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Naturally organized food is a memory of the time before dyspepsia began

Strength, courage and endurance are the characteristics of the pioneers of any country. The reason for this is that naturally organized food was their regular diet. It was all they could get until advancing civilization arrived with all its unnatural foods and methods of eating, and introduced dyspepsia, weak muscles, defective teeth, mental debility, and inflammatory diseases.

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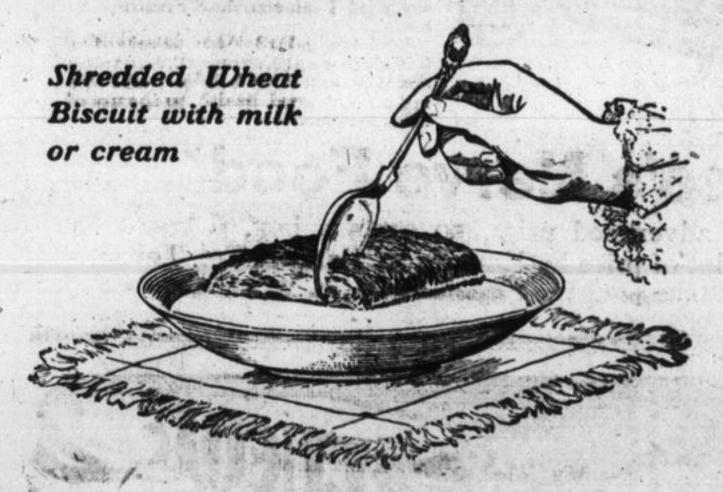
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you get every element of which the body is com+ posed. Its light, porous nature aids digestion by permitting the saliva and gastric juices to penetrate at once to every morsel; while in white flour bread each morsel forms a doughy mass and only the outer surface gets the effect of the digestive juices, the balance remaining in a fermented condition in the stomach.

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IN THE STEERAGE.

Awful Brutality Shown Helpless Passengers. Frank Leslie's Monthly.

An incident of exceptional brutality and one which showed very conclusively the meekness with which the emigrant submits to such treatment, fear- with adults generally in life and ing it will affect his chances for being those active interests with which friends, had all been very self to represent what he sees. He seasick, but were recovering and just | would like to represent-and tries to strength. Their dinner was fresh and other adults do and represent in work among the last to be given their portion, and they hastened into the lee of and sat down to enjoy it. On the hatch was a young sailor, who had a beson. and was sweeping the refuse and filth off the hatch cover. Already a pile of repulsive dinner leavings was gathered on the hatch not three feet from the heads of the Potenza group. paused in his work and noticed that they were just beginning their dinner, and in brutal sport gave a grand sweep with his broom to the heaped-up re-WOMAN'S EXHIBITION, fuse, which landed it all over the unwarned circle, half filled their dinner pans and completely ruined their meal. The sailor stood leaning on his besom laughing at his clever trick. Not word did the poor devils say, but quie ly rose, poured their spoiled dinne

over the rail, cleaned off their clother as well as they could, and waited til supper to appease their hunger.

It was only the next day that Greek, who had been long enough the States to become a citizen and know his individual rights, gave sailor a severe beating for jostling the Greek's wife. He disabled the German

in just three blows.

A man may feel as young at fort as he did at twenty, but he knows he doesn't know half as much

and Ceylon TEAS are inseparable. Name always connected with "the finest tea the world produces." A half pound will soon prove why everybody likes

In the Home

have a little shadow that goes than I can see. He is very, very like me, from theels up to the head;
And I see him jump before me, when jump into bed.

The funniest thing about him is Not at all like proper children, For he sometimes shoots up taller, like an India-rubber ball. he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how childre And can only make a fool every sort of way. He stays so close beside me; he's ard, you can see; I'd think shame to stick to nursie,

One morning, very early, before the sun every butter-cup: But my lazy little shadow, like rant sleepy head, Ilad stayed at home behind fast asleep in bed.

-Robert Louis Stevenson.

that shadow sticks to me !

Carl And The Earthworms. Carl's hands were dirty, Carl's face Froebel. was dirty, Carl's finger-nails were black at the ends, Carl's clothes were soiled, Carl's hair was not brushed, and his head looked like an old chest-

Carl could not tell if he had had a bath and I do not believe that he to play, he wanted everybody and four inches deep in the deepest part fingers, and he ran for a wash-basin, depth of water they wish and afford a and some warm water, and before the place for them to come out gradually ing, he had them all washed and was fact, the bottom of the aquarium may fence to dry, for, said he, "Poor dirty covered stones from a fairly clean things, they want to be clean for once pond. It is necessary also to have in their lives." But they did not want plenty of green algea and water When he understood that that would nish food and take up the excretions make them happy, Carl put them back of the growing tadpoles. If the ag and heard, with great surprise, that uarium is large enough a water hya ground, ploughing and boring the growing in it for this purpose. If the whole earth, making it soft and loose tadpoles do not keep the water perabout the little seeds, so they can grow, the earth needing as many of these little living ploughs as there are

Now when Carl dips up an earthworm, he puts it back in great haste, saying, "Go back to your work, little earth-worm, you are good to my flower seeds, and I will be good to you.'

Helping Mamma.

Hey, little laddie! Whither away, You and your barrow, on this merry And where does it come from, I'd like to

Well, we are busy, mamma and I, Making the garden; and if I try, Guess I can help her, so she can see Just what a smart little son I can be Now, in the family, the child sees the parents and other members of the family at work, producing something doing something; the same he notices landed, occurred after dinner this day. family is concerned. Consequently the A group from Potenza, in which we child, at this stage, would like him

> human power and human skill. What formerly the child did only for the sake of the activity, the boy nor does for the sake of the result or pr duct of his activity; the child's in stinct of activity has in the boy be come a formative instinct, and this occupies the whole outward life. cutward manifestation of boy-life a

this period. How cheerfully and eagerly the bo and the girl at this age begin to share the work of father and mothernot the easy work, indeed, but th difficult work, calling for strength an

Be cautious, be careful and thought at this point, O parents! You can here at one blow destroy, at least for a long time, the instinct of form ative activity in your children, if you repel their help as childish, useless, of little avail, or even as a hindrance. Do not let the urgency of your bus ness tempt you to say, "Go away

vou only hinder me," or, "I am in hurry, leave me alone." Boys and girls are thus disturbed their inner activity, they see them selves shut out from the whole wit which they felt themselves so intim ately united; their inner power aroused, but they see themsel alone, and do not know what to with the aroused power; nav it be comes a burden to them, and they be

After a third rebuff of this charac ter, scarcely any child will again propose to help and share the work. He becomes fretful and dull, even when b sees his parents engaged in worl which he might share. Who has no later on heard the parents of suc children complain: "When this bo (or girl) was small and could help, he busied himself about every thing; now that he knows something and is strong enough. he does not want to do anything?'

Just so ! In accordance with the nature of the spiritual principle working in man, as vet unconsciously and unrecognized, the first utterances of the instinct of activity of the formative instinct, come without any effort on his part, and even against his will, as indeed happens to him even in later life. Now, if this inner impulse. to formative activity in man, particularly in early youth, is met by an ex-

ternal obstacle, especialle by one like the will of parents, which can not be set aside, the inner power itself is weakened, and a frequent repetition of

When the child has been thus dis turbed, he does not consider why his help was permissible at one time and not at another time; he chooses that which is more agreeable to his physical nature. He abstains from the activity the more readily and willing-ly, because the will of his parents seems to make it his duty to do so.

The child becomes indolent, i.e. spirit and life cease to animate his physical being; the latter becomes mere body to him, which now must carry as a burden; whereas, formerly, the sense of power led him to feel his body, not as such, but as the mighty source of the power that fill-

Therefore, O parents, if you wish your children to help you, foster in them at an early period the instinct of activity, and especially the format tive instinct of boyhood, even though it should involve some effort. sacrifice on your part. It will repay a hundred-fold, as does good wheat planted in good soil. Strengthen and develop this in-

stinct; give to your child the highest he now needs; permit him to add his power to your work-specially dear to him because it is yours-so that he may not only gain the consciousness of his power, but learn to appreciate its limitations .- From "Education of Man," paragraph forty-nine,

Mister Frog came And found himself in the rain. Said he "I'll get wet, and I may catch

Here is help to those who are tryhad more than three in three years ing to watch the development of in which he had been able to walk Mister Frog in the home or school the room. Arrange two or three aquaria kindergarten a gentlewonian took off (glass, earthenware, wood or iron his soiled clothes, put him in a tub may be used, but tin, lead, zinc, gal of clean water, and with clean, soap vanized iron, copper and other metals and towels, made him look almost should be avoided, since they may like a cherub. When he was dressed in poison the water and kill the tad fresh clean clothes, he felt as if he poles), as nearly as possible like the could never be dirty again, and he pond from which the eggs are taken was so happy that when he went out Have the water not more than two to everything happy too. In the garden and let the bottom slope up gradual-he found an earthworm, and by digging, he found as many as he had will enable the tadpoles to find any gentlewoman knew what he was do- to the air at the proper time. In vainly trying to hang them on the be made of sand, gravel, and mosson the fence, and plants, duckweed, stonewort, bladder to get, back wort, milfoil, water cress, or the like dark earth, to oxygenate the water properly, furthey had much work to do under the cinth is an excellent plant to have

> Iron-ox Tablets Cured a Well-Known Guelph Man of Catarrh of the Stomach.

The Guelph Waterproof Clothing Co., Guelph, Ont.

troubled with my stomach. I doctored with several good had dyspepsia, but I was sure and growing."-From "Nature Study it was not that which ailed and Life," by Hodge. me. At last I found out it was catarrh of the stomach, and they told me I could not be cured. It got so bad at last that my stomach had ulcers. and I suffered something awful. Being a commercial traveler I received a box of your Iron-ox Tablets free last winter. I took them right along and I noticed, when away from home and staying at hotels, eating different food, did not hurt me as it always did before; so when that box was empty I bought two more and have since had two more. and I must say my stomach is fully restored to its old-time work. I never leave home without a box of Iron-ox Tablets with me, as I believe them to be the best thing for the stomach ever made. I have recommended them to a very great number of people. As travel from one end of the country to the other I am well known. I am a member of the above firm and do the travelling for them, and everyone that knows how I suffered with my stomach knows the difference now. I would have written sooner, but waited to make sure it was lasting, and I feel sure it is. I must say it is the best remedy I have ever used, and I would not be without it. Hoping your Iron-ox

I am yours sincerely, W. F. PAYNE.

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Used successfully in the treatment of sub-acute and chronic cases of Rheumatism, Rheumatic Gout, Uric Acid Diathesis, Renal Calculi composed of Uric Acid, Irritable Bladder from excess of acid in the urine, etc.

Tennant and Pearson, 1795, discovered that gouty concretions were principally composed of uric acid. Garrod supplemented this by the fact that an excess of uric acid existed in the blood of gouty patients and was a predisposing cause of gout. That rheumatism is due to the presence of an abnormal amount of lactical acid in the system, while gout is due to that of nric acid, is universally agreed. We, therefore, are confronted in gout, rheumatism, and rheamatic gout with the fact that these conditions are directly due to absormal acidity of the blood-in one, lactic acid; the other, uric acid. Hence, we must administer a remedy for the elimination of these acids to produce a normal alkalinity of the blood. Lithia is one of the foremost climinants to-day, and is largely used for its alkalizing properties. As a solvent of uric acid it may be confidently

When the kidneys, which have been very aptly termed "the filter of the human economy," fail to climinate properly, are sluggish in their action, with the result that the entire system becomes clogged up with effete matter, lithia is indicated. Therapeutists tell us that many of the organic diseases involving heart, lungs, liver, etc., are directly traceable to renal inertia, and the consequent retention of deleterious and harmful matter which the kidneys should eliminate. Lithia stimulates renal activity, and assists the impaired kidneys to perform their normal functions. Charcot was once asked what he considered the most important function of the intricate human mechanism, and he replied, "Elimination."

The best results in above diseases are obtained by taking one to three glasses of Kronthal daily, which is also unequalled for mixing with wines and spirits.

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fectly clear, a fresh-water mussel lowing about an inch of water surface to a tadpole. If they tend to eat the aquarium bare add resh supplies of doctors and they told me I slime and plants from the pond, and in a word, keep them healthy, vigorous

HELEN WILL BE THERE

The Jubilee Of The Y.M.C.A. At Buffalo.



MISS HELEN GOULD.

Buffalo, N.Y., May 7.-Helen o attend the international conference of the Young Men's Aristian Association. The gathering is to held in celebration of the fiftieth anniversary of the first international convention of the association, which was held in this city in 1854. Besides Miss Gould, the distinguished guests at the conference will include Leslie M. George B. Cortelyou, secretary. ommerce and labor, and Rear Admiral Francis J. Higginson, of the States navy. Admiral Higginson will preside over a special ses ion to discuss the naval work of the Y.M.C.A., in which Miss Gould is also specially interested It is expected the convention will be

attended by at least 1,500 visitors-They will come from all parts of the United States and Canada and a few are expected from Mexico, India and other parts of the world.

Clothing Made To Order. Prevost, Brock street, has this sea-son, the finest range of Scotch and English tweeds, serges, worsteds, Cheviots and Vicunas. These goods are all imported for order work. You are invited to inspect the above goods.

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