

# Health

"For 25 years I have never missed taking Ayer's Sarsaparilla every spring. It cleanses my blood, makes me feel strong, and does me good in every way."—John P. Hodnette, Brooklyn, N.Y.

Pure and rich blood carries new life to every part of the body. You are invigorated, refreshed. You feel anxious to be active. You become strong, steady, courageous. That's what Ayer's Sarsaparilla will do for you.

Ask your doctor what he thinks of Ayer's Sarsaparilla. He knows all about this grand old family medicine. Follow his advice and we will be satisfied.

## John G. Adams

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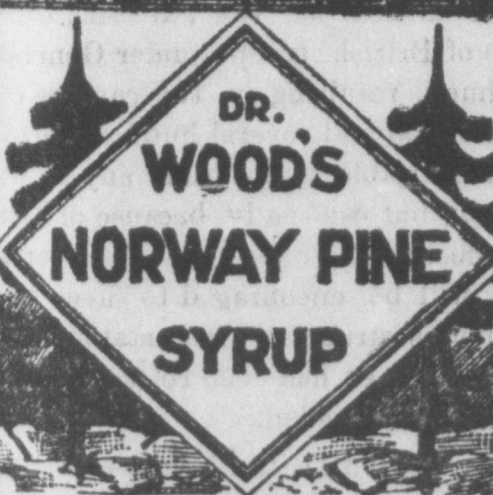
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## The TOILET IS INCOMPLETE WITHOUT POND'S EXTRACT

RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING. Avoid dangerous, irritating Witch Hazel preparations representing to be "the same as" Pond's Extract, which easily soars and often contain "wood alcohol," a deadly poison.



Cures Coughs, Colds, Lung and Bronchial affections that other remedies won't touch.

Mr. THOS. J. SMITH, Caledonia, Ont., writes: "A year ago I had a very severe cold which settled in my lungs and in my throat, so that I could scarcely speak louder than a whisper. I tried several medicines, but got no relief until I used one and a half bottles of Norway Pine Syrup, which completely cured me."

## Allen's Lung Balsam

The best Cough Medicine. ABSOLUTE SAFETY should be the first thought and must be rigorously insisted upon when buying medicine, for upon its safety depends one's life. ALLEN'S LUNG BALSAM contains no opium in any form and is safe, sure, and prompt in cases of Croup, Colds, deep-seated Coughs. Try it now, and be convinced.

CHURCH BELLS Chimes and Pails, Best Superior Copper and Tin. Get our prices. McSHANE BELL FOUNDRY Baltimore, Md.

## The Sabbath School

### INTERNATIONAL LESSON.

First Quarter Lesson 13 March 30 1902 REVIEW AND EASTER. SCRIPTURE LESSON.

John 20: 1-18.

GOLDEN TEXT.—Therefore let all the house of Israel know assuredly that God hath made that same Jesus, whom ye have crucified, both Lord and Christ.—Acts 2: 36.

Jesus said unto her, I am the resurrection and the life.—John 11: 25.

## JESUS.

LIFE BEFORE HIS CRUCIFIXION.

Birth. Youth. First Year. Second Year. Third Year. Last Three Months. Crucifixion.

### RETURN.

Resurrection. 40 Days Ascension. 10 Days Preparation. Pentecost. The Living Saviour. The Return. THE CONTINUED LIFE OF JESUS. THE EVER PRESENT SAVIOUR. THROUGH THE HOLY SPIRIT.

The Birth of the Church The Church Beautiful. Attacks From Without. Dangers From Within. Organization. The Great Persecution. Broadening of the Church.

THE COMMISSION.—Promise of the Father. Prayer-meeting ten days.

THE POWER.—Gift of the Holy Spirit. The tongues of flame.

RESULTS.—Three thousand converts. Love, praise, unity.

WITNESSES.—Character, generosity, joy, miracles of mercy, courage. The apostles imprisoned.

INCREASED GROWTH. Deliverance. Preaching before rulers. Five thousand men converted. Ananias, Sapphira, Simon, Magus.

NEW RESULTS.—Respect for the church. Increase in numbers. Unintentional neglect.

DEACONS.—Work of laymen in charity and speaking for Christ.

THE FIRST MARTYR.—Stephen preaching.

CHURCH EXTENSION.—In thought in character, in numbers, in race, in territory, to Samaria, the sea coast, and Africa.

### EASTER LESSONS.

Every event in the story of this quarter shows that Jesus has risen from the dead, that he is alive now, and what he is doing. What Jesus is doing to-day shows that he is alive now in heaven and working for us on earth. These lessons show the kind of things we should do if we are raised with Jesus into newness of life, the resurrection life.

This story is a most beautiful Easter lesson.

### Alphabetic Counsels.

The following alphabet is printed on a neat card and hung up in places of resort and business in Great Britain:

Attend carefully to the details of your business.

Be prompt in all things. Consider well, then decide positively.

Dare to do right; fear to do wrong.

Endure trials patiently. Fight life's battle bravely, manfully.

Go not into the society of the vicious. Hold integrity sacred. Injure not another's reputation or business.

Join hands only with the virtuous. Keep your mind from evil thoughts.

Lie not for any consideration. Make few special acquaintances. Never try to appear what you are not.

Observe good manners. Pay your debts promptly.

Question not the veracity of a friend. Respect the counsel of your parents.

Sacrifice money rather than principle. Touch not, taste not, handle not intoxicating drinks.

Use your leisure time for improvement.

Venture not upon the threshold of wrong.

Watch carefully over your passions. Tend to every one a kindly salutation.

Yield not to discouragement. Zealously labor for the right.

Success is certain.

We have been hearing much of late concerning the resemblances of thought, force and prayer. True prayer is thought force, but only thought force that is Godward is true prayer.

## Good Advice on Keeping Positions.

You can hold your position if you fit yours-elf to its mould so as to fill every crevice. Be like a cake. At first it is a soft, spongy dough, and is poured into a mould, which it but half fills. As it bakes it rises, and crowds every dent in the mould. Not contented, it bulges over the top; it makes a cake larger than the mould will hold. So, young man and young woman, be larger than your mould. After you have filled every crease and crevice of your position to advantage, work out at the top. It is the largest cake that brings the most money.

Always keep your promises. Your employer will not ask you to do more than is possible. Remember that an unfulfilled promise is as bad as a downright untruth. Live within your means. Never let a month pass that you do not put something in the bank. Saving is the great basic principle in the foundation of success. Dress neatly and plainly, for an employer marks a man as a fool who appears himself with extravagance and glaring colors. Never try to win the favor of your employer by slandering your fellow-workers. Slander always sticks. Show kindness to your fellow-employees, but do not let it be forced kindness, for that deserves no thanks. Resolve slowly, and act quickly. Remember, it is better to be alone than in bad company; that you cannot give your employer or yourself full value if you try to work after a night of dissipation; that silence, like cleanliness, is akin to godliness; and that a clear conscience gives sound sleep and good digestion, and clothes one in an impregnable coat of mail.—James J. Hill, in Success.

### Breaking a Wishbone.

Will you break this wishbone with me, mamma? said the little girl, as she held up the well dried bone of a fowl, left from the dinner of the day before.

Mamma broke the bone with her little daughter, after they had both made their wishes in silence. The little girl got the wish.

What was your wish dear? asked mamma.

I don't like to tell, replied the little one.

As long as you have the wish it does not matter if you tell, dear.

With some hesitancy the child said, I wished that papa would go to church with you to-night.

The mother was astonished. She supposed, of course, that the child had wished for something specially for herself. A short time before, in the child's presence, the mother had been asking her husband to go to church with her that evening, and he had slightly demurred. Lying on the couch in the next room, the father heard the conversation about the wish-bone, and was as much surprised at the wish his child had made as the mother was.

After the little girl had told her wish, she said in a low tone, Now, mamma, we will see for sure if chicken wishbone wishes come true. It goes without saying that the wish did come true. Papa went to church that night with mamma.—Selected.

### Tidiness.

In days gone by, before the new woman appeared upon the scene of action, girls were rigidly taught the good old-fashioned way of tidiness. Neatness hardly expresses my meaning as well as does the quaint old time word. To be tidy, Webster tells us, is to be arranged in good order; neat, kept in proper and becoming neatness. Nowadays girls are neat to a certain extent and in a certain way. They bathe freely and wear clean clothes; but are they tidy? Frequently they are not. The hair is often loose and prone to tumble down, and their gloves are sometimes ripped at the finger tips, and one or two buttons are lacking from their boots. The stock collar is often fastened on with an ordinary white pin that is very obvious, and the veil has occasionally a hole over the nose or chin. Our girl is charming but is she as careful as she ought to be?

The other day I was making a morning call at a friend's house, and there met another caller, a woman who made an agreeable impression upon me. She was not elaborately dressed, but her black tailor-made gown fitted her well, and there was not a spot or speck of dust on it. I knew that it had been brushed carefully before she had left her room. Her linen collar and cuffs were snowy white, and did not twist or shift from their proper places. Her gloves did not wrinkle, and buttoned smoothly over her wrist; her shoes were like the rest of her attire—dainty, and her bonnet rested firmly and straight on soft, brown

hair, that while wavy and fluffy, was neatly dressed, and so securely pinned that I fancy a high wind would not have caused it to come down. In speaking of this woman afterwards to a man who knows her, I said:

There is something about her appearance that charms me. What is the secret?

I will tell you, he said. She is a well-groomed woman. There are never any rough or loose ends about her.

You mean that she is tidy, I said to him.

You call it tidy. I say well-groomed. We both mean the same thing.

How r one may express it—in sporting terms or with the old fashioned word—is the condition not well worth striving for?—Harper's Bazar.

### Fact.

A little boy once said to his mother, when he found himself getting in close quarters about something which they disagreed over; Don't make me do it, Mamma; let me do it.

It is easier to do a thing when they let us do it, than it is when they undertake to make us do it.

Little four-year-old Bud was playing with his older sister, Ethel, when some plaything was wanted from below.

Bud, you go down stairs and get it.

The young man hesitated, and looked as if he were thinking. You might have said please.

But, Bud, you must, I am the mother, and I am the oldest.

The little chap straightened himself up, and stamped his little foot, and said; Well, Ethel, if I must, I won't.

Bud had a great deal of human nature, and Ethel was slightly lacking in tact. If the older brothers and sisters will put on fewer airs and less authority, they will get on much better managing their little brothers and sisters than they do when they are trying to show off their dignity. Patience and meekness help much about managing little ones.—Christian Observer.

### Like a Lady.

A little girl from an east side slum was invited with others to a charity dinner given at a great house in the west end of London. In the course of the meal the little maiden startled her hostess by propounding the query:

Does your husband drink? Why, no, replied the astonished lady of the house.

After a moment's pause the miniature querist proceeded with the equally bewildering questions: How much coal do you burn? What is your husband's salary? Has he any bad habits?

By this time the presiding genius of the table felt called upon to ask her humble guest what made her ask such strange questions.

Well, was the innocent reply, mother told me to behave like a lady, and when ladies call at our house they always ask mother these questions.—London Spare Moments.

Generosity, sympathy, kindness, gentleness—these are the fruits of pain, and without pain they never reach utmost growth.

There is a great and fatal tendency on the part of Christian workers to wait for men to come to us. If we are to win men, we must with definite and resolute purpose seek for them.

It is the lack of a personal relation to the All Father which puts us out of harmony with our destiny and makes our duty hard to perform and our faith frigid.

"Dyspepsia and Indigestion.—C. W. Snow & Co., Syracuse, N. Y., writes: "Please send us ten gross of Pills. We are selling more of Parmelee's Pills than any other Pills we keep. They have a great reputation for the cure of Dyspepsia and Liver Complaints." Mr. Chas. A. Smith, Lindsay writes: "Parmelee's Pills are an excellent medicine. My sister has been troubled with severe headache, but these Pills have cured her."

UP LATE NIGHTS, endless engagements, generally run down? Take "The D. & L." Emulsion of Cod Liver Oil. It will tone up your system and make you feel yourself again. Made by Davis & Lawrence Co., Ltd.

Used internally Hagyard's Yellow Oil cures Sore Throat, Hoarseness, Quinsy, Pain in the Chest, Croup, etc. Used externally cures Rheumatism, Stiff Joints, Contracted Cords, Sprains, Burns, Scalds, Cuts and Bites of Insects.

Worms affect a child's health too seriously to neglect. Sometimes they cause convulsions and death. If you suspect them to be present, give Dr. Low's Pleasant Worm Syrup which destroys the worms without injuring the child. Price 25c.

## Our Remnant Sale

—OF—

## CARPETS

Saturday, February 22nd.

We have over 30 peices of Brussels, Tapestry, Wool and Union Carpet which we are offering at a very low price to make room for our spring stock.

## LEMONT & SONS.

## EYE GLASSES.

Anything the matter with your eyes? Can't see as well as you used? If so call at

## Wiley's Drug Store

and get your eyes tested. Won't cost you anything to find out. No charge for consultation. First class line of Spectacles and Eye Glasses to select from.

## WILEY'S

206 Queen Street

## CLIFTON HOUSE

Princess & 143 Germain Sts.

## SAINT JOHN, N. B.

A. B. PETERS PROPRIETOR.

## FREE TO ALL A SILVER PLATED TEAPOT.

Consumers of National Blend Tea, without doubt the best Blend Tea on the market, when you have bought twenty pounds you will receive a Silver Plated Teapot free of charge. The cheapest house in town to buy flour.

## D. W. Estabrook & Sons

York St. and Westmorland

For 60 Years the Name

## GATES

has been a warrant of par excellence in medicine.

### Gate's Life of Man Bitter

has long since become the People's Medicine, and every year has been curing hundreds of cases of Run Down Constitutions, Dropsy, Liver Complaint and other chronic diseases. The name

### LIFE OF MAN

has become a household term throughout these Provinces, and to thousands the reality has proved as good as the name, for it has restored wasted energy and given them new life and increased vitality. Thus it has earned the name of the

### GREAT BLOOD PURIFIER

for it is only by purifying the blood that the blood may be cleared from the system.

If you are sick or run down insist on having

### GATES'

and take no substitute. Then you will have the best, and may rely upon it for cure, as thousands of others have done with satisfaction. If your dealer does not have it send direct to us.

## C. GATES, SON & CO.,

MIDDLETON, N. S.

### THE FOLLOWING

## FLOURS

will be found thoroughly reliable

SNOW WHITE, For Bread.

METEOR, For high class pastry work.

HARVEST MOON, For all round family work.

REMEMBER.—Every barrel is guaranteed. Your grocer can supply you.

Wholesale only.

## A. F. RANDOLPH & SONS.

## RIPANS

Ripans Tablets Doctors find a good prescripion for mankind.

Ripans Tablets are a common sense, effectual cure for dyspepsia, biliousness, heartburn, headache, constipation, dizziness and all disorders of the stomach, liver and bowels. They are intended for the use of men, women and children everywhere, and have proved beneficial in the majority of cases. It is not claimed that they will perform miracles, but some of the cures which they have effected amount almost to that. Easy to take and prompt in action, they have no rival as the best remedy for the every-day ills of humanity.

### A MEDICINE WHICH PROLONGS LIFE.

"I have used Ripans Tablets for a number of years and would not be without them. My head ached and my feet would be cold as ice. My bowels were not regular and I was troubled with such cramps from gas forming on my stomach that I would faint away. I was in such a state that I was getting old of some terrible bilious spells which confined me to bed on account of the distress. Of late I have not had any. I had just got over a bad spell of bilious fever and was sitting on the step, when a neighbor came to me and remarked how fine I looked. I told him for which I had been taking Ripans Tablets. He advised me to take Ripans Tablets, for which I had been taking physics all the time. I have no more gas, my bowels are regular, and I have no more headaches and can sleep well in bed. I feel as light as the wind on my face, and that is saying a good deal for a woman who weighs 120 pounds. I am sorry that I did not begin using the Tablets a year ago, for they would have saved me a great deal of pain and suffering."

### GASTRIC TROUBLES.

"I had suffered three years at least from gastric troubles. I could not sleep at night. My head ached and my feet would be cold as ice. My bowels were not regular and I was troubled with such cramps from gas forming on my stomach that I would faint away. I was in such a state that I was getting old of some terrible bilious spells which confined me to bed on account of the distress. Of late I have not had any. I had just got over a bad spell of bilious fever and was sitting on the step, when a neighbor came to me and remarked how fine I looked. I told him for which I had been taking Ripans Tablets. He advised me to take Ripans Tablets, for which I had been taking physics all the time. I have no more gas, my bowels are regular, and I have no more headaches and can sleep well in bed. I feel as light as the wind on my face, and that is saying a good deal for a woman who weighs 120 pounds. I am sorry that I did not begin using the Tablets a year ago, for they would have saved me a great deal of pain and suffering."

## One gives relief

Ripans Tablets, now and then, benefit the wisest men. And if dyspepsia be their foe, Continued, R.I.P.A.N.S. make it go.

The Free-Of-Fee health is a common-sense medicine, and it is a good deal for a woman who weighs 120 pounds. I am sorry that I did not begin using the Tablets a year ago, for they would have saved me a great deal of pain and suffering."