Easing the Chest.

It is the cold on the chest that scares people and makes them sick and sore. The cough that accompanies the chest cold is racking. When the cold is a hard one and the cough correspondingly severe, every coughing spell strains the whole system. We feel sure that if we could only stop coughing for a day or so we could get over the cold, but we try everything we know of or can hear of in the shape of medicine. We take big doses of quinine until the head buzzes and roars; we try to sweat it out; we take big draughts of whiskey, but the thing that has its grip on the chest hangs on, and won't be shaken loose.

If the irritation that makes us cough could be stopped, we would get better promptly, and it is because Adamson's Botanic Cough Balsam is so soothing and healing to the inflamed throat that it is so efficient a remedy for coughs and colds. This really great medicine is a very simple preparation, made of extracts of barks and gums of trees, and it never deceives. It heals the throat and the desire to cough is gone. When the cough goes the work of cure is almost complete. All druggists sell Adamson's Balsam, 25 cents. Try this famous Balsam for your sore chest and you will find prompt relief.

"Singing Birds Build Low."

One who had been listening while a bright girl announced most ambitious aspirations and purposes for her own life, answered gently: "You may be right dear child, but do not forget that 'the singing birds build low.'"

Taking this as its text, the Philadelphia Public Ledger speaks these words of comfort to girls: "If your flight is above the roof trees, if your haunts are to be high up among the wind-rocked boughs, the home nest cannot fail to suffer loss. Apart from the loss to those who remain the daughter goes out, often finds too late the low nest was safest and best. There are colder winds on the mountain crags and it is the birds of prey that build their nests on high.

"After all one's thinking and talking of progress of man or woman, it is true that nothing ever comes to us that is so sweet as the life of home. Let women seek the largest culture, the broadest freedom, the highest service. All goes well while they keep the home love warm. When the love wavers it is time to pause. We are building our nests in the wrong place. Singing birds are to make melody, first, for our nearest and dearest, and when our best is too good for the home we are placing our nests too high."

Lord Roberts has accepted the honorary colonelcy of the Royal Canadians.

Ontario capitalists will build a pulp and paper mill to cost $1,500,000 at the outlet of the Lake of the Woods.

A Good Deal of Nonsense

About "Blood Purifiers" and "Tonics"

Every drop of blood, every bone, nerve and tissue in the body can be renewed in but one way, and this is, from wholesome food properly digested. There is no other way and the idea that a medicine in itself can purify the blood or supply new tissues and strong nerves is ridiculous and on a par with the folderol that dyspepsia or indigestion is a germ disease or that other fallacy, that a weak stomach which refuses to digest food can be made to do so, by irritating and inflaming the bowels by pills and cathartics.

Stuart's Dyspepsia Tablets cure indigestion, sour stomach, gas and bloating after meals because they furnish the digestive principles which weak stomachs lack, and unless the deficiency of pepsin and diastase is supplied it is useless to attempt to cure stomach trouble by the use of "tonics," "pills" and "cathartics" which have absolutely no digestive power, and their only effect is to give a temporary stimulation.

One grain of the active principle in Stuart's Dyspepsia Tablets will digest 3 000 grains of meat, eggs and similar foods and experiments have shown that they will do this in a glass bottle at proper temperature, but of course are more effective in the stomach.

There is probably no remedy so universally used as Stuart's Tablets because it is not only the sick and ailing, but well people who use them at every meal to insure perfect digestion and assimilation of the food.

People who enjoy fair health take Stuart's Tablets as regularly as they take their meals, because they want to keep well. Prevention is always better than cure and Stuart's Dyspepsia Tablets do both; they prevent indigestion and they remove it where it exists. The regular use of one or two of them after meals will demonstrate their merit and efficiency better than any other argument.

News Summary

A serious rebellion has broken out in the province of Mongolia, China.

Thos. Carroll, who was probably the oldest resident of the Ottawa district, is dead at the age of 105 years.

Copp Bros. & Co., Ltd., Hamilton, Ont., manufacturers of stoves and agricultural implements, have suspended; liabilities heavy.

Four steamships have been chartered to sail from St. John, N. B., this month, and four next month, laden with hay for South Africa.

A Belgian family in Bedford, Pa., consists of twenty-six children. One set of triplets and three pairs of twins are included in the brood.

The supplementary estimates brought down by Mr. Fielding in the House of Commons amount to $3,729,716, of which $941,276 is a revote.

Dr. F. W. Barbour, of Fredericton, will be the leader of this year's New Brunswick boys' camp, and it will be located on the river at a spot to be chosen.

The Canadian Pacific Railway has decided to adopt the standard system of time on its road and the order has been issued to that effect by the management.

Negotiations have been completed between the Quebec government and a party of New York capitalists by which the latter acquire the great water power of Upper Saguenay. They intend to invest four or five million dollars in a pulp mill.

The general conference board of the Methodist church has decided to hold the next general conference at Winnipeg in September, 1902, provided the annual provincial conferences this year undertake to meet the extra expenses entailed upon delegates by meeting so far west.

At St. Thomas, Ont., on Wednesday the sixteen-year-old son of William Sloan was leading a colt to water with a halter fastened around his wrist. The colt took fright, dashed round and swung the young man with terrific force against a wagon, killing him instantly.

Large and excited anti-clerical meetings at Malaga, Corunna and elsewhere have passed resolutions demanding that the government expel the religious orders in Spain. At Corunna the manifestants paraded, shouting "down with the Jesuits" and "down with the convents." They stoned the Jesuit's college and the offices of the clerical newspapers.

About $300,000 will be expended upon the Capital at Washington during the congressional recess. Many desirable improvements will be made and the architect of the Capital has been authorized to prepare and submit plans for the reconstruction and fireproofing of the central portion of the building and the renovation and the redecoration of the rotunda.

Gerald Sifton, charged with the murder of his father, Joseph Sifton, was brought up for trial at the Middlesex, Ont., court on Wednesday. Counsel for the prisoner objected to proceeding with the trial because Mrs. Richardson, wife of Rev. Canon Richardson, a most important witness, could not be found. Court was then adjourned for three hours and on resuming a true bill for conspiracy to defeat the ends of justice was found against Rev. Canon Richardson.

"There had been times," said the Archbishop of Canterbury in a recent speech, "when men had looked upon science as the great opponent of religion, but in the last century science had made it easier than ever it was before to preach the gospel everywhere. Science aimed at the increase of knowledge and at the application of such knowledge to human uses, but they saw, as it were, guiding it all, the almighty power of God, turning it all to his great purpose, whether men were conscious of it or not. Although it might be true that here and there science crossed the path of religion, it was also true that for every man who had doubts or difficulties caused by science, there were hundreds of men who had been reached by the gospel, because science had made it possible for men to reach them."

Charles Oakley, aged 42, of Cambridge, Queens county, a patient at the Provincial Lunatic Asylum, committed suicide Friday morning by jumping from the suspension bridge into the falls. He was a quiet, easy-going patient, who never showed any symptoms of suicide, and who was allowed considerable liberty. All last summer he worked with the farmers and Friday morning about 9 o'clock was engaged in some work about the barn. The attendant who was near saw him go around behind the barn, and started immediately to see what he was about, but Oakley had taken advantage of the opportunity to get over as much ground as possible, and was running rapidly toward the fence, which he reached and scaled before the guard could get near. Then, rushing out a short distance on the bridge, he crawled through one of the openings and leaped into the seething waters below, and soon disappeared from view.—Globe.

Victor Hugo's Prophecy.

A day will come when the only battlefield will be the market open to commerce, and the mind opening to new ideas. A day will come when bullets and bombshells will be replaced by votes, by the universal suffrage of nations, by arbitration of a sovereign senate, which will be to Europe what the parliament is to England, the diet to Germany, the legislative assembly to France. A day will come when a cannon ball will be exhibited in public museums, just as an instrument of torture is now, and the people will be astonished how such a thing could have been. A day will come when these two immense groups, the United States of America and the united states of Europe, shall be seen extending the hand of fellowship across the ocean, exchanging their products, their industry, their arts, their genius, clearing the earth, peopling the deserts, improving creation under the eye of the Creator, and uniting, for the good of all, these two irresistible and infinite powers—the fraternity of men and the power of God.—Ex.

Representatives of the newspaper publishers waited on the government on Wednesday. The delegation represented the burdensome, character of the newspaper postage and the government was asked to introduce a bill reducing the amount to a flat rate, not exceeding one quarter of a cent per pound. The delegates also asked for an exchange of newspapers' mail between Great Britain and Canada at domestic rates. Attention was also drawn to the fact that paper makers have a combine and keep paper above its value. The members of the government promised consideration.

The tree that bears the apples is the one to feel the clubs,
The man who has opinions is the one to get the rubs;
In life's broad field of duty if you yearn for perfect "ca'm,"
Find where the mud is deepest, and just slumber like a clam.
—Good Cheer.

Boy (who has lost his way)—"I say, Mister, how for is it to Camptown Creek?" Man (surlily)—"Find out, I ain't no city directory." Boy (with acute emphasis)—"No, you ain't; you're a volume on good manners, you are."—Harlem Life.

"Do you think that genius is moved to exert itself by inspiration?" "Sometimes," answered the very serious young man. "But oftener by the expiration of the period for which rent has been paid."—Washington Star.

Oldhamme.—"Young man, have an ideal. Have an ideal, I say, and hug it to your bosom at all times and places." Youngdogge.—"She won't let me."—Harper's Bazar.

"Pa," said Willie, on returning from school, "is Latin a dead language?"
"Yes, my son," replied Mr. Busyman.
"What did it die of, pa?"
"I don't know, may son," said Mr. Busyman, with a sigh. "I fancy it was talked to death."

Most of us are like the old farmer who said he would be perfectly satisfied if he could just own all the land adjoining his.—Good Cheer.

"Thought you said you had ploughed that ten acre field?" said the fiast farmer. "No; I only said I was thinking about ploughing it," said the second farmer. "Oh! I see; you merely turned it over in your mind."—Yonkers Statesman.

"Your account of the concert last night," said the musician, "omitted all mention of the very thing I wanted to see printed. The violin I played, as I was careful to tell your reporter, was a genuine Stradivarius, and one of the best ever made." "That's all right," said the editor. "When Mr. Stradivarius gets his fiddles advertised in this paper it will cost him half a crown a line. Good morning, sir."—London Tit-Bits.

The lady in the witness-box was reluctant to disclose her age, and the presiding magistrate was astute enough not to press the question. "What is your age, madam?" he had inquired, and: "Whatever you choose, sir," she made answer. She was under oath. "You may put down forty-five years, then," said the magistrate to the clerk. "What is your occupation, madam?" "Sir," said the witness, "you have made a mistake of ten years in my age." "Put down 55 years then," directed the magistrate. "Your residence——" "Sir," exclaimed the lady, angrily, "my age is thirty-five years, not fifty-five!" "Thank you, madam," said the magistrate, blandly, and the entire bench joined in the smile that went round the court.—Tit-Bits.

A Montreal Grocer in Trouble

With his Back and Kidneys, but at last found relief in Doan's Pills.

Mr. P. Guillemette, under date of Jan. 28th, 1901, writes:

Dear Sirs,—For ten years I suffered from pains across my back, both sides and between my shoulders. In fact at times I was doubled up with pain, and my urine was highly colored. I saw Doan's Pills advertised, so procured four boxes and must say they have effected a complete cure. I owe my present good health to Doan's Pills and cannot recommend them too highly to any and all suffering from backache and kidney troubles.

WANTED

For the Library of the First Baptist church, Halifax. All the Minutes of the Nova Scotia, New Brunswick and Prince Edward Island Associations have been obtained with one exception. That exception is the *Third Session of the Eastern New Brunswick Association (1850)*. It is hoped that this may also be secured, so that the complete volume may be bound and preserved with the others. Will those who have old Minutes please take the trouble to look them over, and if this missing number is found, and there is willingness to part with it, it will be most gratefully received for this collection. Address—

REV. A. C. CHUTE,
Halifax, N. S.

Real Estate

For sale in the growing and beautiful town of Berwick.

I have now for Sale several places right in the village in price from $700 to $3,500. Some of them very desirable properties. I have also a number of farms outside on my list. Some of them very fine fruit farms, from $1,500 to $7,000. Correspondence solicited and all information promptly given. Apply to—

J. ANDREWS,
Real Estate Broker, Berwick, N. S.
March, 1901.

LADIES WANTED to earn one of our Parisian Model Trimmed Hats. They are trimmed with Foliage, Flowers, and Silken Crepolene, and are the style to be worn this Spring. We are giving away a limited number to advertise our new lines of Roman Gold finish Stick Pins, set with Jewels.

Simply send us your name and address and we will send you 2 doz. pins, which sell at 10c. each, return us the money and we will give you one of these lovely trimmed hats nicely packed in a box, for selling only 3 doz. pins. All we ask is that you show it to your friends. Write at once, and be the first in your locality. THE MAXWELL CO., DEPARTMENT 50 TORONTO



FREE

EARN THIS WATCH by selling only 1 doz. beautiful photographs of Her Majesty Queen Victoria at 10c. each. These photos are full cabinet size and are in the very finest style of photographic art. Every person would like to have a good portrait of Her Majesty. This makes our photographs easy to sell. Write and we mail photos. Sell them, return money, and we send postpaid this handsome polished nickel watch, with ornamented edge, hour, minute and second hands and genuine American lever movement. It is accurate and reliable and with care will last ten years. Write to-day. The Home Art Co., Box YW Toronto.



Wanted.

AGENTS in unoccupied territory for the finest line of bicycles ever constructed. We have a splendid proposition for the right parties. For particulars address Box 26 St. John, N. B.

Adversity is often described as a school in which the servants of God are taught wisdom.—Vaughan