

A foaming glass of

# Abbey's Effervescent Salt

In the morning drives away the indigestion, biliousness and constipation of yesterday—brings health, strength and energy for the days to come.

AT ALL DRUGGISTS, 25¢ AND 60¢ A BOTTLE

**WE ARE BEST WHERE WE ARE.**

Sometimes we look at the circumstances by which we are surrounded and think how impossible it is for us ever to be, in the midst of such daily experience, what we ought to be. We grumble over our lot instead of cheerfully accepting it at God's hands, believing that he knows what is best for us. We think regretfully that if the people we are called upon to meet from day to day were different, if they had the same earnest aims and hopes as ourselves, if the worries arising from our work were less frequent and irritating, if we had not this sickly body or inherited weakness, we should be different from what we are. But it is not so. The psalmist was accurately right when he said: "Thy judgments are true and righteous." The judgment of God never errs. It cannot fail. He does not plant the orchid on the Alpine heights or the edelweiss in the tropics. He knows the nature of each plan in his universe, and places it under the conditions best suited for its development. So likewise the personal requirements of each one of us is known unto him; we can, therefore, be certain that he has placed us just where our personal character can fully unfold itself.

Instead of bemoaning our difficulties, we ought to be thankful for them, for out of these trials is forged what we call character. We know men, in whose faces we can read it, and we know how it has been won. Whenever we see a face marked by an expression of strength and self-reliance we conclude that it represents a history in which there has been something to fight against, something to overcome. The influences which have left their impress upon it have not been of the arm-chair and slipper kind. We know that many a victory has been gained in the midst of rough experiences, for we can read the scars of battle in the lines upon the face. Yes; hardship, trial, difficulty, make character; or, to change the figure, they are the stepping-stones upon which the soul rises.—C. A. Knightley.

**THE WELSH REVIVAL.**

By G. Campbell Morgan.

The great characteristics of the Welsh Revival have been, first, the bending of the people to the will of God; second, the unveiling of the Crucified before the vision of the multitudes, and third and finally, the sense of the sweeping, energising power of God's Holy Spirit. The genesis of the work in Wales—alas, that men have wasted time in trying to trace it! It cannot be traced. It has broken out here and there and everywhere in a score of places at once. But the one characteristic has been focussed and expressed in the words so often escaping from the lips of Evan Roberts, 'Bend to God,' which simply means submission to his will. That is the first principle of the Cross. And then the next great and marvellous manifestation has been that of the overwhelming mastery of men by the vision of the Cross. A man who presently, I hope, will write for us a story of this great work on the mountains and in the valleys of Wales, Elvet Lewis, in a recent article on the subject, said: 'Its heart has been the

unveiling of the Crucified." You may have passed from end to end of Wales in these past months, and on the mountains and in the valleys, in the coal mines, and by the highways, the same quaint, weird old chorus has been sounding in your ears: "Oh the Lamb the gentle Lamb, The Lamb of Calvary."

And if you ask me what has brought Wales into this consciousness of religious life, I say Wales has seen the Crucified. You and I must see him, but we must not see him merely; we must yield to him, not merely in this first matter of the will of God, but understanding that Christ was on the Cross for the salvation of men we must put ourselves into line of co-operation with him, and sink the pride and sink the prejudice, and, abandoning doubt and fear, we must pour out our lives, as men have been doing through the length and breadth of that land, to win others, even by suffering for Christ.

The only humility that is really ours is not which we try to show before God in prayer, but that which we carry with us and carry out in our ordinary conduct.—Andrew Murray.

There are things which hinder that are not sins, save as they become sins by hindering. There are many things which in themselves can hardly be called wrong, but they impede us in becoming what we ought to be in doing what we ought to do, and therefore they become really sins. A taste that leads to pride, a habit that leads to slavery, are not hindrances only; they are sins.

Every kind word you say to a dumb animal or bird will make you happier.

**THE VALUE OF CHARCOAL.**

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, or after eating onions and other odorous vegetables. Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat. I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

# FERROVIM

TRADE MARK

A TONIC FOR ALL.  
It makes new blood  
It invigorates  
It strengthens  
It builds  
**BONE AND MUSCLE**

Tried with the greatest advantage by all weak people. Prevents fainting, makes pallid cheeks into rosy ones.  
Davis & Lawrence Co., Ltd., Montreal.

## WHAT SCHOOL

### Shall I Attend?

That is the question which will be considered by many within the next few months. If all the advantages to be gained by attending

### FREDERICTON BUSINESS COLLEGE.

were fully known it would not be difficult to decide. Send at once for catalogue, Address  
W J OSBURNE, Principal, Fredericton, N. B.

## FOR SALE

**FARM AT LOWER SELMAH. A** great bargain 100 acres, Hay, Tillage, orchards, 60 trees, all in bearing. Cut 30 tons hay could be made cut 50 tons, has wintered 18 head of cattle, 6 horses and 12 sheep. House 18x33, Ell 24x16, Barn 60x39, wagon and tool house 24x26, one of the best mud privilege on the C-bequid bay—sufficient to keep up the farm for all time, has a fine wood lot and pasture. Price \$14,000.00 Address A. A. Ford, Berwick and Hants County, Real Estate Agent  
A. A. FORD, Manager

### EMARITIME

provides individual instruction and therefore

ADMITS to any course without examination.

STUDENTS in Book-keeping, Shorthand Typewriting, Civil Service, Accounting at

ANY TIME that best suits the student. Send for Course of Study to  
KAULBACH & SCHURMAN  
Chartered Accountants.

**MARITIME BUSINESS COLLEGES.**  
Halifax, N. S.

Insurance. Absolute Security  
**QUEEN INSURANCE CO.**  
Ins. Co. of North America.

JARVIS & WHITTAKER,  
General Agents.  
74 Prince William Street St. John, N. B.

### GOD KNOWS.

My life is not what I would have chosen. I often long for quiet, for reading and for thought. It seems to me to be a very paradise to be able to read, to think, go into deep things gather the glorious riches of intellectual culture. God has forbidden it in his providence. I must spend hours in receiving people to speak to me about all matters of trifle; must engage in public work on everything; employ my life on what seemed uncongenial, vanishing, temporary waste. Yet God knows me better than I know myself. He knows my gifts, my powers, my failings and weaknesses; what I can do and what not to do. So I desire to be led, and not to lead; to follow him I am quite sure that he thus enables me to do a great deal more in ways that seemed to me to be almost a waste of life, in advancing his kingdom, than I would have done in any other way. I am sure of that.—Norman McLeod.

Caller—Are you sure your mistress is not in?  
Bridget—Of am not; but she sames to be, so 'tis not fur me to doubt it.—Philadelphia Ledger.

# INTERCOLONIAL RAILWAY

On and after SUNDAY, Sept. 17th, 1905, trains will run daily (Sunday excepted) as follows:

### TRAINS LEAVE ST. JOHN.

|  |       |
|--|-------|
| No. 6—Mixed for Moncton  | 7 45  |
| No. 2—Express for Point du Chene, Halifax Sydney and Campbellton | 6 00  |
| No. 26—Express for Point du Chene Halifax and Pictou             | 11 45 |
| No. 186—Suburban for Hampton                                     | 13 15 |
| No. 8—Express for Sussex   | 17 15 |
| No. 138—Suburban for Hampton                                     | 18 15 |
| No. 134—Express for Quebec and Montreal                          | 19 00 |
| No. 10—Express for Halifax and the Sydneys                       | 23 25 |

### TRAINS ARRIVE AT ST. JOHN.

|  |       |
|--|-------|
| No. 9—Express from Halifax, Pictou, and the Sydneys                        | 6 25  |
| No. 135—Suburban from Hampton  | 7 45  |
| No. 7—Express from Sussex  | 9 00  |
| No. 133—Express from Montreal and Quebec                                   | 12 50 |
| No. 137—Suburban from Hampton  | 15 30 |
| No. 5—Mixed from Moncton   | 16 30 |
| No. 26—Express from Halifax, Pictou and Campbellton                        | 17 15 |
| No. 1—Express from Moncton   | 21 20 |
| No. 81—Express from the Sydneys, Halifax, Pictou and Moncton (Sunday only) | 1 35  |

All trains run by Atlantic Standard Time; 24.00 (clock is midnight).

D. FOTTINGER,  
General Manager.  
Moncton, N. B., Sept. 16th, 1905.

GEO. CARVILL, C. T. A.,  
City Ticket Office—3 King Street, St. John, N. B.

# CANADIAN PACIFIC RY.

## Montreal EXCURSIONS

Via the Canadian Pacific Short Line

Going Good for Return  
Oct. 2, 3, 4. Oct. 18th.  
\$10 From St. John To Montreal and Return.

## Portland & Boston EXCURSIONS

VIA THE ALL RAIL LINE.

Going Sept. 20th to Oct 18th. Returning 30 Days From Date of Issue. From St. John to Portland and Return, \$8.50. Boston and Return, \$10.50

EQUALLY LOW RATES FROM OTHER POINTS

For Full Particulars apply to W H C MACKAY, or write to F R. PERRY, D.P.A., St. John, N. B.

# EVERY 1

Likes good PASTRY. Its quality depends upon the material used. The result with

Woodill's German Baking Powder  
Will always be satisfactory.

## Aberdeen Hotel

18-20 22 Queen St., near corner of Prince William Street, St. John, N. B.  
Home-like and attractive. A temperance house. Newly furnished and thoroughly renovated. Centrally located. Electric cars pass the door to and from all parts of the city. Coach in attendance at all trains and boats. Rates \$1 and \$1.50 per day. Tel. 241  
A. C. NORTHROP, Proprietor.

Up in  
Is a  
A tru  
cl  
As if  
She k  
An  
She co  
ly  
The t  
A yell  
w  
That  
She lo  
de  
That  
br  
There i  
She k  
Buckl  
Sadly  
One loo  
With  
Yes, an  
She li  
She hit  
Up the  
Someth  
tro  
Tears  
Up in th  
Is a tr  
A trunk  
ros  
On the  
None of  
But an  
Sacred t  
Gold of  
—W. D  
A trav  
of a le  
Springs  
was serv  
dollar bill  
ed it to  
"Jim,  
Wednesday  
be yours.  
"All r  
care of yo  
And he  
lently. P  
day morn  
summoned  
weeks bef  
rado Sprin  
mer wait  
along with  
him and s  
"Say, b  
dollar tri  
de meanes  
house."—  
nut Tree,  
September  
"Good,"  
"Food  
gold mine,  
"Before I  
Nuts food  
a worse aff  
stomach th  
"I could  
lightest fo  
great dist  
"I went  
prepared fr  
(except Gra  
digestible,  
stomach,  
headache  
and aches)  
for my use.  
"Grape-Nu  
ily digeste  
has renewe  
made me a  
tarrh of t  
entirely w  
thanks to C  
my almost  
other." Nat  
Battle Creek  
Ten days'  
There's a