THE SHORTEST DAY

A little day ran past Without a ward from me I though it randon fiel a But that could liardly be, Bocause a little list next door, they say, Found time to speak a happy word that

A little day was spont Alufast listore I know. I wondered where it went, And so, ludeed, would you. If, on a sudden, at the set of sun, You found how very little you had done. -Handay Helicol Advocato.

CURING A BACKBITER

"There goes as ment a man as ever walk ed," remarked titles Bigelow as he glanced out of the window of the littleshop. Andrew like, the shoemaker, was not otto: ourlous enough to look up from his workly but he did stare in astonialment when old

Moses Rice, whose meekness was proverly

lal, rebuked the speaker. "Cillas," the old gentleman began, " don't suppose you've got a thing against Descon Tarbox. It's just your way o flinging out about folks, no matter who they bo."

"I guesa I know Deacon Tarbox as well as you do !" muttered Giles.

"Well, then you know as likely a man as we've got amongst us; upright in hi dealings and liberal according to his means You are like a mischievous boy buding behind a fence with a dirty anow-bull in his have it thrown after him.

"You are getting to be a regular back biter, Giles." Uncle Moses went on, in a volce tremulous with carnestness. "If you must talk about folks, why can't you try to think of something to say in their favor It would be just as easy; and it would leave a letter taste in your mouth."

Giles Bigelow had been so completely taken by surprise that he was not ready with his defense until after the door was closed behind Uncle Mosse. Then he to gan with some heat :

"I'm not a backbiter. A backbiter says things behind your lack that he wouldn't dare to say to your face. I speak my mind as I am fit, but I never may a word about a man that I wouldn't be perfectly willing to have him hear."

Olles took his departure, much offended and Weister Halpes was left as the oul recealing visitor at the sliop.

"Well," said Welster, as he slid into a still easier position in his chair. "Uncle Moss spoke quite a place, for him. it didn't make a particle of improvsion. I'd like to see some one gives titles a lesson that he would remainlier. Look here Andrew, you heard Oiles say that he would b't say saything about a man he wouldn't La williag to have him hear. Now Josh Flood and George Glover and Ram Nowell and I are coming here to-night to play chickens

"I'll get them to come early, and we'll god them to come early, and we'll crowd late this little cubby halo that you've got carteland off here, and to there when Oiles comes for bis toots. You give him o chance to air ble bouset opinion of us four Just meethe our names, incidentally, and be'll do the rock Then when he has fo labed wi'll stop forth and have our inn-

"Won't it be taking an unfair advantage of Giles ?" eaked the shoomaker a little doubtfelly.

Line bloo Y' musta's got mad at what Other anya. Lie but nevertheless I putial him slocerely, for leaving toldies bear good of themselves, you be was strange to our table manuare and

Webster Haines had so difficulty to to painful. termiliar his friends, and the four were hidden biblind the diagy curtain in the brought to the young man a plate of tooththen when Giller Bigelow came in that picks. He waved the plate away.

"Almost Salabel, Giles," said the shoe ready eaten two of the awful things. maker briskly. "Hit down a miaute. Heaty of room to night for a wooder. Josh Flood was here a few minutes ago. though," he added cantally.

"Josh Pland," said filles, as he sank into Care Cure if used as directed. a chair, "le a claver, well-meaning chap, whose all le said tend done. He wouldn't barne a monguiter."

Andrew walted for further comment.

at langth.

be stopped. some difficulty in controlling his counton-

ance, but he persevered. "Seen anything afternoou!

"No, I haven't," answered Cilles. There was an appreciable pause before he cleared his throat and continued, "Web Haines wife is as amust as they make 'em. How he ever brought it about I don't know, but it speaks well for Web that he had gimp enough to get her to have him."

"There, your boots are done, Giles," said | thing on the noroplane. Andrew. "It will be a dollar. I must got to work on Uncle Moses' joh."

Olles face brightenoit. "Now, there's a pawn the spoons to buy breakfast food, man for ye-Mosos Bloe, Goes right along minding his own husiness and scarce ever Mys a word but when he does speak he's worth listoning to. You heard what he said to me this afternoon. Well, I've been chawing it over and I've come to the con clusion that he was right. I'm golug to try to say a good word for every nameable persouthat is mentioned inmy prosence, but I must say that I don't see how I could have had a much harder test than those name that you happened to montion just now. Except of course Bloses Rice ; he's the salt | month in a sanitarium. of the earth. I snum, when you spoke of Web Haines I thought for a minute I was stumped. But I did it, and it all goes to show what a man can accomplish when he letters from a constituent asking for gar sets out. A dollar, did you say? I was

In hopes you'd make it dinety cents." When Gilos had gone the listeners emerged from there crampel quarters. "Giles didn't need your treatment after

Moses did all that was necessary.' "Well, I don't know," replied Webster Halnes, with a way smile, "It kinder looked to me as if Giles wasn't more than



.... OGSTITUTES IIIS TITLES

To anyone who wants the full official title of Canada's new Governor-General here it is, according to the Canadlan Clax-

His Excollency the Right Honorable Victor Christian William, Duke of Dovoushire, Marquess of Hartington, Earl of Dovoushire, Earl of Burlington, Baron Cavendish of Hardwicke, Haron Cavendish of Keighley ; Knight of the Most Noble Order of the Carter ; One of His Majesty's Privy Council ; Knight Grand Cross of the Most Distinguished Order of St. Michael and At George; Knight Grand Cross of the Royal Victorian Order, Governor. Conoral and Commander-in-Chief of the Dominion of Canada.

l'esviels, pale, rostless, and sickly childon owo their condition to worms. Mothe Graves' Worm Exterminator will relieve thom and restore health.

PHANK

"I hope you give me credit for having "No, that isn't what I give you credit

"No. I give you credit locause I know can collect from your dad."

Slok Meadache and Billousness CURED BY

MILBURNS LAXA-LIVER PILLS.

Mr .. Willard Tower, Hillsboso, N.B. antes: "I have suffered something awful with sick headsche. At times I would secome bihous, and would have severe pain; in my stomach after cating, and morning. I told some of my friends about it and I was advised to use Milburn's Lava-Liver Pills. This I did and and they cured me." When the liver becomes dugglish and

mactive, the howels become constipated, the tongue becomes coated, the stomach sel and rick and behous bradeches occur. Milburn's Laxa-Liver Iblis clean the cal coated tongue and stoniach and much the desprecable headaches Milburn's Lara-Liver Pills are 25c. or vial, 5 vials for \$1.00, at all dealers, r taufed direct on receipt of price by THE T MILBURN CO., LIMITED, Toronto.

COULDN'T STAND THEM

A well known Clyda shipbuiller talls the following story: "Whonever I sae a taothpick I think of

"Didn't La say he was perfectly willing a dinner that was given in Rome in honor to here anyone that he was talking about of two Yorkich noblemen. I sat near the rounger of the collection. He glittered "All right, said Andrew. "Only you with gold embroidery and great diamonds. some of his errors were both ludicrous and

> "Toward the end of the dinner a servant " 'No, thank you,' he said. 'I have al-

No tastter how deep-rooted the corn or wert may le, it must yield to Holloway's

THE PARSIOHTED WOMAN

You are, let us say, a capable stone sous talay forthcoming, he said, "George grapher or a teacher. If through any un-Olover is generally tound where Josh is" toward circumstances you should be barels "George Glover is about as strong a man of one of the faculties necessary to your in his trees as I know of," said Giles. I vocation, what would you do? Huch things don't see why he couldn't do considerable of do happen, you know, and wise in the wo a day's work if he should take a notion to." Inan who cultivates a hobby or a vocation Again Andrew waited. "I was nort of that employs other faculties then the one superting Sam Nowell in to-night," he said | she uses daily. If you know nothing clasbut teaching and should suddenly loss your "Ham Nowell to as good a judge of a hous bearing you would be stranded on the inas there is in town seconding to try way or land of the helplass. If your daily work thinking," remarked Ollas and with that is of the manual sort, cultivate a hobby for something that requires mental effort. By this time the shoomaker was having your mental faculties are in use daily, give them a rost by doing some sort of manual work. Not only will you feel fresher in of Web Heines since he was in here this doing your own work, but you will have taken the first stop to preparing yourself for any contingency that the future may

> What is the use in being well off if you on't know it? A bloycle can take a good many falls out

of a man, and there is where it has some-The people who are born with silve spoons in their mouths sometimes have t

Children Ory FOR FLEYCHER'S CASTORIA

It is lister not to be able to forse th ature. Still, it would be comforting when me wants to place semething on the pon-

The dinner with the herby to the front hetter than the languet followed by

WISE CONSTITUENT

Congressman received almost daily den-seeds, with emplease on peas. The de mand for pour got so heavy that the Con. gressman was moved to write this letter : "I am sending you a half dozen more packages of pour as requested. Bay, alt," said the shoemaker dryly. "Uncle | what 'are you trying to do down there, plant the whole State in peur ?" The reply came a few days later. It

"No, I'm not planting them, but they

HOW TO KEEP WELL

BY JOHN W. S. McCOXXCOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

SCHOOL HYGIENG AND SANITATION. UMIGATION of school rooms is usually done by means of the fumes of aulphur or formaldehyde. It is doubtful If, done in the haphazard way it is usually carried out, it is worth the expense. Lots of children got infection of one kind or another in action, but it is not the atmosphere of an "infected school-room" but the mild and unrecounized cases of communicable disease which apread the discase by contact infection among the children. It is often found that after great palas and expense have been taken to disinfect school-rooms that fresh cases appear,

as if na precattions had been taken. The best rafe-guards are cleanliness and the simple use of disinfectunta. The oblicts in the achool-room which are frequently handled, such an door-knobe rallings, gynmastic apparatus, tollet fixtures, etc., should be thoroughly clouned once a week and gone over every WHAT SHOULD morning with a cloth wet in (1-40) formaldelighe solu-HE DONE tion, creesel solution, or weak carbolic solution. Water-

closets should be kept scrupulously clean, and the sents, doorkische, chains, etc., should be disinfected daily in the manuer already described. The tollet facilities for many of the country school are little shore of scandalous. The writer is aware that Women's Institutes are doing a great deal towards the improvement of sanitary conditions in thear schools and it is the duty of the Medical Officer of Health to have a sharp eye on school premises and insist that the tollets and surroundings are kept in proper manitary condition. Dust should be wiped off furniture with a damp clotic. Don't use a teather duster, this merely stirn up the dust, and is worse, than useless. The floors should be offed and off brushes used in aweeping. Blackboard chalk should be removed as much as por albi after select hours by wet eleths instead of by ornsers.

Since much of the disease ... curring among children is spread from the month and threat it is easy to see how the Common Drinking Cup and the Common Towel spread disease. Their use should not be allowed in rchool or elsewhere. A card with those rules printed in large letters should be hung up in every school-room. Do not at it if you can help it. Nover soit on a slate, floor, or sidewalk

Do not 1-ut the fingers into the mouth,

Do not pick the nose or wipe the nose on the hand or sleeve. Do not wel the fingers in the mouth when turning the leaves of a book Do not put pencils in the mouth or wet them with the lips. Do not put money into the mouth. Do not put plan in the mouth.

Do not put anything into the mouth except food and drink. Do not swap apple-cores, candy, chowing gum, half-eaten food, whiatles, toys or anything that is put into the mouth. Never cough or sneeto in a person's face, turn your face to one side, Keep your face and hands clean. Wash your hands with sonp and water

INFANTILE PARALYSIS VS. OTHER COMMUNICABLE DISEASES. Great catastrophes have great lessons, and the greater the catastrophe the greater it " lesson. Immediately after a vallroad disaster, a shipwreck. or a sensational fire in which lives are lost the public demand that action he taken to prevent the recurrence of similar accidents in the future. While this in quite proper, it is essentially important that a broad application of the lesson should be learned, but it is soldon done. The suburban railway accident at Queenston last year, the loss of the great vessels the Empress of Ireland and the Titanic, all contributing to greater or lesser loss of life. resulted only in guarding against an identical form of accident in the

The same holds true in respect to infantile paralysis which has been the cause of excitoment almost approaching panic in some parts of the United States and in portions of this country, though bappily we have escaped with about the sessonal average number of cases. Atringent meastires were taken by our neighbours to check the outbrock in New York and other cities, and the Provincial Health authorities have been on the of's beckening vision, the soul of the alert against ony similar opidemie in Ontario. But the incidence of infan- | man who to a leader in a great and tile paralysis with its death rate is triding compared with the results from notice of the regard to which the public is anotheric. In December of fluence man like this are having on last year there were over 3,000 cases of measies in Toronto alone, and the the world's history? China is a nacutbreak spread all over Ontario. Messies causes more deaths annually tion in the making, in process of than does infantile paralysis; so do diphtheris, scarlet fever, and tuber- modiding and rebirth. Who can tell culosis. It is a pity our people do not get a little more panicky about what unseen revolutions the influsome or all of the last-named diseases; they are always with us, and cut | ence of such men is swerting, for it short cuch year the correct of many promising lives.

BUAUTY OF WORK. The beauty of work depends upon the way we need it, whethor we are ourselves each morn-Ing to ottack it as an enemy that taust be ranquished before night comes or whether we open our

eyes with the sunrise to welcome It to an approaching friend who will keep us delightful company all day and who will make us feel at evening that the day was well worth its futigues-Lucy

COMECIENTIOUS

Hre Josephal a new mail, who appear al at the door of the library one effections where her mistress was reading. "There's no coal, mum," said the deman tic, "un' the fire are gold' out."

"No coal !" oried the mistrais in surprise "Why didn't you tall too below ?" "I couldn's tell you there was no coal mum," replied the girl, "when there was

Children Ory FOR FLETCHER'S CASTORIA

The Poor Man's Friend. -Put up in small bottles that are easily portable and sold for a very small sam, Dr. Thomas' Edictrio Oil possesses more power in concentrated Donn's Kidney Pills. When I had form than one hundred times the quantity taken the first box I found relief. I have of many ungents. Its chesposes and the varied uses to which it can be put make it the poor man's friend. No dealer's stock is complete without it.

It takes patience to make a good fisherman, but a good surgeon requires practice

Don't judge a man by bis clothes. They may be the best his tailor will trust him

Had Weak and Dizzy Spells. WAS CURED BY MILBURN'S HEART AND NERVE PILLS.

Mrs. J. S. Nicholis, Listowel, Ont., rrites: "I was weak and run down, my licart would palpitate, and I would take weak and dirzy spells. A friend advised me to take your Heart and Nerve Yills, so I started at once, and found that I felt much stronger, and my heart was ever so much better in a short time. I cannot praise your medicine too highly for it has done me a world of good.
My husband has also been bothered with heart trouble ever alnee childhood, and finds quick relief by using your valuable pills."

Milburn's Heart and Nerve Pills have been on the market for the past twentyfive years, and are universally known as the very best remedy for all troubles arising from the heart or nerves. Milburn's Heart and Nerve Pills are 60c. per box, 3 boxes for \$1.25, at all dealers, or malled direct on receipt of price by Ten T. Millsum Co., Limitan, Toronto, Ont.

Home persons do not like an open winter, but with one accord all declare for an open

There are men so busy that we somehow feel portain that they would declare that they had no time to attend their own fun- himself, the prisoner gazed pensively at the Hundsome is as handsome patronicos the

Hope is a hot brick for the ours He is a free man, indeed, who is able to presols what he practices.

beauty doctor.

One of the great advantages of an air castle is that it is non taxable property.

The Beauty of a Class Hain .- The coud! tion of the liver regulates the condition of times such as the present? It is men the blood. A disordered liver causes less like Mr. Crocker that are weaving parities in the blood and there show them. salvas in blamishas on the chia. Paracelas's Vegetable Pills in setting upon the liver est upon the blood and a clear, bealthy skin will follow intelligent use of this standard medicina Ladies, who will fully appreclate this prime quality of these pills, can will be most gratifylag.

Being a good goner to a floa thing for either a genitler or a dector. It is said that it takes two to make a quarrel, but as a matter of fact one pareon can make an unlimited number if he chose-

Many Women Suffer From Pains in the Back.

When the back begins to ache it is a sure sign that there is consthing radically wrong with the kidneys. What you want is a kidney medicine Doan's Kidney Pills are not a cure-all,

but a medicine for the kidneys only. For years a had subcred so with my kidney I could hardly do my housework I trace several kinds of pills, but none of then, seemed to be doing me any good At last I was advised to try a box of used five boxes and to-day I feel like a new woman. I cannot recommend them

Doan's Kidney Fills bear the trade mark of a Maple Leaf and are put up in an oblong grey bo: . fice that you get "Doan's" when you ask for them. Price 50c. a hox, 3 for \$1.25, at all dealers, or mailed direct on receipt of price by THE T. MILEURN Co., LIMITED.

When ordering direct specify "Doan's."

A STIFF CLIEB

Lloyd George first financed the war as Chancellor. Then as Munitions Minister, he made up the shall shortage. Recently he settled the Irish question. Now he's the head of the War Department. A consist came out of jell recently. A

riend met him at the gate. The convict, se be shook hands, said : "Well, mate, wot's happened since I got tucked away twenty years ago ?" "There's war been declared." said the

"Yes, what else ?'. "We got a new king." "Ho Edward's gone, sh? Who's tool

The convict gave a chuckle of pleasure. "Good old Lloydy," he said. "I allus knowed he'd come out on top in the and."

CASTORIA For Infants and Children, in Use For Over 30 Years Always bears

A BAD LOY

When charged with being drunk and die orderly and asked what he had to sayfor Magistrate, smoothed down a look of grayluir and replied : "Man's inhumanity to man makes pount

loss thousands mours. I am not as debaysd us Hwift, us profigate as Hyron, as die sipated as l'oe, as debauched as..." "That will do," thundered the Magietrate, "ten days and, officer take a list o price 25c. and 50c. those names and run them in. us bad a lot as ba"

N the larger struggle for the supremacy of those licula which alone make life sublime, there in a loader whose name in

Crocker. Who he is, what he is, needs little explanation, for there is 1 at one Crocker, and none can usurp the place he holds in the affections of scores of the men of Toronto and of Canada.

J. Howard Crocker is home ugain. The announcement of his coming has already choosed the hearts of his comrades of the past, for the bonds of friendship are ever green, and the personality, the influence of which was so strongly felt when he was in his old sphere of activity in this country, has radiated through space from far-off Chius. As the physical director of the Contral Young Men's Christian Association for many years, as the manager of the Canadian team in the Olympic games at London, and us the Y.M.C.A. Worker and leader in various activities, this man was brought into vitat contact with bundreds of lives, and none remembers him but with respect and affection. Mr. Crocker has done a grand work in the Far East. There he has upont the past five years in association work, the last two as national secretary for physical work. In this

education to that wonderful, but pathetically helploss, Empire. It was through his masterful promoting genius that the recent Far Eastern games were held with such splendid success, and China made her initial outry into athletic endeavor in a way that startled the whole world. To friends in Canada, Mr. Crocker's departure for the far-off field of labor was tragic in the extreme, bu while there was always the sense of personal and national loss, the reports which soon began to come in from the Fer East dispelled the selfish disappointment. J. Howard

he had stepped out of one sphere of life in which he was an inspirational force and example of inestimable value, and he had given bimself to a nation where his possibilities of service were greater a hundred fold. Hear his own words: "What Joy to have a part in the regeneration of a nation and the

bringing to of the day of robust,

Crocker had done a marvelous thing:

Garnest health!" This is the Crocker spirit. Those who have known bim will look beshining clearly with the bright light to their hands that are laying the foundation of the Chins of the fu-

ture? Can a hatton afford to be without that apirit of British "fair play" that makes its recreation of national and international value in this fibre into Chinese national life. and without quastion the events of the future will be fuffuenced and moulded by what the resultant Chiness national spirit may be.

In the re-shaping and re-building of the Chinese nation the Young Man's Christian Association has come ase them with the certainty that the effect the promotion of athletic activities and physical education. As the head of this work, Mr. Crocker, therefore, has wielded an influence that is heyond calculation. Leading educationalists, Government officials, and national leaders are now lending their onthusiastic support to the program of the Young Men's Christian Association. In all this movement, Mr. Crocker is the active spirit and promoter and is now finding it impossible to respond to all the requests coming to him to lead in the breat forward movement for the phy-

sical welfare of China's men and On April 25 the Toronto friends " Mr. Crocker gave a banquet in his honor at which the work and achievement of the past few years in

China was reviewed by him. In a recent letter, be writes: "The work here is so pressing that I healtate to leave China even for a Mrs. L. Melanion, Plympton, N.S., month," and again: "I cannot halp writes: "I am sending you this testi- thinking of the large group of chilcure Doan's Kidney Pills made for me. If we could meet their requests to enlighten their teachers in things regarding the care of the body." Mr. Crocker is supported in his work in China by the central branch

of the Toronto Youn. Men's Chris-

tian Association, being one of the

missionary enterprises cared for by

The Unselfish Husband. The new Optario war tax on ansusements has caused few comdaints. One man who was at the Woodbing races recently, however, had his grouch with him. He apparently does not read the papers, and was not aware of the imposition of

"I brought my wife with me," he said, "intending to give her a treat, but found they had put an additional cost on the tickets. But I paid them out for their greed. I sent my wife home, so they lost the price of a tinket by it."

Had Severe Cold ON HER LUNGS.

BAISED PHLEGM AND BLOOD.

Never neglect what at first seems to be but a slight cold. You think perhaps you are strong enough to fight it off, but colds are not so easily fought off in this northern climate, and if they are not attended to at once will sooner or later develop into some serious lung trouble such as brouchitis, pneumonia, and perhaps that dreadful disease, consumption. Miss Kusye McDonald, Sydney Mines, I.S., writes: "Last winter I contracted a severe cold, and it settled on my lungs.

I would cough and raise phlegm and blood. I had the cough for a month, and had medicine from the dector, but it did not seem to do me any good, really thought I had consumption.

My friends advised me to use Dr. Wood's Norway l'ine Byrup, which I did, and it gave me great relief. I am very glad I used 'Dr. Wood's,' and would recommend it to every one. You can procure Dr. Wood's Norway Pine Syrup from any druggist or dealer,

but be sure and get "Dr. Wood's," when you ask for it as there are a number of imitations on the market, which some dealers may try to palm off on you as See that it is put up in a yellow wrap per; three plue trees is the trade mark

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PREE PRES Advertising Columns.



headaches, billousness, fermented stomach, etc., if he or she will take Chamberlain's Stomach and Liver Tablets. They cleanse the stomach and bowels and stimulate the liver to healthy activity and tone up the whole system. Take one at night and you're RIGHT in the morning. All brights, He, or by mail from Chamberlale Medicles Company, Toronto. 16

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