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By mail to those who are suffering from indigestion, a box of Dr. Williams' Pink Pills for Pale People can be obtained. It is a large bottle of pills, and is the best medicine for indigestion. It is sold by all druggists.

Dr. Williams' Pink Pills for Pale People is a powerful medicine for indigestion. It is sold by all druggists.

ONE AFTERNOON.

Papa and mamma went out to row, And left us alone at home, you know, — Roderick, James, and me. "Now, dears," they said, "just play with your toys. Like dear little, good-little, sweet little boys, And we will come home to tea."

We played with our toys the longest while! We built up our blocks for nearly a mile, — Roderick, James, and I. But when they came tumbling down, alas! They fell right against the looking-glass. Oh, how the pieces did fly!

Then we found a pillow that had a rip, And all the feathers we out did slip, — Roderick, James, and I. And we made a snow-storm, a glorious one. All over the room. Oh, wasn't it fun, — As the feathery flakes did fly!

But, just as the storm was raging around, Papa and mamma came in a sudden bound, — Roderick, James, and me. "Oh, terrible, terrible things they said, And they put us all three right straight to bed, With the empty pillow case under my head. And none of us had any tea. — Laura E. Richards, in St. Nicholas.

THE HOME.

**The Home and the Children.**

The wants of the children, too, must not be left out of sight, unless we determine to legislate them away, and make Mr. Malthus our saint. There's no indoor romping-ground for a child like a great garret, with dormers to let in sunlight like a deluge, and a view of the old houses we have shown, had them; and a healthy child without a chance for rainy-day forays in such must grow up with a large domestic element of its nature undeveloped. Home ties of these young folk grapple to a bare root-tree in the tops of the house very clingingly. And if country life is not to be subverted altogether, and turned adrift on the wastes of cities, it must be the clinging child-love, wakening in manhood, and re-awakening in age, which is to ensure and enable its best development.

By the same rule, there must be out-of-door reglement and comforts of the child-age. "Out-of-doors" is a very large part of a well-balanced country house; this is an Irishman's saying; but it is a wholesome one to consider and act upon. "Out-of-doors" in this sense, means the dwelling; it lacks privacy; it lacks concealment; it is every man's; and so no man's. There should be tennis-ground; there should be coasting-hill; there should be skating-pond, snow-fort and fortresses of stone; cabins—for cooking—for roasting, for leaning the dainties that belong to the offices of hostesses. "Home" is the word; to give great quickening sense to it, to enable it, to endure it, to justify it; this, or ought to be, the aim where roof-trees are planted in the open of God's country. One of the greatest lacks, as appears to me, in the pretty Bellamy programmes of social fixures, is that they disjoint and fling apart all old and reliable ideas of home, leaving no place for their development. Such schemes legislate away need for it; for what is home with out its tea-positions on the hearth; without its rallying-place at the fireside for family council; without its "table-round," where books, games, games, singing, talk—unhindered by over-critical ears—fill up the evening; without, maybe, its household manager of kitchen or parlor, bawling the management and compelling virtues of self-denial—of gracious reticence—of quiet, brave reconciliation with the accidents of life? — Donald G. Mitchell, in September Scribner.

Autumnal Illness.

The following paragraph concerning a household sanitation, taken from the Boston Journal, calls to mind a measure recommended by the English Society of Engineers for preventing epidemics, which are occasioned by impure air. It is that all gratings connected with sewers should be filled with stout wire boxes filled loosely with coarse charcoal, which absorbs the dangerous gases passing to the street. Proper attention to all such matters without the house, as well as within, would save many a doctor's bill.

It often happens that when people return from a summer spent at the mountains or by the sea to their homes in the city there occur cases of sickness of a diphtheritic or malarial type, which are promptly attributed to sanitary defects, real or imaginary, in the places of summer resort. The origin of these cases may sometimes be what is supposed to be, but it is suggested that it is quite likely to be due to the neglect of certain important sanitary precautions in closing the city house. A New York writer, who has looked into this subject and has taken the views of an expert plumber thereon, attributes a good deal of this autumnal illness to the asphyxiated, dried-out traps in the city houses. It is said that traps will hold seal as long as six weeks or two months. If no fresh water is added during this time the trap becomes dry, and there is no obstacle to the rise of gases and their escape into the surrounding atmosphere. Opening the windows of a house shortly before the return of its occupants can hardly be sufficient to rid the house of the unwholesome gases which may have been escaping for weeks from the practically untrapped drain pipes. What should be aimed at is prevention, and this can be had by the simple expedient of arranging with some one to flush thoroughly all the refuse pipes of a house by allowing the water to run from all the faucets for five minutes at a time, as often as once a week. This could be done with very little trouble, and it might prevent a good deal of sickness often of a dangerous type.

—The Lungs, Liver, Kidneys, Bowels, &c., act as so many waste gates for the escape of effete matter and gases from the body. The use of Northrop & Lyman's Vegetable Discovery helps them to discharge their duty. Mr. W. H. Lester, H. M. Curtis, Toronto, writes: "I have personally tested the health-giving properties of Northrop & Lyman's Vegetable Discovery, and can testify as to its great value."

Hints for the Housewife.

**MINT SAUCE.**—For a half teacup of vinegar take a tablespoonful of sugar, and two tablespoonfuls of green mint, chopped very fine. Serve with roast lamb.

**TOMATO BREAKFAST CAKES.**—One pint of milk, two eggs, whites and yolks beaten separately, a little salt, make a batter with flour with which two teaspoonfuls of baking powder to every quart has been sifted. Peel large ripe tomatoes, slice them, cover each slice with batter and fry on a griddle.

**GREEN TOMATO CATSUP.**—Put on a kettle of green tomatoes, boil them to pieces, and strain through a colander; measure them, and to six quarts put one pound of sugar, one pint of vinegar, one tablespoonful of whole black pepper, a double handful of salt, one table-spoonful of celery seed, and a tea-spoonful of powdered cloves; boil all together until it becomes thick like marmalade; then can and seal. — *Virginia Cookery Book.*

**BAKED OYSTERS.**—Boil a dozen fine, white-skinned oysters in seawater, and take out the pungent taste, peel them and slice them; have a pint of bread-crumbs, a quarter of a pound of butter, and a tea-spoonful of milk or cream. Put the oysters in a baking dish in alternate layers with bread-crumbs, adding the butter and pepper and salt to taste. Have a thick layer of bread-crumbs on top, then pour on the cream and bake three-quarters of an hour.

**GINGERBREAD.**—Half a cup sugar, a cup of New Orleans molasses, half a cup of butter, a teaspoonful of ginger and cinnamon, half a tea-spoonful of cloves, two level tea-spoonfuls of soda in a cup of boiling water, add two well-beaten eggs and flour to make a thin dough, about three cupfuls. Bake in gem tins or in cake pans. If for dessert serve with a nice sauce, which may be made thus: The juice of one lemon, a cup of water, a little salt, four table-spoonfuls sugar, boil all together, and thicken with a table-spoonful of corn starch dissolved in water.

**CODFISH BALLS.**—Cut the codfish in pieces, soak in lukewarm water for an hour, pick into small bits and put it over the fire in cold water enough to cover it. When it begins to boil, pour off the water, cover again with cold water and bring it again to a boil. Have ready potatoes boiled, mashed, seasoned, and hot. To a quart of potato use a pint of the prepared codfish, and mix thoroughly together while both are hot. Add an egg well beaten, and form into balls, fry in a skillet till a light brown, or fry like crullers in hot fat. This prepared cod fish balls are very toothsome.

**RAISE AND NOT RACE HORSES.**—An anonymous writer, who evidently possessed good sense, observes that it is the custom with many farmers whose horses show any degree of speed in trotting or pacing to take them around to all the county fairs as a means of raising them on the market as roadsters and getting fancy prices for them. In doing this they spend time and money on them, generally get little or no return for it, and often ruin the horses. A farmer should stick to his business and let others raise the racing stock. His business is to raise and not race horses, and whenever he gets out of his sphere he is almost certain to lose money.

**ORIGIN OF THE PONY.**—According to an equine authority the pony is the horse of hardships, and one that has sprung from some poor country where he has ever seen purely the child of neglect, and all predecessors of his race. In a rich country, like the horse regions of Kentucky, for instance, his pony character would invariably run out in the course of a few generations. He is not a distinct strain, for they would seem to support the view that the breed of pining from as good a strain of horses as the world knew of at that time, and his present reduced size and characteristic toughness have resulted unquestionably from local circumstances.

**EGGS BY WEIGHT.**—A Boston contemporary declares that it would be extremely difficult to change the custom of selling eggs by the dozen to one of selling by weight. And then he tells of seeing a man of Quincy Market weigh a basket of five dozen Brahms eggs ordered by a Boston hotel. The net weight of the eggs was 124 pounds, nearly 23 pounds in excess of the dozen. Some of the eggs would weigh one-quarter of a pound each. The writer adds that he selected the smallest dozen in another package, and the scales showed a weight of but little over a pound. An average dozen of ordinary eggs weighs one pound five ounces. It seems ridiculous to sell eggs by the dozen when some specimens weigh four ounces each and others less than one ounce, but such is market custom. The producer is thus encouraged to keep that breed of poultry which lays eggs in the greatest number, even if comparatively deficient in size and weight.

**THE YIELD PER POUND OF MILK.**—The range of yield per pound of milk is very wide, says a dairy authority, it taking from six to eight pounds of the richest milk up to 30 and over of the poorest to make a pound of butter. The average content of fat in the cream of milk is 25 pounds. Anywhere between that and 20 pounds of milk for a pound of butter is good. Below this is very good and

THE FARM.

**One of Many Evils.**

Fowl houses are usually too small for the number of fowls crowded into them. Many well-meaning poultry men adopt the idea, begotten of our grandfathers' days, that the greater the number of warm blooded animals in a given space the greater the bodily and surrounding heat; consequently, when cold weather sets in, in place of making the house warm and comfortable and allowing only enough birds for individual comfort and health, too often they are crowded and packed like herrings in a keg, regardless of sanitary laws and the experience of every veteran breeder.

It is true that "the blood is the life," yet the blood must be pure to be so, else sickness or ailments ensue. Blood, deprived of the oxygen for even a short time, becomes deoxygenated, and the only way the oxygen is supplied is through the air which is breathed into the lungs. If this air be impure—filled or impregnated with foul or noxious gases—the body, through the blood and circulatory organs, must become impaired in a greater or lesser degree.

The house should be large and well ventilated for the number of fowls that are accommodated, for when in some parts of the country, the ground is covered with snow, the fowls are confined and seldom go outside, and therefore need more attention. The keeper should bear in mind all through the year that a house large enough for fifty fowls to roost in nights, is by no means large enough when confined for months, day and night. No matter how thrifty they be when gathered from out of door freedom, the loss of pure air, agreeable exercise, grass, and other "pickings," will tell on them when confined unless good care and management follow.

Cleanliness in and about the fowl house is absolutely necessary for the maintenance of health, and of course prolificacy. Experience and observation will bring to mind and recollections of habitual neglect and carelessness, for when a hen in ten receives proper attention one year with another. There are far too many houses which do not get but one or two cleanings in a month, and some not over half a dozen in a year. The droppings accumulate like soft mounds, and every warm and damp day, even in winter, they throw off gases and poison the air. This of course enters the blood and deranges the whole system. And yet there are fanciers, many of whom consider themselves good authority on such matters, who will say, "Leave the doors open in the daytime, and the cold will freeze the droppings so that there will be no disagreeable nor deleterious effects from it." As well might one advise a maker

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Is an effective remedy, as numerous testimonials conclusively prove. "For two years I was a constant sufferer from dyspepsia and liver complaint. I doctored a long time and the medicines prescribed, in nearly every case, only aggravated the disease. An apothecary advised me to use Ayer's Sarsaparilla. I did so, and was cured at a cost of \$5. Since that time it has been my family medicine, and sickness has become a stranger to our household. I believe it to be the best medicine on earth." — P. F. McNulty, Hackman, 20 Summer St., Lowell, Mass.

FOR DEBILITY.

**Ayer's Sarsaparilla**

Is a certain cure, when the complaint originates in impoverished blood. "I was a great sufferer from a low condition of the blood and general debility, becoming finally so reduced that I was unfit for work. Nothing that I did for the complaint helped me so much as Ayer's Sarsaparilla, which, in cases of this kind, restores me to health and strength. I take every opportunity to recommend this medicine in similar cases." — C. Evick, 14 E. Main St., Chillicothe, Ohio.

FOR ERUPTIONS.

**Ayer's Sarsaparilla**

And all disorders originating in impurity of the blood, such as boils, carbuncles, pimples, blotches, salt-rheum, scurf, scrofulous sores, and the like, take only

Hints to the Farmer.

**SHIPPING CATTLE TO ENGLAND.**—It is chronicled as an interesting fact that cattle, as a rule, lose little or nothing in weight in transit from the United States to England, and that they walk from the vessels to the stock pens without apparent difficulty, notwithstanding the cramped position in which they remain during the long voyage, and the fact that they stand almost throughout the journey. It is a remarkable proof of their powers of endurance, as the motion of the vessel necessarily keeps the muscles of the legs at a constant tension.

**RAISE AND NOT RACE HORSES.**—An anonymous writer, who evidently possessed good sense, observes that it is the custom with many farmers whose horses show any degree of speed in trotting or pacing to take them around to all the county fairs as a means of raising them on the market as roadsters and getting fancy prices for them. In doing this they spend time and money on them, generally get little or no return for it, and often ruin the horses. A farmer should stick to his business and let others raise the racing stock. His business is to raise and not race horses, and whenever he gets out of his sphere he is almost certain to lose money.

extra down to ten pounds, which is extraordinary. Yet the record shows that some of the Jerseys and Guernseys give milk as rich as this. From reports made in England, it is judged we have either better dairy stock or better feed than the English. Professor Long, of England, says Jersey and Guernsey cows seldom make less than a pound of butter from eight quarts of milk, but less is required in autumn—how much less some of them take he does not specify. At 10 pounds to the imperial gallon, eight quarts would be 20 pounds of milk. The professor says the same is true of some of the Shorthorns, of the Red Poll, and of the Devons; but ordinary cows yield a pound of butter in summer from three gallons of milk, or 30 pounds. In autumn it takes 10 to 11 quarts of milk, or 25 to 27 pounds to make a pound of butter. If these figures can be depended upon, and we estimate the weight correctly, American cows give considerably richer milk than the English cows yield.

TEMPERANCE.

**Substitutes for Alcohol.**

The list of substitutes given below is taken from an article contributed to the *British American Temperance Journal* in January, 1888, by Dr. James Ridge, of the London Temperance Hospital, and afterwards published in the quarterly of the National Temperance Hospital at Chicago.

**Alcohol as a Stimulant.** Properly speaking alcohol is not a stimulant, but a narcotic. It has, however, an apparently stimulating effect, because it paralyzes the nerves which control the small blood-vessels which hold in check the flow of blood to the heart.

If we desire a drug, we have in ether a rapid diffusible stimulant quite as powerful and rather more rapid than alcohol. In cases of severe shock or collapse, a condition, in which stomach absorption is at a low ebb, we can eject a draught of ether subcutaneously, or give an enema of turpentine and hot gruel.

Ammonia and its carbonate are valuable stimulants, both by the reflex action of the ammoniacal gas on the branches of the fifth nerve when inhaled; and by their direct action on nerve centres when absorbed.

Camphor is a powerful cardiac stimulant, very useful in cases of incipient inflammatory action and in the depression of fever. When there is spasm of the cutaneous vessels, as in some cases of shock and depression by cold, nitrate of amyl or other nitrates will speedily relax them, especially if assisted by external warmth. Dover's powder is of great value under such circumstances.

As a cardiac stimulant, small doses of digitalis or strophanthus, repeated every hour or half-hour, will prove useful. In the intervals, a small quantity of beef-tea or meat-extract may be administered. Such treatment is far more suitable in cases of severe hemorrhage, with fainting, and even collapse or convulsions, than the alcohol which is so commonly given. The latter relaxes arterial spasm, and tends to renew the hemorrhage, while digitalis assists in sealing the arteries up.

**Alcohol as a Sedative.** We are all aware that alcohol, chiefly in the form of spirits, is often given to procure sleeping and to relieve pain, such as that of neuralgia, dyspepsia, colic, diarrhoea, dysmenorrhoea. It is as a sedative that alcohol is so conditionally and seductive in cases of chronic disease, as if frequently resorted to, the drink craving is almost certainly developed. Hence the importance in many cases of rather bearing patiently the ills we have than of flying to others that we know of, and it is clear that other narcotics, such as opium, morphia, chlorodyne, chloral, are open to the same objection, and the victims of these drugs are terribly numerous.

**Alcohol as an Anti-Spasmodic.** We have in chloroform, ether, hydrocyanic acid, in nitrate of amyl and nitro-glycerine, in castor oil, and in various essential and monobromide of camphor; in saffordia, valerian, musk and aromatics, substances which will diminish spasm, whether of voluntary or involuntary muscle.

**Alcohol as a Tonic.** Alcohol can only be called a tonic in the limited and *lucendo* principle. For its action in relaxing unstriated muscular fibre, which entitles it to be called an anti-spasmodic, disintitles it of all claim to give tone. The sense of exhilaration which follows small doses of alcohol has been mistaken for real strength and increase of vitality. It is well known that relaxation of the blood vessels throughout the body is one of the first effects of alcohol. The arteries of the retina have been observed to dilate after very small doses of alcohol; the diminution of tone is well seen in the tracings of the pulse under the influence of alcohol. If one needs a tonic, therefore, alcohol is one of the things to be shunned altogether.

The external use of cold, either by a dripping sheet, cold sponging, or a shower-bath, according to the power of the reaction, is a valuable means of giving real tone. Iron, quinine, nuxvomica, and other drugs, are useful in appropriate cases.

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