him it was no use, that I had given up hope of ever being cured. He however persuaded me to take them and before I had used hall the box I began to feel better. Two boxes made a new woman of me and I have been well and have been able to do my work ever since."

Milburn's Heart and Nerve Pills are

RUBY'S OED RED DRESS.

BY-JULIET OLDER CARLTON.

"Come Ruby," said Mrs. Ward to her little daughter, "the rain last night ripened the blackberries on Lone Pine hill, and I want you and Roy to gather as many of them as you can."

"Oh, goody, goody!" cried Ruby, dancing around; "where's my sunbonnet and a basket?"

"You'll have to take more than one basket," said her mother from the pantry. "It's going to be a pretty good day's work to fill all the things I shall give you. Now, you run and change your dress,-put on that old red one."

"Why do I have to change my dress?" asked Ruby. "That old red thing is ragged, and, besides, it's too short."

"Well, what if it is?" answered her n:other. "It's good enough to pick berries in. Run along now, and do as mother tells you. You won't be ready by the time Roy is, and I want you to hurry, so as to cross the track before the eight o'clock passenger comes along. "All aboard !" shouted Roy, as he rattled up with his little express-wagon. His mother gave him the baskets and pails, and went to look after Ruby, who stood; pouting, by the bedroom window. "Why, Ruby Ward!" said her mother, "do you want your brother to go alone to pick berries?"

"No, mamma," wailed Ruby, tugging at her buttons. Mamma pinned the curly brown hair into a "knob" on top ct her little girl's head, gave her a waterproof cape in case it should rain. and some old stocking-legs to keep the fat little arms from sunburn and scratches.

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were they that they ran nearly all the way up a hill, and then, after a short rest, Roy proposed that they coast

cheered when they saw the boy!

The track was soon cleared, and the train, after cautiously feeling its way over the damaged places, sped on and away.

It was not so easy, after this excitement, for the two children to settle down to steady work; but they did work, and so well that they returned in time for supper with every dish full.

The story of their adventure had gone before them, so that they missed the joy of its first telling, but their proud family gave them a warm greeting. Mother had some special nice tea-cakes for supper, while father beamed down upon his little son, and asked him if he was not afraid when the engine came down at him.

"Fraid! No. sir," said Roy. "Did the engineer think I acted 'fraid?"

"No," answered his father, smiling; "he said you seemed quite cool."

"Anyway," remarked Ruby, between mouthfuls, "I'm glad I minded mamma, and wore my old red dress."-S. S. Times.

PLUCK'S COLLEGE COURSE.

A little hut in Bulgaria, made of mud and stone, was Pluck's home, and his father was so poor that he could hardly get food enough for his large family. Their clothes cost little, as they all wore sheepskins, made up with the wool outside.

Pluck was a bright, ambitious boy, with a great desire for. study, and when he heard of Roberts College, at Constantinople, he determined to go there. He told his father one day, when they were away together tending sheep, that children; I can't give you a piaster."

things neat and in order.

After a few days, as Pluck showed no signs of weakening, the president went to him and said: "My poor boy, you cannot stay here this winter. This room is not comfortable, and I have no other to give you."

"'Oh, I'm perfectly satisfied," Pluck replied. "It's the best room I ever had in my life. I didn't come here to go away."

Evidently there was no getting rid of Pluck, and he was allowed to stay. After he had gained his point, he settled down to business and asked some of the students_to help him with his lessons in the evenings. They formed a party of six, so none of the boys found it a burden to help Pluck one evening in a week.

After some weeks, he asked to be examined to enter the preparatory class. "Do you expect," asked the president, "to compete with those boys who have many weeks start of you? And," he continued, "you can't go into a class in sheepskins-all the boys would cry

"Yes, sir, I know," Pluck said; "but the boys have promised to help me out. One will give me a coat, another a pair of trousers, and so on."

Although Pluck had passed the examination, he had no money, and the rules of the college required each stuaent to pay two hundred dollars a year.

"I wish," said Professor Long, "that this college would hire Pluck to help me in the laboratory, and give him a hundred dollars a year."

Pluck became the professor's assistant. But where was the other hundred coming from?

President Washburn sent an account of Pluck's poverty and great desire for

so cts. box, or 3 for \$1.25, all dealers or THE T. MILBURN CO., Lim Ited, TORONTO, ONT.

What a young man should do is not to vex himself about his imperfections, but to fix his mind on the bright image of penfection; not to weary his soul with rules, but to live with Christ as one liveth with a friend.

Try to Prevent Lung Trouble.

It's the dried sputum floating around in the air that gets into your lungs and causes consump-tion A sure preventive is fragrant healing Ca-tarrhozone, which is inhaled right into the lungs, kills every germ, heals the sore membranes and cures thoroughly every type of catarrh, bronchi-tis, asthma and lung troub's. "I caught a severe cold which developed into catarrh and finally settled on my lungs," writes Mr. A. Northrop, of Bedford. "Catarrhozone relieved quickly and cured me. I recommend Catarrhozone highly." Two months' treatment \$1.00; trial size 25c.

Then deem it not an idle thing A pleasant word to speak; The face you wear, the thoughts you bring. A heart may heal or break.

They Are Carefully Prepared.- Pills which dissipate themselves in the stomach cannot be expected to have much effect upon the intestines, and to overcome costiveness the medicine administered must influence the action of these canals. Parmelee's Vegetable Pills are so made, under the supervision of experts, that the substance in them intended to operate on the intestines are retarded in action until they pass through the stomach to the bowels.

Christianity is not a drill. It is life, full, free, radiant and rejoicing.

he had decided to go to college. The It Has Many Offices .- Before the At last they were ready, and so eager poor shepherd looked at his son in an education to Dr. Hamlin, the ex-German soldier starts on a long march amazement, and said: "You can't go to president of Roberts College, who was he rubs his feet with tallow, for his college; it's all I can do to feed you in America. The doctor told the story first care is to keep his feet in good to a friend one day, and she was so incondition. If he knew that Dr. Thomas' down. "I don't want a piaster," Pluck retcrested that she said, "I would like to Eclectric Oil would be of much better Baskets and pails were tied fast to plied. "but I do want to go to college." give the other hundred." service he would throw away his tallow the wagon, and, with Roy as steersman, "Besides," the shepherd continued, A boy who had so strong a will, was and pack a few bottles of the Oil in his they fairly flew down the slope and "you can't go to college in sheepskins," sure to find a way .- Child's Companion. knapsack. There is nothing like it. across the track at the base of old Lone