

"I Suffered Intense Pains in My Left Side."

"Do you realize it is better to be safe than sorry, that it is the best policy to lock the stable door before the horse is stolen?"

Dr. Miles' Heart Remedy cured Mrs. C. C. Gokey, of a stubborn case of heart disease, such as thousands are now suffering with. Read what she says:

"Before I began taking Dr. Miles' Heart Remedy I had been suffering from heart trouble for over five years. I had grown so weak that it was impossible for me to do thirty minutes work in a whole day. I suffered intense pains in my left side and under the left shoulder blade. I could not sleep on the left side, and was so short of breath that I thought I should never be able to take a full breath again. The least excitement would bring on the most distressing palpitation. I had scarcely taken a full bottle of the Heart Remedy before I could see a marked change in my condition. I began to sleep well, had a good appetite, and improved so rapidly that when I had taken six bottles I was completely cured."

MRS. C. C. GOKEY, Northfield, Vt. If you have any of the symptoms Mrs. Gokey mentions, it is your duty to protect yourself.

Dr. Miles' Heart Remedy. Is what you need. If the first bottle fails to benefit, your money is returned. Ask your druggist. MILES MEDICAL CO., Toronto, Can.

LAST DAY AT ST. MARK'S

OF REV. A. H. MCGREER, THE ENERGETIC RECTOR.

Who Goes as Curate to Christ's Church Cathedral, Montreal—Barrieffield—Loses an Enthusiastic Clergyman.

St. Mark's, Barrieffield, in the years gone by has been honored with many rectors, some of whom now hold high positions in the church, but none of his predecessors have been missed more than will be the present young clergyman, who has ended his service in the church on Barrieffield Heights. As the new assistant of Christ church cathedral, Montreal, Rev. A. H. McGreer will undoubtedly prove his ability and worth, and his departure there, while greatly regretted, is looked upon as only another step in a brilliant career. During his rectorship of two years and a half at Barrieffield, the parish has prospered along all lines, and he has endeared himself in the hearts of both young and old.

At Sunday morning's service holy communion was celebrated, and Mr. McGreer left a parting message to his parishioners. He preached a simple but very impressive sermon from St. Matthew, xvi, 33. "Though all men shall be offended because of thee, yet will I never be offended." St. Peter, a man confident of himself, and greatly loving his Lord, had fallen and denied his allegiance to the Christ three times because accused by a servant in the high priest's court. Peter fell mostly because of the circumstances.

The preacher said that the fall of man to-day is often for the same reason. Men, who in private life uphold all that is right, enter politics making the resolution that because others have fallen they never will. Many young men, when their life work is opening up, begin to think home too tame—a discharging their parents, seek pleasure in other places. Associated with bad companions they begin to gamble, drink and live lives of impurity, disregarding their home and church training, but still thinking they will never sink where others have sunk. Before they realize it, they have crossed the danger line, the "thin" of circumstances.

But look at the change in Peter when the great test came. He championed and died as a martyr for the cause of Christ. The only way for us to be safe is to faithfully ask God for grace and strength and we will be able to withstand all temptations.

In closing Mr. McGreer said he could not leave a more blessed message than to urge all to ask God for grace and strength in all things. Remember that we are members of the church of God.

During the next three months the parish will have no permanent rector and he asked that nothing be allowed to dampen the enthusiasm of the parish.

After reading the announcements the retiring clergymen, thanked the congregation for its parting gifts to him and said that while he hoped he had been of some help to the parish his brief pastorate had been a great blessing to him.

Mr. McGreer was presented with a purse Monday, Saturday evening, by the churchwardens, as an evidence of the congregation's appreciation of his labors among them. Mr. McGreer leaves on Monday evening for Deseronto to visit his father, and will go to his new work in Montreal about the middle of the week.

DILLED BY IMPURE AIR

Importance of Ventilation in School Rooms Now Recognized.

Children's Companion. In an address delivered not long ago, the health commissioner of Chicago, speaking on the subject of ventilation in schools, said that although good ventilation is important for everyone at every age, it is never so necessary as during the school year.

All through these years the body is growing and maturing rapidly, and physical habits are being established. Since whatever material is formed in this time will have to do duty throughout the years of adult life, it is a bad time to make material that is below the standard.

The human body may be compared to a garment. It will stand a great deal of rough wear and tear if it is made of good material; but if it is made of shoddy, it will grow shabby and wear out quickly, no matter how well it is cared for. That is why the care of children in their early years is so important—it is time to make material that will stand the wear and tear of later life.

Children, who in the school years are subjected to avoidable strain, do not always show the effect immediately, but years afterward, when they display small powers of recuperation, little resistance to disease, and great susceptibility to fatigue, they are paying for the injustice to which they were submitted in the past.

It has been scientifically proved that children do not do well in badly ventilated schoolrooms. They are likely to be pale, nervous and subject to colds, they catch cold easily, and take little interest in their studies. After the windows have been opened, and the temperature has been lowered, and the air made fresh and moist, the same children, in the same room, with the same teacher, will be different creatures; not only healthier and freer from colds and headaches, but more alert, interested, and ready for their lessons.

The reports from the schools where the present experiment has been made, and the results carefully noted, declare that the change in the mental capacity and the power of the children to apply themselves, was more marked than the physical change for the better, although, that, too, was great.

The health commissioner divides the harm done by poor ventilation into two kinds—the quick-acting or air-borne infections, and the slow-acting or air-caused conditions. Among the former he places influenza, colds, cerebrospinal meningitis and various infections, such as scarlet fever, diphtheria and measles. Among the latter he places drowsiness, mental slowness, anaemia, chorea and irritability.

Thunderstorms Unknown. Pearson's Weekly.

Thunderstorms never occur in the Arctic region, and even the north of Scotland very seldom suffers from such a visitation. The nearer you get to the equator the more frequent and severe are the electric manifestations. In parts of Central Africa the average of thunderous days rises to the astonishing total of 250 days per annum.

Yet there are curious exceptions. In Java and Sumatra, both intensely hot climates, there are but ninety-two storms yearly, and in Borneo only fifty.

The gold coast of Africa has only sixty a year, which is less than occur in Florida, though the latter country is outside the tropics.

In Jamaica there is a thunderstorm every day during the rainy season, which lasts for five months. These storms almost always occur between midday and three in the afternoon.

Perhaps the most astonishing fact with regard to thunderstorms is that the island of Mauritius, which is only 550 miles east of Madagascar, has on an average, only one thunderstorm in eighty years. Yet in Madagascar the lightning is more destructive than anywhere else in the world.

What Would You Do? Dr. C. H. Parkhurst, the eloquent New York clergyman, at a recent banquet, said of charity:

"Too many of us, perhaps, misinterpret the meaning of charity as the Master misinterpreted the scriptural text. This master, a pillar of a western church, entered in his journal: 'Scripture ordains that, if a man take away thy coat, let him have thy cloak also.' Today, having caught the hostler stealing my potatoes, I have given him the sack."—Lippincott's.

There Are Others. Two lunatics conversed in the asylum yard. One had megalomania. Said he: "Had they not locked me up here it would have been a second Napoleon."

Thoughtfully the other contemplated a peep-hole in the asylum wall, then remarked: "The second Napoleon wasn't much shuck."



MADAME NEVADA VAN DER VEER (MRS. REED MILLER), WHO WILL APPEAR AT GRANT HALL, WEDNESDAY, NOV. 29TH.

A FIRE IN GANANOQUE

GUTTED A RESIDENCE ON WATER STREET.

Presentation to a Cornetist—No Liberal Candidate Has Yet Been Secured to Run in Leeds County.

Gananoque, Nov. 20.—Sunday morning, about eleven o'clock, fire was discovered in the frame building on Water street occupied by Mr. and Mrs. Charles Ward, both of whom were present from home. Prompt action

was taken by the employees of the Thousand Island railway, with their hoses from their engine house nearby; undoubtedly saved other buildings in the vicinity, which are closely packed together. The fire brigade was promptly at hand and soon had the fire well under control. The loss to building and contents will foot up to several hundred dollars.

The opening of St. John's church bazaar, on Saturday, was very encouraging, it being well patronized. The dance drew out a goodly attendance of voting people.

T. R. Willis, solo cornetist of the Citizens' band, was presented with a neat address and handsome medal in appreciation of his services at the musical show, Thursday and Friday evenings, by his shopmates of the Skinner company, limited.

The question of the candidacy in the liberal interests, to oppose J. R. Dirgavel, the present holder of the seat in this riding for the legislative assembly, is still unsettled. W. J. Wilson, to whom the unanimous offer of the nomination was tendered, cannot see his way clear to accept the honor, on account of the requirements of his business. Omar Brown, Delta, another name considered, is incapacitated by ill-health from acceptance. The executive committee who have the selection of a candidate for hand, are endeavoring to get Mr. Wilson to reconsider his decision.

A new water main in connection with the waterworks and sewers, is being laid to connect Main and Mill streets.

The decidedly wintry conditions during the past week have led around to the consideration of making accommodations for the season. The Park rink will be conducted, it is said, by the Messrs. Davis, who conducted it last season, and there are also rumors to the effect that another may be started, while many are strongly advocating the erection of a permanent covered rink on the Park property.

E. X. Belois, King street, is engaged in the production of a "Directory of the Town of Gananoque," containing a complete list of all residents, with their street addresses, and a classified manufacturing, professional and mercantile directory, also a list of all occupied islands, with the permanent address of the owners.

Miss Gertrude Bamford, nurse-in-training in Brockville general hospital, who is spending a furlough here with her parents, Mr. and Mrs. A. Bamford, Pine street, rendered excellent service at both services in St. Andrew's church yesterday. Miss Bamford was formerly a member of St. Andrew's choir.

The date for the turkey fair, under the auspices of the local board of trade, has been definitely set for December 13th. The committee consists of George K. Taylor, chairman; M. McParland, secretary, and W. J. Wilson, treasurer.

Miss Jane Latimer, patient for several weeks past in Cobourg hospital, undergoing treatment for typhoid, is in company with her mother, Mrs. Frank Latimer, who has been at her bedside throughout her illness, expected home today, to recuperate. Frank Latimer, of Cardwell, was in town for a short time during the past few days. Mrs. C. V. Ketchum, Stone street, spending several weeks in Toronto, has returned. Mrs. C. A. Lewis, Church street, is spending a few weeks with relatives in Ottawa and Montreal.

Best pastry and bread flour on the market, "King's Quality." Try it. Dr. A. A. Ames, sixty-nine years old, a veteran of the civil war, mayor of Minneapolis, and once prominent in Minnesota politics, died on Friday night while asleep.

"King's Quality" flour if you want satisfaction.

NOTHING SO TERRIBLE

AS FORSAKING THE HIGHER LIFE FOR LOWER.

Sermon by Dean Bidwell on "Demas, the Man Who Turned Back"—A Plea For Self-Abandonment.

"Luke, the beloved physician, and Demas, greet you." Demas hath forsaken me, having loved this present world." From these brief words of St. Paul, written in his Roman prison, the Dean of Ontario, in St. George's cathedral, on Sunday night, preached to Queen's students a sermon showing deep insight into human nature, deep insight into the quality of his native city, and for its abandonment, to please and to ease. Like others of his kind, he found that zeal and enthusiasm, while taking their possession along the path, do not go all the way unless backed by perseverance, by the way of the type which can appreciate high ideals and can follow them till the life cools under the deadly monotony of routine. Demas possibly went back to his old life with a sense of relief and we can find excuses for him, as, no doubt, he found them for himself, but we know that he did wrong, and Luke, who stayed with his master, did right.

There is nothing more terrible than the forsaking of the higher life for the lower by one who has shown himself capable of the higher. We wonder if Demas ever heard St. Paul's brief but terrible indictment of him, or if he recalled the words of the Christ, "no man having put his hand to the plough and looking back is fit for the kingdom of God."

Some young men to-day are wise with that worldly wisdom which is selfishness personified and which leads in the end to either abject despair or listless satiety. "But I speak," said the preacher, "to young men who can see the vision and respond to the call of high ideals, to those capable of rising their life for an idea. We need for all this self-abandonment, but we need more. To be a Christian we must put God's will before our will, refusing to do anything of our highest instinct disapproves. Doing this we may be counted failures in the eyes of other men and we will be led into hard places. Christ never concealed the yoke or the burden. It was their best self that took Luke and Demas to the prison, it was his worst self that made Demas turn at the call of the world he had left. Self-love was larger to him than his vision of the Christ."

"One word as to vocation," concluded the dean. "Is the power of vision being lost among our young men? Were it not, would it be as difficult as it is to obtain men for the ministry? Can they be closing their eyes to its call? Are they turning from the hardship and poverty it entails? Are they called by the lure of the present age? Is the power of renunciation less strong than it was in those pioneers for whom the Canadian church has every reason to thank God? Are parents, soberly and reverently, putting before their sons the call of the holy ministry?"

The failures in Canada during the past week totalled 26; same week, 1910, 35.

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