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GERALDINE'S LETTER.

I have been asked to make it known to readers of this column that back numbers of magazines and weekly or monthly papers will be very welcome to the workers of the Aberdeen Association, who send monthly parcels of literature to the settlers in the north-west. No postage is necessary in sending to any of the branch offices, provided the sender writes "Literature for the Aberdeen Association," above the address. Had it not been for the kindness of the postmaster-general the association could not have reached its present stage of development, as it found the expenses of postage a very serious item to meet. "In the autumn of 1894," quoting from the association's report, "The Hon. Sir Adolphe Caron, recognizing the far reaching benefits conferred by the association, and its educational and social value to the most desirable class of settlers, allowed the privilege of free postage to the association, directions being given to the local postmasters to provide bags to duly accredited branches wherein the parcels of literature are sent free to Ottawa, in order that the contents may there be stamped with the postmaster-general's frank, and be thence transmitted free to the settlers for whom they are intended. Sir Adolphe Caron's successors, the Hon. Monsieur Taillon and the Hon. Mr. Mulock, have cordially endorsed his action, the latter minister expressing his very hearty personal interest in the work of the association. As to the appreciation with which the literature is received by the settlers, the scores of touching letters received by the workers are sufficient testimony. It is the custom of the association that each worker should correspond once or twice a year with those to whom she dispatches parcels, thus maintaining personal touch with them."

Specimens of some of these letters are given in the report which I have before me, and all are full of gratitude for the literature sent. Many of these letters contain requests for scientific papers. Surely we ought not to turn a deaf ear to the cry, when it has been made so easy for us to send out of the abundance that we have. Parcels may be addressed to Miss Edith Yarker, secretary Toronto branch of Aberdeen Association, 87 Confederation Life building, Toronto; or they may be sent directly to the secretary of the central board at Ottawa. In any case do not forget to add the words "Literature for the Aberdeen Association," or your parcel will not be allowed to go free of charge.

* * *

Here is the story of a modern Barbara Frietchie.

A Canadian girl—a nurse-in training at New York—was on duty in that much dreaded place, the small pox hospital, last 24th of May, and, overcome either by her patriotic feelings, or by the spirit of mischief, set a union jack to the breeze from the top window of her isolated abode. The flag excited much angry comment, but no one dared to take it in, because, to reach it, the room wherein lay a small pox patient had to be crossed, and for some time our Barbara smiled serenely down as she moved to and fro past the window, engaged with her duties. Finally, a man was induced to scale the outside of the building and remove the objectionable colors, but when this had been accomplished he found that he was unable to make the descent, so there was no alternative but to enter the tainted room, and pass through the isolation hospital, emerging a hero in the eyes of those who watched outside—but a hero whom all wanted to keep at a civil distance.

* * *

To powder, or not to powder, that was the question, concerning which a society favorite was seeking to discover the voice of the majority of the girls, in anticipation of a dance that is to come off at the end of the month. And the voice of the majority cried for ordinary evening dress. A "bal poudre" is pretty, every one admitted that, but it is days before a head of luxuriant hair can be entirely cleansed of the powder, and some persons aver that it is injurious to the hair. Only two girls out of twenty voted in favor of "bal poudre."

* * *

On Tuesday afternoon, Mrs. Hewton gave a tea in honor of her daughter, Mrs. Irwin, of Montreal, who is visiting her old home.

* * *

Miss E. Cartwright left on Tuesday for a visit to friends at Kemptville.

Miss Allen, of Richmond, P.Q., is visiting at Alwington.

Miss Evadne Cotter, nurse-in-training at Montreal general hospital, is spending her holidays at her mother's home on Alfred street.

Mr. Arthur Moore, of the New York branch of the bank of Montreal, returned on Tuesday for a two weeks' holiday.

Mrs. Francis Hora and the Misses Hora have taken up their residence on Union street in the house formerly occupied by Professor Cappon.

The Misses Moore, William street, gave a five o'clock tea on Tuesday afternoon. The table was a study in pink and green. Broad bands of pink ribbon, entwined with smylax, were brought from the gasolier and fastened at the four corners of the table; pink and white chrysanthemums nodded their curly heads beneath the soft light of lamps in pink shades; pink doileys and wreaths of smylax on the cloth further carried out the predominating colors, while, with harmonious effect, one hostess was gowned in pink and another in pale green. Miss Edith Folger and Miss Minnie Moore officiated at the table. Amongst those present were Misses Penner, Muckleston, Cotter, K. Cotter, E. Kirkpatrick, L. Kirkpatrick, Fortescue, Kerr, Macpherson, Sears, E. Sears, Dalton, Skinner, C. Skinner, C. Britton, Swift, Hora, C. Hora, Innes, Evans, (Ottawa), Cartwright, Callaghan, K. Callaghan, Richmond, M. Richmond, Power, E. Shibley, Smythe, C. Cooke, Lewis.

* * *

Those who enjoyed the entertaining evening given in the opera house by Miss Nellie Ganthony during her American tour two years ago will be interested to hear of her marriage at Heathfield, Sussex, Eng., a couple of weeks ago, to Mr. Arthur A. Sykes, of the Punch staff.

* * *

According to the latest New York fashions, everyone will wear fur this season. A seal or Persian lamb blouse is the leading novelty, made with small sleeves, and having four enamelled buttons at the front, and a metal belt around the waist. Fur combinations are the order of the day, and Persian lamb and Alaska sable in one garment, or mink and Persian lamb, or seal and chinchilla, are said to be exhibited by Shayne, the autocrat of the fur trade in New York. Chinchilla enjoys renewed prestige, dividing honors with royal ermine, for evening wear. Muffs are large, and a style with very full edges is supposed to be a companion picture to the ripple collar. Neck boas are large, and ornamented with few or many tails, as the price depends principally on the number. Narrow fur trimmings never were so popular, and street or reception costumes, independent waists, hats, and ball dresses, do homage to the prevailing fancy.

Fannie Field, in Metropolitan fashions, thus describes a new evening wrap: "A long gray broadcloth lined with pink quilted satin, the hood lined with plain pink satin, is edged all around and down the front with blue fox." She also says that almost any costume may be ornamented by long sashes of plaid, striped, or plain ribbon, edged with black pleated chiffon, or with pleated chiffon placed in slanting rows accross the ends of the sash, the acme of style being an immense rhinestone buckle at the back.

* * *

Cards are out for a "Students' At Home" at Hotel Frontenac next Friday evening, November 19th. The patronesses are, Mrs. Britton, Mrs. Cappon, Mrs. Goodwin, Mrs. Herald, Mrs. W. F. Nickle, and Mrs. Watson.

* * *

The bowls won by Mr. E. C. Watson, of Queen's College, during the recent bowling contest, were presented to him at "Romilly House," on Tuesday afternoon. Mr. Watson won the complete set, one pair being Mr. Britton's trophy, and the other that of the Kingston bowling club. Mr. Britton made his presentation, and Mr. Waddell presented the other pair in the name of the club. Mr. Watson responded in a bright little speech in which he jokingly referred to having "beaten his father for his own good." The party afterwards adjourned to the dinning-room for afternoon tea.

Miss Mollie Cartwright is visiting Mrs. Macdonell at Moosomin, N.W.T.

Miss Goler, of Rochester, is the guest of Miss Edith Folger.

Mrs. Twining left on Wednesday for Montreal, where, for the next month, she will continue the study of voice culture, under her former teacher, who has lately returned from abroad.

There is to be an "At Home" at Mrs. Goodwin's, Alice street, this evening.

Mrs. (Prof.) Shortt has changed her reception day from Friday to Tuesday of each week.

There was an exceptionally large attendance at the yacht club on Wednesday evening, the occasion being the grand finale of the informal dances which have been so popular all summer. The refreshment table, beneath a dainty canopy of pink ribbon and smylax, was prettily arranged with pink table centre, pink and white chrysanthemums, and smylax; and, judging by the profusion of light refreshments displayed, the committee had fully prepared for the large number who assembled. The guests were received by Mrs. Frank Strange, and Mrs. J. P. Gildersleeve and Mrs. Herchmer presided over the refreshment table. Amongst the married ladies present were: Mrs. Britton, Mrs. Briggs, Mrs. Arthur Cunningham, Mrs. Haskell, Mrs. W. F. Nickle, Mrs. W. Norton-Taylor, Mrs. McParland, Mrs. Macnee, Mrs. Petrie, and Mrs. D. Stewart Robertson.

* * *

On dit that the bread and butter parties are to be revived, and that the first will be on, or about, November 24th.

* * *

Another of our girls—for during the year spent in Kingston Miss Freda Bartlett has made herself one of "our girls"—has gone to join the red cross brigade. Miss Bartlett left on Monday to enter as nurse-in-training at the Albany hospital, where we had already an interest since Miss Nancy Cameron is one of the nurses-in-training, and Miss Macdonell, who made so many friends during her connection with our general hospital, is superintendent of nurses there. We wish Miss Bartlett every success in her profession.

* * *

Miss Louise Briggs and Miss May Carr-Harris arrived at Montreal on Saturday, by the steamer Labrador, and will visit Mrs. Ferguson before returning to Kingston. The Labrador had a stormy voyage, but the Kingston passengers proved to be good sailors, as neither suffered in the least from "mal de mer."

* * *

Mrs. Coleman, of Deseronto, is visiting at St. James' parsonage.

Professor Capper, of Montreal, was the guest of Mr. and Mrs. Drummond, Union street.

* * *

The steady down pour of rain on Tuesday afternoon made the members of Charity Circle feel that they were unfortunate in their choice of a date for their musicale and sale at Mrs. Walkem's. However, the weather cleared before eight o'clock, and by half-past eight the rooms at "Romilly House" were fairly well filled. A piano solo by Mr. Harvey, and solos by Miss Britton, Miss Bates, Miss Kinghorn, Miss MacGillivray and Mr. E. Cunningham, completed the delightful little programme which was prepared by Miss Walkem. The numbers were announced by Mr. Carl Ford. The refreshment, candy, work, and card tables were trimmed with royal purple, the color of the Order, and the flowers were white chrysanthemums. The candle shades of royal purple, which were so much admired, were made by the deft fingers of a visitor from Montreal. The candy table was in charge of Mrs. Cappon, assisted by Misses Britton, Gildersleeve, MacMorine, and I. Ross.

Mrs. Campbell Strange, Miss Etta Macpherson and Miss May Ross had the work table, a unique feature of which was the roll of bright rag carpet which stood near by, representing the latest branch of work given out by the Circle. The carpet was made by poor women who are helped by the Circle, and was sold at forty cents a yard.

Miss Nash and Miss Skinner were kept busy all evening selling visiting cards. This novel scheme worked admirably, as was expected. Several packages of the cards are yet in the hands of Miss Nash and Miss Skinner, but the owners of the names on these were not at "Romilly House" that evening. In every case where the owner was present the cards were immediately bought. The receipts at this table alone amounted to $10.

Mrs. Frank Strange and Mrs. W. B. Skinner, poured tea and coffee, and their assistants at the refreshment table were: Mrs. Robinson, Misses Strange, Evans, Richmond, F. Cunningham, Norton-Taylor, and Callaghan.

Miss Lesslie and Miss Clara Britton secured the admission fees. At the close of the evening an auction sale of fancy work and cakes was conducted by Mr. W. B. Skinner, who ably sustained his part, displaying a rare amount of patience before saying "Gone," and many times when the interest of the audience was at low tide, his adjectives in praise of an article in question caused a fresh burst of enthusiasm amongst the bidders. The auctioneer caused great merriment. In one case a husband and wife were bidding against each other, and, after three or four bids had been exchanged, one discovered that it was a case of "What's mine is yours," when explanations followed and opposition ceased.

The members of the Circle are deeply indebted to Mrs. Walkem for her kindness in placing her beautiful home at their disposal for the evening. Thanks are also due to those who contributed towards the programme, and especially to Mr. Harvey, who played all the accompaniments.

* * *

Mrs. Cappon will not receive this month, but, beginning with December, her reception day will be Tuesday instead of Friday of each week.

* * *

If each of the five succeeding lectures of the series to be given at Convocation hall equal the one delivered last night by Prof. Capper, of Montreal, we shall have something to which to look forward in the next few weeks. It is to be regretted that there should have been one vacant seat in the hall last night. The lecture was a delight from beginning to end, and deserved a better audience. The students were conspicuous by their absence, but possibly they feel that lectures all day long should absolve them from optional lectures at night.

Professor Capper's pleasant voice added much to the matter of his lecture, which was illustrated throughout by limelight views of medieval architecture, the steriopticon being operated by Dr. Knight. The lecturer delt with monasteries from an historic and architectural standpoint, and so thoroughly at home was he on his subject, and so interesting were the points which he brought before us, that the end came all too soon for his appreciative audience. He said he had a very large subject to put into a very short period. The history of monastic order is the history of architecture. The original home of monasticism was in the east, where it took the form of asceticism, but the monks of the west aimed at life in communities. The two greatest factors in medieval times were monasticism and chivalry. These received their greatest impulse from France, and both made a strong impression upon architecture, and were of much importance in its history. Monasticism dates from St. Benedict, who lived in Italy in the 6th century, but in France the greatest monasteries had fullest scope. In Italy the cathedrals outshine the monasteries, and are architecturally more important. In Germany the two approximate. In France the abbeys outshine the cathedrals. In England there is a curious conglomeration, great cathedrals and abbeys being merged into a single building, for example Canterbury, Durham, Winchester, etc. Prof. Capper referred to the literary work of the monks. The laborious copying of lengthy manuscripts could not have been done apart from religious rule. St. Benedict, who died in 543, was a reformer. His work was putting order where he found disorder; his rule was one of common sense, plain living and high thinking. The hospitality of the monasteries extended to all ranks of society; they were complete centres of life and civilization. In monastic orders were comprised almost all careers except military. The monasteries and convents were the only really democratic institutions of the middle ages, and the convent led to the raising of the status of woman in western Europe. Cities took their origin out of monasteries; the impress of the monks is stamped on the plan of Canterbury. The plan of St. Gall, Switzerland, was shown to the audience, its church and cloister surrounded by buildings pointed out. The length of English churches was illustrated by the plan of Durham cathedral, where, in order to provide accommodation for the monks, an extra transept was erected in the 13th century. A view of the outside of Durham cathedral, with its magnificent situation, followed the plan. Then was shown Fountain's Abbey, one of the Cistercian order, where room is found for lay brethren as well as for the higher monastic orders. The monasteries of the Cistercian order are built in secluded valleys, along the side of running streams; in illustration of this was a room, three hundred feet long, carried bodily over a flowing stream, the indomitable courage and energy of the old monks who built it did not flinch before such difficulties as building across water. A few of the other illustrations were:

Westminster Abbey, the central abbey of the Benedictine order in England, as rebuilt by Henry III., one of the most beautiful Gothic churches of the 13th century. Chester Cathedral, with its wooden stalls of extreme beauty; the stone screens at Lincoln; Crusaders" tombs at Westminster Abbey; shrine of Edward II. in Gloucester Abbey; Cloister at Canterbury, showing the "door of martyrdom" through which Thomas A. Becket passed,—not the original door, but one that occupies the same site. Many other beautiful illustrations were given, the concluding English view being the Bridge of Approach at Fountain's Abbey, Yorkshire. Merely to look at the views was elevating and educating, but, when accompanied by Prof. Capper's entertaining comments, the treat was one that those who attended last night's lecture understood in a way which they cannot fully express.

* * *

The art lecture next week on "Beethoven," by Rev. W. B. Herridge, of Ottawa, will take place on Thursday, instead of Friday evening. The illustrations at this tecture will be musical, and will be contributed by Mrs. Craig, Miss McCartney, Dr. Clarke, Mr. Andrieux, and Mr. March.

—GERALDINE.

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THE HOME CIRCLE.

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The Child And The Snowflake.

Pretty little snowflake,
Shining like a star,
Did you come to find us
From some world afar?

Nay, my home was nearer,
Dear, than you suppose,
From the kitchen kettle
Through the air I rose.

I longed on chilly cloudland,
To see you once again,
And so I flew a snowflake,
To your window pane.

—Mary F. Butts in "Outlook."

Francis Hodgson Burnett And Child Study.

Kindergarten Magazine, November, 1897.

A conversation with Mrs. Frances Hodgson Burnett can never be less than delightful and stimulating, for to her fertile, spontaneous mind and long habit of "thinking things out," she adds a naturally dramatic temperament, a charmingly, unaffected manner, and a God-given instinct for expressing even the most every-day sentiments in pure, literary English. When a few days ago, therefore, I chanced upon what she is pleased to call her specialty, the mental and moral development of the young mind, I felt that I was in for a more than usually interesting chat.

Yes, I am a specialist in exactly the same way that an oculist or a patent lawyer is a specialist. I quite realize now that from the very moment I became a conscious being I have been studying the human mind. Mentality, character, have absorbed my attention to the too great exclusion, perhaps, of other things. Why, if you can start the human being aright, you have solved every problem of the universe. My belief is that the mental includes the moral, and that parents make the mistake of too long regarding their children as mere little bodies to be fed and clothed, when from the beginning they are intellectual beings and should be treated as such. If you will trust this little brain, and carefully train it to think out and decide matters for itself, I know that it can be taught to arrive at reason, justice and restraint by its own independent workings. All my life—I do not mean my married life, or my life since I have had boys of my own, but from the first that I can remember—I have tried to get at the minds of children; to reach their reason and make them think about things, and I have never failed to get results, even where they had been totally unused to having their mentality considered. When I was only sixteen I happened to be stopping at a place where there was a whole family of neglected children. They were as untrained as puppies, only not so amiable, for they were continually quarrelling and fighting. I began at once to mother them, and of course my first endeavor was to get at their minds, to appeal to their reason. I always inquired into the cause of their quarrels, and when there was a fight it used to interest me enormously to find out exactly where the blame lay and to help apportion justice. To my great delight I found that I could bring my mind down to theirs—with a result that I set their brains working. As soon as they found I was not trying to interfere, but was their friend and wanted to help them, they adopted my methods with enthusiasm, and gradually, but surely grew into thinking beings. When unable to agree to the ultimate right and wrong they used to rush into the house calling "Miss Fanny" and I would cheerfully leave my scribbling and talk the whole matter out to their final agreement and satisfaction.

Oh, children are such individuals! When my two boys were tiny creatures I began reasoning things out with them, and respected their mentality exactly as I respected that of grown up people. I used to get right down on the floor, so that I seemed about as tall as they, look into their earnest little faces, and try to make them feel that they had in their heads exactly what I had in mine, and that that brain would work for them just as mine worked for me, only they must set it going along the right lines and then do what it said was best, and that not to make that great human machine work for them constituted the only failure in life.

I think that parents often make a great mistake by punishing children instead of finding out and correcting the mental process which leads to any particular fault being committed. There may have been something on that little mind that would render any sort of punishment an injustice. So long as an act can be explained on any possible ground, I believe in "sparing the rod."

(To be continued.)

The cold days have come and we must keep toes and fingers dancing or Jack Frost will give them a nip. Here is a song to sing or say as you try to keep them warm:

Thumbkin says, "I'll dance,"
Thumbkin says, "I'll sing,"
I am very blithe and gay,
Growing merrier every day,
Dance and sing then one wee man.

Pointer says, "I'll dance,"
Pointer says, "I'll sing,"
Brother Thumbkins light and free,
Willingly I'll dance with thee,
Dance and sing then two wee men.

Long man says, "I'll dance,"
Long man says, "I'll sing."
I am very tall and strong,
So I'll help you both along,
Dance and sing then three wee men.

Gold man says, "I'll dance,"
Gold man says, "I'll sing,"
With my brothers one, two, three,
I will dance right merrily,
Dance and sing then four wee men.

Tiny man says, "I'll dance,"
Tiny man says, "I'll sing,"
Though I'm such a little one,
I can join in all the fun,
Dance and sing then five wee men.

—Eleanor Smith song. Part I.

A Glass of Beer.

"Would you not like a glass of beer?" said some one to Mr. Spurgeon, when he returned, much fatigued, to the hotel where he was staying.

"Yes," was the answer. "But some poor fellow to whom drink is a temptation, might hear of it and feel encouraged to take a drink and thus fall."

My Son! My Son!

As I was passing along the river one day, I saw a large crowd had assembled, and when I joined them I found a boy, who was bathing in the water just below the dam, had gone down. After some trouble his body was recovered. It was found to be a young colored boy whom no one seemed to know.

I passed down the path leading along the levee and was met by several women who were rushing toward the scene of the accident. They made an anxious inquiry, but all passed on relieved when they found it was a colored boy.

At last I met a colored woman. "Was it a little colored boy?" said she.

"Yes," said I.

"About twelve years old?"

I said I thought so.

With one wild cry of anguish the woman bounded forward. I knew she had a boy that answered that description.

I thought as I see hundreds of boys go down every year among the breakers of intemperance, if every mother who has a boy of that description could see him in his place; could imagine he was one of them, what a mighty army of brave women would be rushing to the rescue.

No man is born into the world whose work
Is not born with him; there is always work,
And tools to work withal, for those who will;
And blessed are the horny hands of toil.
The busy world shoves angrily aside
The man who stands with arms akimbo set,
Until occasion tells him what to do;
And he who waits to have his task marked out
Shall die and leave his errand unfulfilled.

—James Russell Lowell.

It is proposed to commemorate the work of the late Mr. Raper and Dr. Lees, who worked for nearly sixty years together in the total abstinence cause by the foundation of a scientific lectureship in the interest of the movement. An influential committee has been formed, under the presidency of Sir Wilfrid Lawson, with W. S. Caine and W. J. Crossley (of Manchester) as treasurers.

"I live for those who love me,
For those who know me true,
For the heaven that smiles above me,
And awaits my spirit, too;
For the cause that lacks assistance,
For the wrong that claims resistance,
For the great hope in the distance,
And the good that I can do."

THEY LEAD CLEAN LIVES.

Secret of England's Success—Conduct of Englishmen in Foreign Lands.

Lord Cromer, in the course of a semi-public address which he delivered in England just before his return to Cairo to resume his duties as nominal minister plenipotentiary (but de facto governor-general), remarked that his great aim throughout his twelve years' administration of Egypt had been to bring "clean living Englishmen" into the country, so that they could set a good example to the natives. In making that remark, lord Cromer more or less wittingly hit squarely on the head the nail which constitutes the principal key to the success of English colonial enterprise. Without being in any way saints, there is no doubt that Englishmen in oriental countries lead far cleaner lives, morally speaking, than any other Europeans. That is partly due to the fact that no matter what their ages or what the character of the locality where they happen to be stationed they always devote all the time which they can spare from their work to sport of one kind and another, and to various forms of atheletic exercise. This and the presence in almost every European settlement of one or more English women, who act as a sort of restraining influence, serve to preserve Englishmen in the colonies and the European settlements of the orient from all that shocking immorality and vice resulting from idleness and ennui, which constitute the blight and the curse of the colonies of France, Germany, Italy, Portugal and Spain.

Englishmen are not always liked by the natives, but as a general rule they are respected; and no greater contrast can be imagined than that which prevails between the British community say, at Bombay, and the French community at Algiers or Tunis, in spite of the fact that both of these places are barely thirty-six hours' distance from Paris, as against three weeks in the case of Bombay. If I draw attention to this point it is because I never yet have seen it set down in black and white, although clean lives on the part of her sons beyond the seas constitutes probably the principal source of England's colonial greatness and supremacy.

Anxious About His Monument.

St. Louis Globe-Democrat.

The late Dr. Tyler Hull, of Lansing, Mich., left the following peculiar will: "There shall be erected at my grave within one year after my decease a monument, if the assets of the estate shall warrant, according to the following conditions: If my estate shall foot up to $40,000 or more, then there shall be erected at my grave, a granite monument worth $10,000. If my estate shall aggregate $30,000, and under $40,000, there shall be erected at my grave a granite monument worth $8,000." Then there follow six other items, couched in language similar to the above, and being in substance as follows: "Between $25,000 and $30,000, a $5,000 monument; between $20,000 and $25,000, a $4,000 monument; between $15,000 and $20,000, a $3,000 monument; between $10,000 and $15,000, a $1,500 monument; between $6,000 and $10,000, a $1,000 monument; between $4,000 and $6,000, a $5,000 monument." The last paragraph of the will provided that, if the estate should aggregate less than $4,000, the whole question of a monument should be left to the discretion of his wife.

Camphor Bag Wards Off Chills.

Washington Star.

"An almost certain preventive of chills, as far as children are concerned," volunteered a professional nurse, "is to have the children wear a small camphor bag under their clothing next to the body. A penny's worth of camphor is all that is needed. My plan is to put a piece of camphor as large as a chestnut in a small bag. This will last a week or so. The smell of camphor is not an unpleasant one. I do not know whether it is the smell of camphor or its stimulating effect that keeps the chills off, but my experience has been that children, and especially those who live in the country, escape chills, which are so prevalent in the autumn season, when this precaution is taken. Camphor will ward off other troubles to which children are often susceptible. The preventive is an easy one to try, and I am sure that those who try it with the children will thank me for my suggestion."

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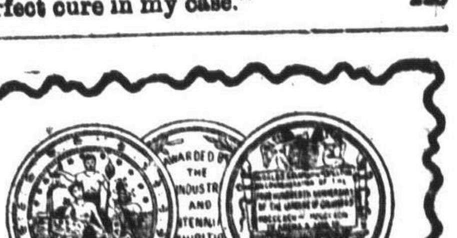
Mrs. E. James, 36 Arcade St., Montreal, Que., says, "For several years I have been troubled with my heart and nerves. My heart would palpitate terribly, and when it did so, I could not go up stairs without resting. I would have severe attacks of despondency, and got so bad at last, that for two weeks I could not go up-stairs to my room. My blood became weak and impoverished, due to an attack of la grippe. I would have a dull heavy pain in my heart, together with terrible headaches, and took remedy after remedy, but without avail.

"Then I heard of Milburn's Heart and Nerve Pills, and started taking them. From the very first I gained rapidly, and am now better than I have been for years. My heart and nerves are all right, and my whole system thoroughly toned and invigorated, the distressing symptoms from which I suffered having completely left me. I cannot too highly recommend these wonderful pills as they have made a perfect cure in my case." 220



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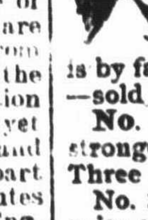

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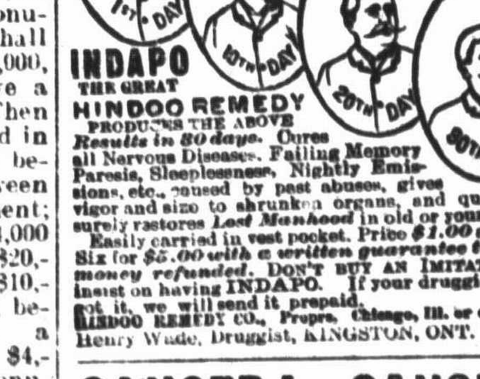

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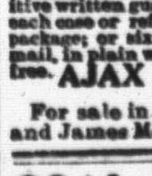

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