

Our Daily Bread

Takes More Than a Good Breakfast to Equip a Man for the Day's Business.

"Give us this day our daily bread."—Matt. vi., 11.

There is something strikingly pathetic in the thought that the most familiar petition in the prayer most commonly used among all prayers is the one in which we cry, "Give us this day our daily bread." It is the cry of the child looking up to the Father of all and waiting for food for the present.

None has caught the spirit of this prayer who has thought that such a petition made daily toil unnecessary; who has thought of its bringing about that condition of life, ideal to many, in which the needed meals would fall from the heavens as the suitable seasons between sleep and the pursuit of pleasure.

The spirit of the prayer puts a higher significance into these simple words. Each day comes with its deep needs, its heavy cares, its high possibilities, its long duties, its splendid joys, and we ask not for three meals or five, but for that the day may have we may find sufficient strength and sustenance.

It takes more than a good breakfast to equip a man for the day's business. It takes a bracing of the will, some uplift of the heart; it takes some inner impulse and power that helps us to see the glory of a new day, to feel the thrill of its possibilities, to face it with delight, and to find in it every good and every noble thing it may have for us.

There are hours every day when the inner light burns dim, when the heart seems to fail and almost faint, when despair creeps over us and

THE SPIRIT OF PESSIMISM

comes up like a bewildering mist, when cynicism's cold fingers lay themselves lightly on our warm faith in our fellows. Such periods of depression and doubt become habitual with some; they serve to block every high endeavor.

These hours simply mean that the inner life needs its daily bread; that for the high business of living, for the soul's service in the world, we need the food of the spiritual life. The advice to read a good and noble thought every day, to some poem, and to see some good picture or to hear an elevating strain of music every day is as simple and practical as the advice to take your meals regularly.

The physical plays a large part in

life, but it does not play the largest. Or, if it does, then there are reaches of this physical that are not to be explored by material observation nor satisfied with material supplies. You can afford to neglect no need of your nature, no aspect of your life. A headache is just as real as an ache in the empty stomach.

The tragedy of all our lives is that we seek to satisfy them with the bread that perishes; divine as they are, we seek to tie them down to the dust. We shut out heaven and cry aloud in despair that earth is so dark and its tasks so irksome. Life becomes hopeless, as it seems to be empty of things to satisfy the higher life.

Yet this daily bread is not some manna to fall from the skies, is not some peculiar privilege belonging to a few choice souls.

IT IS TO BE HAD FOR THE TAKING. Our great heritage of cheering thoughts, of noble ideals, of visions that elevate and inspire, is at the same time the cheapest and the richest thing obtainable.

To those who look for beauty every common bush is soon aflame with God; to those who look for love, how wonderfully rich is our poor humanity in gentle kindness, in tender service, in deep, thrilling sacrifices! They who walk the common ways of life, mingling with men and doing this world's material tasks, find, if they but have the open mind, that which gives them faith and strength for their daily living and for higher endeavor.

What though the hands be tied to toilsome task, may not the heart go out in memory of the best thoughts that have ever come to the race, in imagination of heroic scenes, in aspiration after the best? May not the will respond to every stimulus and aspiration to greater life? May not our hearts feed on those things that have made men brave and Godlike in the past?

Is not this our deep need? Is not this the bread we ought daily to desire? For what is life to any of us if it be no more than the feeding of this outer shell, and what may it not become if it be the nurturing of the whole being by those ideals, and passions, and service that have most mightily moved our race in days gone by?

WHEN BABY IS SICK

GIVE BABY'S OWN TABLETS

The little ills of childhood often come very suddenly and often they prove serious if not treated promptly. The wise mother will keep Baby's Own Tablets always at hand and give her little ones an occasional dose to prevent sickness or to treat it promptly, if it comes unexpectedly. Baby's Own Tablets cure all the minor ailments of children and are absolutely safe. Mrs. A. H. Bonnyman, Mattail, N. S., says: "I have used Baby's Own Tablets for teething, constipation and other ills of childhood, and have found them a safe and excellent medicine." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CHURCHILL'S RHINOCEROS HUNT.

The English M. P. Tells of Wild Game of Africa.

Mr. Winston Churchill thus writes of his experience in South Africa:—

After Makindu Station there is a wonderful spectacle—the plains are crowded with wild animals. From the windows of the carriage the whole zoological gardens can be seen disporting itself. Herds of antelopes and gazelle, troops of zebras—sometimes four or five hundred together—watch the train pass with placid assurance, or scamper a hundred yards farther away, and turn again. Many are quite close to the line. . . . At Nakuru six yellow lions walked in leisurely mood across the rails in broad daylight.

Mr. Churchill tells an interesting story of a rhinoceros hunt. Two monsters were seen, and the hunter crept to a distance of 120 yards. "At such a range it is easy to hit so great a target, but the bull's eye is small. I fired. The thud of a bullet which strikes with an impact of a ton and a quarter, tearing through hide and muscle and bone, with the hideous energy of cordite, came back distinctly.

A New Orleans woman was thin. Because she did not extract sufficient nourishment from her food. She took Scott's Emulsion. Result: She gained a pound a day in weight.

ALL DRUGGISTS: 50c. AND \$1.00

A WOMAN THOUGH QUEEN

ALEXANDRA OF ENGLAND FEMINE IN HER CHARM.

Likes to Wear Magnificent Jewels—Princess of Wales of Another Type.

The greatest appeal that Queen Alexandra makes to her immediate household as well as to her subjects is the appeal of perfect womanliness. She has all the feminine weaknesses which are said to be fast disappearing in her sex—a desire to keep young, a love of dress and jewels, a vanity which prompts her to read all that is written about her in England at any rate, a tender heart and boundless sympathy, writes a London correspondent.

An American who was summoned to a private audience at the palace the other day said that the thing which most impressed him about the Queen was her air of motherliness, a sort of gentle protecting manner with also a tacit appeal to chivalry in it.

There is no more devoted mother in all the country than Queen Alexandra has been, no more tender daughter than she was to Queen Victoria, and no more loyal wife. Besides these characteristics her desire is to bestow an almost universal charity, which has to be modified by those who take charge of the money she wishes to distribute.

The love of what is beautiful in art makes the Queen choose her gowns and those of her only unmarried daughter with more than the usual woman's interest in dresses as dresses. To the first lady in the land soft fabrics,

DAINTY LACES AND RICH FURS

all possess an artistic value aside from their charm as adornments.

Queen Alexandra sometimes spends half a morning choosing a combination of colors for a reception gown and the jewels which shall help to set it off. All of which seems rather strange when one stops to consider the extreme simplicity of her life and dress in her girlhood days in Denmark.

At the courts the Queen is ablaze with precious stones, and at the first of these functions this season, when mourning was necessary, her black lace gown was relieved by the rope of pearls she always wears on state occasions. This magnificent necklace is part of the Hanoverian crown heirlooms, and consists of five ropes of pearls varying in size from those as large as hazelnuts to those as small as peas. The ropes are of different lengths; the longest, falling below the waist, is finished by two tassels of matchless stones which extend almost to the bottom of the gown.

Underneath this necklace the Queen further concealed the somberness of her corsage by alternate rows of pearl and diamond ornaments. On her head she wore the beautiful all round crown of pearls and diamonds which she prefers of all her crowns. Naturally, with her fair hair and delicately tinted face amid this collection of jewels, she was a vision of beauty.

These exquisite pearls, as has been said, do not really belong to Queen Alexandra, nor does the crown she wore. They were inherited from Queen Victoria, who settled them upon the royal estate, so they are the Queen's only during the lifetime of her husband, and after that they will go to

THE NEXT QUEEN CONSORT.

One crown, however, Queen Victoria left personally to Alexandra. This is a diamond tiara which rises to a point in the front and, projecting at the side, is somewhat fan shaped in design.

Diamonds and pearls are the Queen's favorite jewels, and her most prized brooch is one that was given her by the late Lady Cadogan. It is formed of a single pearl of great size and wonderful lustre which was found in an oyster taken from the oyster beds at Clifden in Ireland.

Besides all her dog collars, ropes, rings and earrings of precious stones the Queen possesses many jewelled orders which serve to enhance the beauty of her gowns when worn on state occasions, since she always is careful to wear the order which will harmonize with the color of her dress. There is the deep blue of the ribbon of the Garter fastened with diamonds. The Garter itself is worn high up on the left arm with its motto in jewelled lettering.

Then there is the Portuguese order of Santa Isabel, which is a rose and white ribbon with the diamond buckle, and there many others with varying colors and jewels and representing many countries.

No woman in the world has her vanity more assiduously administered to than England's Queen. The papers vie with one another in serving her with accounts of her beauty, her taste, her grace, etc., which must pall a little sometimes even on the recipient of these rhapsodies.

But she never disappoints those who admire her charms, for at each public function she always appears in a gown which is

A MARVEL OF SKILL AND BEAUTY, and always she preserves a girlish figure, blond hair and a youthful face though her children are reaching middle age and her grand-children are multiplying fast.

England's next Queen, the Princess of Wales, is a direct and absolute contrast to Alexandra. Already her face shows lines of care and anxiety, lines which come to many women with the

Backache, Headache Internal Pains.



"If every suffering woman would take Peruna, they would soon know its value and never be without it."

MRS. JOSEPH LACELLE, 124 Bronson St., Ottawa East, Ontario, Canada, writes:

"I suffered with backache, headache and dragging pains for over nine months, and nothing relieved me until I took Peruna. This medicine is by far better than any other medicine for these troubles. A few bottles relieved me of my miserable half-dead, half-alive condition.

"I am now in good health, have neither ache nor pain, nor have I had any for the past year.

"If every suffering woman would take Peruna, they would soon know its value and never be without it."

Dyspepsia and Indigestion.

Mrs. Joseph Beaudoin, 59 Rue St. Olivier, Quebec, P. Q., Can., writes: "Peruna is wonderful for indigestion. I eat whatever I want and no longer feel any oppression. Having had dyspepsia for a long time and having tried various other remedies, I decided to try

Peruna and with the fourth bottle of it I was perfectly cured.

"For this reason I recommend it to all those who are suffering with that terrible malady, dyspepsia. I hope that all who are afflicted in this way will take Peruna and Manlin as I did."

Chronic Nasal Catarrh. Mr. Chas. H. Stevens, 122 Sixteenth St., Detroit, Mich., writes: "It affords me great pleasure to testify to the merits of Peruna as a remedy for catarrh.

"I suffered for some time with chronic nasal catarrh, but after five months' treatment during which time I used seven bottles of Peruna I am pleased to say that I am entirely well, there not being the slightest trace of catarrh left.

"Peruna is without a doubt, in my mind, the greatest remedy known for catarrh."

Weak, Tired Feeling. Miss Marie A. Lesser, 923 W. 86th St., Chicago, Ill., Worthy Secretary I. O. G. T., writes:

"I am glad to give a good word for Peruna, and I hope that all who see this who are troubled with systemic catarrh as I was for years, will profit by it.

"I had tried many remedies, but none did more than give me temporary relief, and some did not even do that. I took Peruna at the suggestion of a friend, and was more than pleased and surprised at the results.

"I am now perfectly well and strong. That weak, tired feeling has left me, and I feel like a different person entirely."

The Slavery of Disease. It is wonderful how many women in Canada and the United States have been practically made new again by the use of Peruna.

Not the victims of any organic disease, but just a half-dead and half-alive, condition. Miserable, dragging pains that keep a woman always from doing her best work, from being her best self. Cross and petulant, perhaps. Maybe even a sullen in her household, just because her health is continually below par. She never feels quite right. She gets the reputation of being sullen, or morbid, or ill tempered.

Her trouble is not a moral one at all, it is simply a physical one. Make such a woman well and she immediately becomes transformed into a new being mentally.

This is exactly what Peruna has done in a multitude of cases.

burdens of child bearing and child rearing, but while her expression lacks the gentle, placid sweetness of the Queen's, hers is nevertheless a pleasing, strong, intelligent face.

She cares very little for beautiful jewels and generally wears none at all, except at state affairs. Her gowns are always simple and her coiffure severe. She feels very strongly that women in high places should be an example to the rest of womankind and that extravagance in dress is bad taste and a bad precedent to follow.

It was once mentioned to the Princess that the extreme severity of the gown she wore at some charity gathering had been noticed, and her answer was that she considered it inappropriate to go very splendidly dressed to a fête given in the cause of charity.

Like the Queen the Princess of Wales gives largely, subscribing in fact to all the charitable organizations which make demands upon her. She is said to take a great interest in the woman suffrage movement and is a frequent visitor and an earnest listener at the houses of Parliament.

In fact, if the Queen represents all that is delicate and lovable in the type of woman of years ago, the Princess stands for all that is alert, thoroughly earnest and deep thinking in the twentieth century woman. Yet English' wiseacres shake their heads and say, "She will never have the place in the hearts of her people which her Majesty has maintained since she first came to England as a bride."

TO CURE LONDON'S INSANE.

English Doctor Gives \$150,000 to Establish Hospital for Mental Disease.

A gift of £30,000, offered by Dr. Henry Maudsley, of Mayfair, London, the well-known specialist in mental disease, towards the establishment of a hospital for the treatment of mental diseases, was recently accepted by the Council, which passed a resolution of thanks to Dr. Maudsley.

Dr. Maudsley stated in an interview that he had offered the money so that London might have a hospital which could be devoted to three special uses:

1. The early treatment of insanity and mental diseases, to prevent, if possible, the necessity of sending cases to asylums.

2. Research work into the cause and prevention of insanity.

3. Educational work; a medical school for the training of students in the treatment of insanity.

"The hospital will not be an asylum," said the doctor. "Incurable cases will be transferred to one of the county asylums. Insanity can often be cured in its early stages by special and individual attention, which cannot be properly given in a great asylum with a thou-

sand and more patients. There will only be accommodation for 100 patients in the new hospital, so that each case can be separately treated. The stigma of a lunatic asylum will not, in any way, rest upon patients who have been in the hospital. It will be simply an ordinary hospital where insanity will receive medical attention, just as other diseases are treated in general hospitals.

"We know now that insanity is caused by toxins, or poisons in the blood, and efforts will be made to discover anti-toxins for types of insanity."

THE EXCELSIOR LIFE INSURANCE CO.

1907 a Prosperous Year.

The annual statement of The Excelsior Life Insurance Company issued recently, indicates a year of increased business. The total income was \$427,450. That the Excelsior Life Insurance Company is pre-eminently a policyholders' Company, may be judged from the fact that for three successive quinquennial periods it has paid very satisfactory profits to its policyholders, and further its record and present position is unexcelled as regards those features of the business which policyholders are particularly interested in—security—interest earnings the highest in Canada—economy in management—an unparalleled low death rate.

The popularity of the "Excelsior Life" may be judged from the fact that new insurance applied for during the year amounted to \$2,711,000. The total amount of insurance now in force reaches almost eleven and one-half million dollars. The assets of this Company amount to \$1,411,330. It has a Reserve Fund largely in excess of Government requirements. Although it has been only eighteen years in existence The Excelsior Life is one of the strong Canadian Companies, its success is indicative of shrewd and capable management. On its Board of Directors are to be found the names of gentlemen distinguished for their integrity and business capacity. It is largely owing to their executive ability that the Excelsior Life occupies the high position that it does amongst insurance companies. Any one thinking of insuring their lives would do well to have the Excelsior figure on the proposition. Full information may be obtained on application to the Head Office in Toronto. The Company want good active agents in every place where it is not represented.

WORTH WHILE.

Mrs. So-Sew—"But why do you keep your new maid if she is so awkward?" Mrs. Friendly—"Out of gratitude. Last week she upset the sauce over my old gown."