

# THE FAITH OF OUR FATHERS

Religion That Never Changes in Itself Is Powerless to Effect Change in Us.

"Happy is the man that findeth wisdom."—Prov. iii., 13.

Christianity is not a system of belief, it is a type of life, a trend in ideals. There will be always those who insist on its forms as constituting its essentials. This is because it is so much easier to stand by certain fixed forms than it is to keep with an ever developing ideal, especially since that ideal makes many practical demands upon you.

The fact that your religious ideas seem to you often hazy, uncertain and unstable need not be a source of uneasiness, gives no ground upon which the self-satisfied formalist can impeach your faith and ought rather to suggest that this is always the condition of ideas which have in them the elements of life, which are developing and which produce development.

One might have the characteristics of Christianity and still deny the reliability of some details and narratives of the historic faith. It would be possible to have this faith and be uncertain as to many things that some of its friends insist on as fundamental. It is also evidently possible to hold with tenacity and pugnacity the forms of those alleged fundamental facts and still be utterly devoid of the essential spirit.

Many a man is a pragmatist who has never heard of Prof. James and still more are Kantians or Hegelians who would not only deny any knowledge of

**THE GREAT PHILOSOPHERS,** but would also deny absolutely the philosophies if they heard them stated in the precise forms of their founders. The most radical motives of our lives become unrecognizable as soon as we stop to analyze them.

The more effective a man's faith and ideals are the more illusive they will be. Only the dead can be classified here. The greater the virtue in shaping conduct and the vitality in causing progress and development the greater the difficulty in formulating your faith. If you tarry by the wayside to describe your ideal it escapes you, either vanishing altogether or moving further on.

The man who can carry his creed in his cabinet, who can count its pieces, with whom it never varies, neither developing nor dying because it is already dead, usually

feels superiority over those with whom faith is living, growing, an ideal, an ever changing hope and an overmastering passion. It is the superiority which a child, happy with its toys, feels for the man who can sit empty handed, yet happy with his hopes or dreams.

Few sights are more pitiable than that of the man who deludes himself with the hope of saving the world by persuading all men to hold in their hands sets of symbols precisely like the one he holds, pieces of the garments and forms through which truth once revealed herself to the eyes of men, shreds from which the soul has fled.

When we talk of the faith of our fathers we need to remember that their faith meant so much to them because it was fresh and living, because they wrested it with blood and tears, from its old forms, from the grip of a traditionalism that would have throttled it, that each new generation must see yet farther along the path of light and be loyal to the truth of the past by leaving its old tracks for

## THE TRUTH OF THE PRESENT.

The most serious heresy of any age is that which calls itself orthodox, the attempt to bind back the new life in the shells of the old, to substitute the footprints that the development of truth has made yesterday for the onward moving truth itself and to force all into uniform and meaningless repetition of outgrown phases.

The harm of this lies in the facts that such mechanical uniformity stifles originality, makes faith perfunctory, robs it of vitality, and so of any virtue in life. It substitutes for the struggle onward into our new and enlarging ideas the slothful settling down to content with old forms. It brands as a bad man him who honestly strives forward into light and commends the dolt and coward who timorously clings to the past.

The danger is that we shall be discouraged in our own strivings after truth and our own passion for the heaven soaring ideal by the vehement threats and taunts of those who love so well the easily gotten forms of traditions. We must be loyal to the best we know; we must have the faith that says: Give me rather perdition with truth than paradise at the price of a lie.

HENRY F. COPE.

## BABY FELL ON TO THE STOVE.

Mrs. T. S. Dougall, of 523 Flora Avenue, Winnipeg, says:—"My contact with the side of the hot stove. She sustained a serious burn, and her cries and screams were terrible.

The child laughed through her tears. "I sent out to the druggist for the best remedy he had to use on a burn. He said there was nothing to equal Zam-Buk, and sent back a supply. I applied this, and it soothed the pain so quickly that I bound up the hand in Zam-Buk, and each day applied Zam-Buk frequently and liberally, until the burn was quite cured. The little one was soon able to go on with her play, and we had no trouble with her during the time the burn was being healed. I feel very grateful for this cure, and would recommend all mothers to keep Zam-Buk handy for emergencies like this."

Fifty cents spent on a box of Zam-Buk has saved scores of people as many dollars, to say nothing of saving hours of pain!

## COCOA SLAVERY.

### Horrors of the System on West Coast of Africa.

A number of prominent British cocoa firms have, in view of the conditions of practical slavery still prevailing in the Portuguese Islands of St. Thome and Principe, on the West Coast of Africa, agreed to discontinue commercial relations with those islands.

The horrors associated with the procuring of cocoa slaves from the mainland, and the doom which awaits them in the islands, are described by a London Daily Chronicle correspondent.

These unfortunate creatures are brought from the interior in gangs, chained together, for hundreds of miles, along an arid track, where death awaits them from hunger, thirst and disease at every turn. "The path through the Hungry

Country," writes the correspondent, "is strewn with bones and skulls, and I found there the fresh bodies of slaves, some murdered, some left to starve because, through fever or fatigue, they had been unable to keep up with the party on the march."

The wretched remnant of these gangs are brought to the so-called "Emigration Agents" established at various points of the country, under Portuguese regulations, and then forwarded to the other agents on the coast.

The slaves destined for the islands are brought before a Portuguese official, and asked whether they are willing to work on the islands for five years. Not the slightest attention is paid to their answers, and, entering the office as slaves, they are shipped off as "contracted laborers." This is the process the Portuguese call redemption.

The slaves die on the islands at the rate of one in five, every year. At the end of five years for which they are contracted the survivors are called up before an official, and informed that they are contracted for another five years. They never go back home.

## A MOTHER'S CHIEF CARE IS HER BABY'S WELFARE

Every mother is anxious that her little ones shall be healthy, good natured and bright. Every mother can keep her children in this condition if she will give them an occasional dose of Baby's Own Tablets. These Tablets cure all stomach and bowel troubles, destroy worms, and make teething easy. Mrs. T. Covert Massie, Toronto, Ont., says:—"I have used Baby's Own Tablets for my little boy since he was three months old, and find that they agree with him splendidly." Sold by a medicine dealer or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## BANISH PIMPLES AND ERUPTIONS

Everyone Needs a Tonic in the Spring to Build Up the Blood.

If you want new health and strength in the spring you must build up your blood with a tonic medicine. After the long indoor winter months are past most people feel depressed and easily tired. This means that the blood is impure and watery. That is what causes pimples and unsightly eruptions. To this same condition is due attacks of rheumatism, the sharp stabbing pains of neuralgia, poor appetite, frequent headaches and a desire to avoid exertion. These troubles can all be banished by the use of Dr. Williams' Pink Pills. Every dose of this medicine makes new, rich blood which drives out impurities, stimulates every organ, strengthens every nerve and brings a feeling of new health and energy to weak, tired out, ailing men and women. Mrs. Frank Murphy, Clark's Harbor, N. S., says:—"A year ago I was completely run down and my work became a burden to me. I felt tired all the time, and could hardly drag myself about. I was advised to try Dr. Williams' Pink Pills and after taking three or four boxes was again in the best of health. I think Dr. Williams' Pink Pills will prove a friend in need to all who are weak and ailing."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## WARNING TO AMERICANS

J. H. COLLINS SAYS CANADA HAS WHIP HAND.

He Says the Dominion is in the Position of Master and Dictator.

"In Canada, Uncle Sam has a neighbor to whom he has paid scant attention the past generation, despite the fact that she is a lady, and a mighty good customer. With less population than Pennsylvania, she takes about as much of our products as all Asia and South America put together. She stands third in our export trade, coming after Great Britain and Germany. Yet Uncle Sam doesn't really know her. From time to time, in building up his own share of the continent, he has stepped on her skirt, trod on her tenderest toe, snubbed her, elbowed her out of the way. His neglect has, however, been an excellent stimulant in the end. More than anything else, it has made Miss Canada what she is today. He has given her a truly Spartan training—but she isn't grateful to him. The best thing that ever happened to Canada was your Uncle Sam—but she didn't think so at the time. Now, having left his hard schools, she is in a position to give a few lessons in return, and is unquestionably going to do it."

This is a portion of a plain talk to the American people by James H. Collins, New York, in the Saturday Evening Post, of Philadelphia, his subject being "The New Canada." He starts off with a brief discussion of the pulp and paper question, observing, in connection with the proposed removal of the American duty on wood pulp, that the Canadians reason thus: "If you Yankees take off the duty on pulp we might as well put an export duty on logs and pulp. That will bring some of your Yankee mills into Canada. Last year we sent away a million cords of pulp wood, getting only three or four million dollars. If made into printing paper it would have brought at least twenty-five million dollars or double that for better grade. We have hewn wood long enough for Uncle Sam. Let's make paper for him instead."

## WHAT MAY BE EXPECTED.

"And to-day in Canada," says Mr. Collins, "it looks very much as if this course would be followed." "If Canada does this," he goes on, "it will merely be in line with her general policy towards the United States. Already, through her Post-office, she has put a heavy handicap on the circulation of our periodicals, and as we need her lumber and wheat and other raw materials from time to time, in the future—which we certainly shall—she can deftly adjust her own laws

to make a punishment that will fit the crime. It will seem a grievous, spiteful punishment to anybody in the paper business, furniture and woodenware, lumber, flour milling or whatever industries the blows may fall upon. But let a Yankee go to Canada with broad sympathies instead of special interests. Let him be the sore that he has been taught to take care of himself in a bargain. Let him listen to the Canadian side of the matter, and look from Canada at our own policies toward that country in the past. He will find it difficult to feel sorry for himself or his suffering country."

## A COSTLY SLAP.

Taking up the question of trade between the two countries Mr. Collins accuses the McKinley tariff of "cutting Canada off in a day." While Americans were considering other countries in the adjustment of that tariff, "Canada, the best foreign customer any nation has anywhere, was cut off, not designedly, but without knowing she was there." He then adds: "It made her fortune. For ten or twelve desperate years she nearly starved. Her West was little known and frost caught the first wheat crops in Manitoba then, because of the very richness of its soil. Water-power hadn't become fashionable, transportation and mining were backward. British capital went to Argentina, and we drained Canada of its enterprising youngsters. Factories had to be developed, a tariff fought through Ottawa, and direct trade established with other countries. But she led on, lived through it, worked, saved and became as hard as nails. To-day she has growing industries, an aggressive young foreign trade, great transportation, mining and agricultural projects. British capital is flowing in—last year John Bull sent her more than two hundred million dollars.

"And now Canada, having learned Uncle Sam's close-fisted way of bargaining, is ready to strike some hard bargains in return. We passed the McKinley tariff to build up our own industries. Canada has always believed we did it solely to starve her into the Union. Annexation is, with us, just a topic for mild editorials when there are no big murder trials. But over the line it has been almost an issue, and is still a fine political bugaboo; while to loosen the purse strings in London it is enough to shout: 'Help! The Yankees are annexing us!' But now Canada really believes in only one form of annexation. She is going to annex Uncle Sam, without malice, on a business basis, and has several ways to do it. If he comes quietly it can be made pleasant and profitable. If he prefers to make a fuss, there are the billy and the handcuffs."

Mr. Collins then proceeds to pass in review Canada's raw materials which the Americans would like to have, such as wheat, timber and asbestos. "Canada can be mistress of certain situations," he says, "with little legislation. That is what she means when she declares that reciprocity must be discussed at Ottawa instead of Washington."

Attention is next directed to the establishment of subsidized steamship lines to Great Britain and Europe, South America, Mexico and the West Indies, which "in a few years has given the Dominion ten per cent. of the Atlantic shipping where she had practically nothing."

Then he observes that "Canada is arranging preferential tariff deals with British colonies and foreign countries." He notes that a treaty with France has already been affected, and adds:

"In time, it is certain that many of these schemes will be worked out in actual schedules, and then some of our big manufacturers may find it easier to build up foreign trade from Toronto, Hamilton and other growing industrial centres over the border. Canada offers them free hides and wool. Her riches in water-power are enormous. It costs twenty-five to thirty dollars a year to develop one horse-power by steam, whereas Ontario can now deliver water-power electricity at about sixteen dollars. There is an electrical-product plant in Ontario that is said to save one thousand dollars a day by running at night, taking its current on the 'low peak.'"

The writer notes that in smaller manufacturing also, Canada can exert pressure, and mentions colliers as a specific instance. The Troy brand, which costs twelve cents in the States, sells for twenty cents in Canada because of the tariff. "This," he says, "is bound to take the manufacturers in such lines to Canada where they will make their goods for the Canadian market instead of here."

"After taking three bottles of your wonderful medicine, our baby was entirely well and needed no more medicine. At sixteen months of age she weighed thirty pounds. She had cried eight months, night and day, and nothing did her good until we tried Scott's Emulsion."—MRS. E. C. SMITH, Villa Rica, Ga.

## Scott's Emulsion

probably saved this child's life. Four doctors had been tried. SCOTT'S EMULSION seemed to be just the thing needed, and it is just the thing needed by thousands of other children. It's so easily digested, so pure and harmless, yet most powerful in building up the most delicate child or adult. But be sure to get SCOTT'S EMULSION, there are so many worthless and harmful imitations.

## ALL DRUGGISTS

A full copy of Mrs. Smith's letter and many others of a similar nature, together with some of our valuable literature regarding children, will be sent upon receipt of your address, mentioning this paper.

SCOTT & BOWNE  
126 Wellington St. W. Toronto

## COOKING AND SERVING MEALS.

To Serve Small Game.—Small birds which need carving may be simply split longitudinally just beside the breast bone and the spine. Their bones can be cut easily. This will apply to partridge, pigeon, prairie hen, pheasant, and all other small birds.

Pressed Meat.—Take the same amount (in price) of the following meats: Boiling beef, veal stew, and pork hock. Put beef in kettle with enough water to cook it, and when it has boiled a half hour put in veal; when boiling good put in pork, adding more water if needed. Cook until meat falls from bones. Pick meat to pieces, taking out all bones and gristle, and pack in baking powder cans. Nice for picnic dinners.

To Serve Roast Veal.—As veal is rather a tame tasting meat, roast veal is greatly improved in the eating by having a piece of boiled salt pork served with it. The combination of flavors is delicious. Boil the pork slowly until the rind can be loosened with a fork. Remove the rind before serving.

Browned Ham.—Take slice of raw ham, place in rather shallow pan. Cover with hot water and allow to simmer in the oven for forty minutes. Now take out of water and brown on both sides in frying pan before serving. This dish will be found more delicious than fried ham and as tender as boiled ham.

Cold Cutlets.—Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away a portion of the fat. Should there be too much, dip in beaten egg, roll in cracker crumbs, and fry in hot drippings. Serve with tomato sauce. Cut six tomatoes in two, put tomato sauce into a stewpan with two small onions, one clove, one blade of mace, one cup of gravy or starch, one pinch of salt, and cayenne to taste, simmer until the tomatoes are tender, rub the whole through a sieve, boil a few minutes and serve.

Meat Pudding.—Chop two pounds of round veal steak into pieces as small as dice and season with salt and pepper to suit taste. Then take one quart of flour, one teaspoonful salt, two teaspoons of baking powder, one-half cup lard, and enough water to form a smooth dough. Be careful not to get the dough too soft, as it will break. Roll out to thickness of one-half inch. With the dough rolled out, wet edges and fill with meat, adding one tablespoonful of butter and three of water. Draw edges together and put in cloth; tie cloth, allowing a little room to swell. Drop in kettle of boiling water with saucer in bottom to prevent scorching and boil one and one-half hours, not letting the water boil too hard, as it will be likely to burst.

Tramp—"Will yer give me something to eat, missus? I'm that thin I don't know where to sleep to night!"