

was necessary as a preventive against contagion, and forthwith she had taken up, cleaned, and put down again five carpets, on a hot summer day, unaided; and then, with every limb and nerve aching, she had gone to bed convinced that after all her painstaking she had not averted the dread calamity. Her aching head and limbs assured her that the grim monster had swooped down upon her, alone and unprepared.

When her husband returned, an hour later, and found her in a high fever, he speedily summoned a physician, who told the frightened woman that she had simply overdone, and was suffering from the effects of her indiscretion.

Thus imagination often makes coward of would-be heroes. Knowledge, like the thermometer, only shows us our weakness, and thereby throws an obstacle in the way, which prevents us from reaching the goal for which we are striving. Any attempt to gauge our equipment for an undertaking by consulting the signboard of another person's experience, is a stumbling-block in our way. We are at our best when we go straight ahead, and keep our feelings and our inclinations subservient to the end in view.—*Zion's Herald.*

**THE EDUCATION OF A DAUGHTER.**

For the first fifteen years of her life the education of my daughter should not differ from the education of my boy. They shall both be taught the elements of the fundamental studies. She shall know her arithmetic and her algebra, her history and geography, her English grammar and the other subjects of the ordinary curriculum. She shall be taught them in the same way in which my son learns them. But not far from the first years of her teens I may begin to make a difference between her education and that of her brother.

Scholarship is a purpose commonly held in the school and college for boys. Although not one boy in a thousand will become a scholar, yet it is well that the purpose is general. If one boy in a thousand becomes a scholar, one girl in ten thousand becomes a scholar. Small is the chance that my boy will become a scholar, and so infinitesimal is the chance that my daughter will become a scholar that I have the right, and perhaps am bound by the duty of eliminating it from my calculations.

But if my daughter cannot become a scholar, there is one thing which my daughter may become: she may become a thinker. It is as much more important as it is more probable. For the opportunities for the use of scholarship are few, sporadic; but the opportunities for the use of the power of thinking are constant. In no better way can I prepare my daughter to undertake the joys and responsibilities of the headship of a home, either for herself alone, or for herself in combination with others, than by making her a thinker.

The appreciation of others' needs is most readily secured by thinking. Wise thoughtfulness saves, or helps to save, one from selfishness. Effective economy or economic efficiency is the result of discrimination, and discrimination is a form of thinking. Attention to details is primarily an intellectual quality. The largeness of conception which my daughter should embody in her life in the home represents the power of thought. Therefore, I wish my daughter to think. Her knowledge at the utmost will be slight. From year to year it will prove to be a charming quality. . . . But the result of her hav-

ing learned and of having known will be embodied in her power of intellectual penetration, interpretation and discrimination. Such results are infinitely precious.—*Pres. Charles F. Thwing, in Harper's Weekly.*

**DR. GIUSEPPE LAPPONI**

**PHYSICIAN TO THE POPE PRAISES DR. WILLIAMS' PINK PILLS.**

**In Four Cases of Anaemia their Effects were so satisfactory that he will go on using them.**

Dr. Lapponi, whose skill preserved the life of the late Pope Leo XIII to the great age of 92, and to whose care the health of the present Pope, His Holiness Pius X, is confided, has written the remarkable letter of which the following is a translation:

"I certify that I have tried Dr. Williams' Pink Pills in four cases of the simple Anæmia of development. After a few weeks of treatment, the result came fully up to my expectations. For that reason I shall not fail in the future to extend the use of this laudable preparation not only in the treatment of other morbid forms of the category of Anæmia or Chlorosis, but also in cases of Neurasthenia and the like."

DR. GIUSEPPE LAPPONI.



Dr. Giuseppe Lapponi, Physician to the Pope, who has written a letter in praise of Dr. Williams' Pink Pills for Pale People.

It would be impossible to exaggerate the importance of this opinion. Dr. Lapponi's high official position places his professional competence above question, and it is certain that he did not write as above without weighing his words, or without a full sense of the effect his opinion would have.

The "simple anæmia of development" referred to by Dr. Lapponi is of course that tired, languid condition of young girls whose development to womanhood is tardy, and whose health, at the period of that development, is so often imperilled. A girl, bright and merry enough in childhood, will in her teens grow by degrees pale and languid. Frequent headaches, and a sense of uneasiness which she cannot understand make her miserable. Just when it is time for her to leave off being a girl and become a woman—a chance which comes to different individuals at different ages—her development lingers—why? Because she had too little blood. That is what Dr. Lapponi means when he speaks, in the scientific language natural to him, of "the anæmia of development." Dr. Williams' Pink Pills for Pale People have the power of making new blood. They cure anæmia

just as food cures hunger. That is how they help growing girls, who, for want of this new blood, often drift into chronic ill-health, or "go into a decline,"—which means consumption—and die. Dr. Williams' Pink Pills could save them.

The value of Dr. Williams' Pink Pills as a nerve tonic, referred to by Dr. Lapponi, makes them valuable to men as well as women. They act on the nerves through the blood, and thus cure diseases like St. Vitus' dance, neuralgia, paralysis and locomotor ataxia. When buying these pills it is important to see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box. Never take a substitute, as it is worse than a waste of money—it is a menace to health. If you cannot get the genuine pills from your dealer, write the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent you, post paid, at 50 cents a box, or six boxes for \$2.50.

**THE LITTLE WHITE CHURCH.**

BY JOE LINCOLN.

The woodpeckers tap at its weather-worked gables,

The pigeons flit in at its belfry above; The swallows build nests in the roofs of its stables,

And round it the bees seek the blossoms they love,

The green-plumed old elms stand like sentries before it,

Behind it the willows droop drowsy and still,

And gently the breeze from the ocean sings o'er it—

The little white meeting house under the hill.

The golden-barred sunbeams, new-minted and yellow,

Like falchions flash in at the windows' queer panes,

To fill the old church with a radiance mellow,

And cut through the dust-rift fair star-powdered lanes.

They gild the high pews with a glittering splendor,

With halos of glory they dapple the wall,

And on the quaint pulpit their touch falls as tender

And soft as the peace that lies over it all.

How often I've gazed at those bright lances streaming,

And fancied their ladders to mansions of joy,

As, in the old pew by the aisle, I sat dreaming

The wonderful dreams of a light-hearted boy!

My eyes do but close, and again to their places

Come trooping the shadowy figures I know;

The forms, well remembered, the dearly loved faces,

The faces and forms of the blest long ago.

**HEAVEN.**

Where is heaven? Some contend that heaven is not a place at all, but merely a state. They tell us that wherever the good man is, there is heaven. Goodness, love, righteousness, peace, and hope constitute heaven, and these are with all men everywhere who follow Christ. This is true, but it is not the whole truth. The Bible warrants us in saying that not only does



**"Lime Juice for Me."**

"Tell you what, there's nothing like Lime Juice when you're sizzling. A tall cold one of

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with the ice tinkling against the glass, and a straw to make it last long, is the finest thirst-quencher I ever tasted.

Just try it once, and see if you don't agree with me."

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every good man carry his heaven about with him while he lives, but also that there is a place, definite and distinct, where the saints of God shall be gathered home when the race of life is run. These two elements are necessary to complete the felicity of the soul.

Promotion is often dangerous. Many a man who while living in obscurity and humble position lived unselfishly and walked with God, has become proud, vain, and selfish through promotion. His rise was a grievous fall. The honors of the world robbed him of the honor which cometh from God.

Narrow chested, weak lunged people can't be cured by medicine. Plenty of fresh air, mild exercise and "The D & L" Emulsion at the first sign of weakness or loss of weight is the best treatment.

We have too little praying face to face with God every day. Looking back at the end, I suspect there will be a great grief for our sins of omission—omission to get from God what we might have got by praying.—*Andrew A. Bonar.*

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which arise from it's derangement.

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