A Trio of Afflictions.

Varied Agonies For Long Years.

A Man of Seventy-four Years Feels Young Again.

Paine's Celery Compound Gives Him New Blood, Activity and Strength.

THE GREAT MEDICINF REMOVES HIS TROUBLES AND BURDENS.

His Cure Vouched For By a Justice of the Peace.

Mr Thomas R. Baxter, of Kandale, N. S., aged 74 years and fast nearing the grave from a terrible complication of diseases—erysipelas for 40 years, bleeding piles for 15 years, and sciatic rheumatism for over a year—was rescued from torture, agony and death by Paine's Celery Compound after all other means had failed.

After reading the following statement, vouched for by a Justice of the Peace, how can any sane man or woman entertain doubts as to the curing virtues of earth's only honest life-giving medicine?

Mr Baxter writes as follows:

"I desire to let you know about my wonderful cure by your precious medicine, Paine's Celery Compound.

"I was afflicted by three complaints that made my life a misery and a burden. I had erysipelas for 40 years, bleeding piles for 15 years, and sciatic rheumatism for over a year.

"I tried the doctors and all kinds of medicines; but no help or relief was afforded me, and I could not eat or sleep. I was then advised to use Paine's Celery Compound, and, oh, what a mighty change! The use of the first bottle enabled me to eat and sleep, and after using seven bottles I was quite another man; was perfectly cured, and felt young again. All that I have written can be proven by merchants, doctors, magistrates, and by three ministers of the Gospel, and by scores of other people. I shall always thank you and your wonderful medicine, Paine's Celery Compound."

"I hereby certify that Paine's Celery Compound has made a well man of Thomas R. Baxter."

JAMES H. THORNE, Justice of the Peace.

Acacia Villa School Sleigh Drive.

It has long been the custom at Mr Patterson's school to have a big sleigh drive sometime during the winter. Last year owing to the prevalence of measles in the school it was impossible to have one. This winter, all being in excellent health, the custom was revived, and on Wednesday afternoon last, the 53 resident pupils, with their principal and teachers, had a most enjoyable drive, surpassing all others given by the school in point of numbers, style and distance.

The joyous company was conveyed in six teams. Mr Balcom, of Wolfville, took the lead with his splendid four-in-hand, and immediately behind was his attractive trio of grays. Then came Mr Patterson's own pair on the school sleigh, while three single horses in two-seated sleighs, completed the gay procession. Each horse carried on its head a miniature flag of red bearing the familiar A. V. S. in blue. A large Union Jack floated from one of the large sleighs, and nearly every lad had streamers of red and blue flying from his person. The sound of the school drum and tambourine, of harmonica and fife, mingling with rousing songs, floated out at times upon the air, while ever and anon the school yell was lustily given and as occasional horn was heard.

The merry company drove to Kentville and halting a while to rest the horses and see the town, returned to the school just in time to prepare for the evening meal and with good appetites to enjoy it.

The boys greatly appreciate any effort made to break up the monotony of school life and the principal of Acacia Villa is ever ready to do anything to make the boys' school days as happy as possible.

Mr Patterson says the boys are all well and happy and doing excellent work in studies.

An Interesting Observation.

If I were to write a book of Reminiscences it would be on a plan hitherto unattempted, says Walter Besant in the *Queen*. I should not note the great men at whose tables I have sat; nor the ways and manners of poets whom I have known. Not at all. It should commemorate the men and women I have met who were remarkable for this or for that, but were notknown by the world. I think that I could make a most interesting volume out of this material. It is a great mistake to suppose that poets and literary people generally are more interesting than people who never wrote a line. I think I must really write that book of Reminiscences, if it is only to celebrate the Remarkableness of the obscure. They are often much more witty than the professional Wits, they do individual things, whereas the Wits never do anything; that is the weak point about the Literary Life, that it does nothing except write and talk. The Obscure Ones are never self-conscious, which is a failing with your great ones; they put on no "side;" they do nothing for effect, and they look not for any kind of praise.

Can He do These Things?

Your eighteen-year-old boy may have a good deal of Latin and cube root, says an exchange, but unless he can do the things enumerated below he is not even ordinarily well equipped as a business man or as a man of the world; and can he do them?

Write a good, legible hand.
Write a good, sensible letter.
Speak and write good English.
Draw an ordinary bank-check.
Take it to the proper place in the bank to get it cashed.
Add a column of figures rapidly and accurately.
Make out an ordinary account.
Write an ordinary promissory note.
Measure a pile of lumber in your shed.
Spell all the words he knows how to use.
Write an advertisement for the local paper.
Make neat and correct entries in day-book and ledger.
Tell the number of bushels of wheat in your largest bin and their value at current rates.
Tell something about the great authors and statesmen of the present day.

HOPE ENTHRONED.

Life Prolonged and Its Usefulness Greatly Extended.

The Ruthless Hand of Nature Permits Only the Survival of the Sttongest But Medical Science Secures the Survival of the Weakest.

From the Cornwall Standard.

The science and art of medication holds a unique place in the esteem of the entire civilized world, because by a judicious application of progressive science relative to the art of healing innumerable triumphs are won in the struggle for health. The profession of medicine we may safely say, is no sinecure, its triumphs and successes are rehearsed daily by the million. Those who are in the van-guard of this movement are our greatest benefactors. Their discoveries are a boon to humanity; they have given relief to thousands who would have dragged out a miserable and more or less brief existence. Dr Williams by means of his Pink Pills has earned and enjoys the gratitude of untold numbers who were on the verge of isolation or death, because their case defied the skill of the ordinary medical practitioner. The ruthless hand of nature permits only the survival of the strongest, but the tender ministrations of medical science, as exemplified in Dr. Williams' Pink Pills, secure the survival of the weakest, which is in harmony with the divine injunction, "We then that are strong ought to bear the infirmities of the weak, and not please ourselves."

These famous pills have given strength to the apparently hopelessly weak, and vitalized and invigorated fragile and debilitated constitutions, enthroned health and strength, thus increasing every value and enhancing every joy. In substantiation of the reputed merits of Dr. Williams' Pink Pills read the following testimonial of one of Glengarry's responsible citizens. Samuel Neil, of the village of Lancaster, is one of the best known men of the county. "For three successive winters," says Mr Neil, "I suffered from severe attacks of la grippe. Owing to the exhausting effects of these attacks I was unable to attend to my business half of the time. The last attack I had was in December, 1895. It was the most prolonged and the subsequent effect the most trying. All the winter of 1896 I was under medical care and being somewhat advanced in life I presented a very frail appearance. My weakness was so pronounced that I became a victim of weak turns, and even with the assistance of a cane I was liable to fall. Attempts to walk were risky, and often to be regretted. I was troubled with a dizziness in the head that rendered locomotion difficult and unpleasant. Besides this general weakness I had pains in my shoulders, something like articular rheumatism in its fluctuations and severity. After a five months treatment I was not any better, in fact the doctor gave me very little encouragement. He said I had palpitation of the heart and it must run its course. The truth is I felt so weak that my hope of recovery was about nil. About the first of May I determined to try Dr Williams' Pink Pills. The result was the dizziness left me, day by day my pains vanished into imperceptibility, and I began to feel myself again. The improvement continued until I was able to follow my business with unexpected vigor. I am increasing in flesh and in the general signs of good health, and I unhesitatingly attribute my recovery to Dr Williams' Pink Pills.

Dr Williams' Pink Pills create new blood, build up the nerves, and thus drive disease from the system. In hundreds of cases they have cured after all other medicines had failed, thus establishing the claim that they are a marvel among the triumphs of modern medical science. The genuine Pink Pills are sold only in boxes, bearing the full trade mark, "Dr. Williams' Pink Pills for Pale People." Protect yourself from imposition by refusing any pill that does not bear the registered trade mark around the box.

Mr Gladstone's Marriage.

Justin McCarthy in the 'Story of Gladstone's life," in the February *Outlook*, says:—Without in the least degree invading the sacred domain of a great man's private life, it may be said that no marriage could possibly have been more happy than that of Mr and Mrs Gladstone. The pair were young together, became mature together, and grew old together. I do not merely mean to say that they passed their lives in the same dwelling, but what I do mean to say is that they were always thoroughly together in purpose and in spirit, in heart and in soul. There never could have been a wife more absolutely devoted to her husband and to his cause than Mrs Gladstone. There was something unapeakably touching, even to mere and casual observers like myself, in the tender care which she always lavished upon him a care which advancing years seemed rather to increase than to diminish. One was reminded sometimes of the saying of Burke, that he never had an outside trouble in his life which did not vanish at the sight of his wife when he crossed the threshold of his home. Gladstone had several children. Two of his sons were at one time members of the House of Commons. William Henry, the eldest son, has long since passed out of life. Herbert Gladstone is, I hope and fully believe, destined to carry out the renown of the name.

Ayer's Cherry Pectoral is acknowledged the best preparation for cure of lung complaints.

THE WHITE RIBBON.

"For God and Home and Native Land."

Conducted by the Ladies of the W. C. T. U.

OFFICERS.

President—Mrs R. V. Jones.
Vice-Presidents—Mrs Hale, Mrs R. Reid, Mrs A. Johnson.
Recording Secretary—Miss Knowles.
Cor. Secretary—Miss Minnie Fitch.
Treasurer—Miss Annie S. Fitch.
Auditor—Mrs Roscoe.

SUPERINTENDENTS.

Evangelistic Work—Mrs DeWitt.
Literature—Mrs deBlois.
Press Work—Mrs Tufts.
Flower Mission—Mrs Woodworth.
Social Purity—Mrs R. Bishop.
Systematic Giving—Mrs Kempton
Narcotics—Mrs Vaughn.
Health and Heredity—Mrs Trotter.
Mother's Meetings—Mrs Hemeon.
The Girls' Friendly Society—Mrs Davison.

...Next meeting in Temperance Hall Thursday, Feb. 25th, at 3.30 P. M. The meetings are always open to any who wish to become members.

Indirect Cost of Intemperance.

I have spoken to the financial importance of the liquor traffic, as proven by the enormous cost to the consumers of intoxicating drinks; but there is another bill of costs which weighs far more heavily upon the community. Every gallon of whiskey and every gallon of beer is so much seed sown for luxuriant harvests of costly pauperism and vice and crime, which the public must reap. Every dram-shop is a lazy school of self-indulgence and bad companionship, for which the people pay, in relief of poverty, in the suppression of vice, in the punishment of crime, ten times as much as for the whole support of education, public and private. We tempt men, at high cost, to do wrong, and then punish them, at still higher cost, for having done it.

The direct cost of the liquor trade to the consumer, enormous as it is, is insignificant in comparison with the cost to the people of the pauperism and disease and lawlessness and violence of which intoxicating liquor is the generative cause.

I have taken pains, for many years past, to examine the official reports of prisons and poor houses and Government Census-Bureau reports, in the various States of the Union, and also in the leading and most enlightened nations in Europe, for I wish to speak within the limits of truth. There is no need of exaggeration, nor of substituting guesses for facts.

If we were to say that one-third of all the social disorders that require the interference of criminal law, and one-half of the expenditures entailed upon the community by vice and crime, are the result, directly or indirectly, of intoxicating drink, it would seem to be enough. But in no official statement have I found so low an estimate. The proportion varies from seventy-five to ninety per cent. in different communities, and the more carefully the estimates are made in general, the higher is the rate fixed.

Thus, the U. S. Commissioner of Education states, "that from eighty to ninety per cent. of our criminals connect their course of crime with intemperance. Of the 1,315 inmates of the Massachusetts prison, 12,390 are reported to have been intemperate, or eighty-four per cent. Reports from every state, country and municipal prison in Connecticut show that more than ninety per cent. had been in habits of drink by their own admission."

The last Parliamentary Report of Great Britain is that eighty per cent. of criminal offences, and a large proportion of pauperism, are directly traceable to intoxicating drink.

Let, then, the cost to the community of seventy-five per cent. of the crime and pauperism and vice be added to the direct cost of the drink to the consumer and estimate, if you can, what the sum total will be. Have the people no right to consider and act upon these things?

The Saloon and Drink—What they think of it.

A curse.—Queen Victoria.

A scandal and a shame.—Wm. E. Gladstone.

Traps for workingmen.—Earl Cairnes.

Devilish and destructive.—Lord Randolph Churchill.

The mother of sins.—Southey.

Stupefies and besots.—Bismarck.

The devil in solution.—Sir Wilfred Lawson.

Liquid fire and distilled damnation.—Robert Hall.

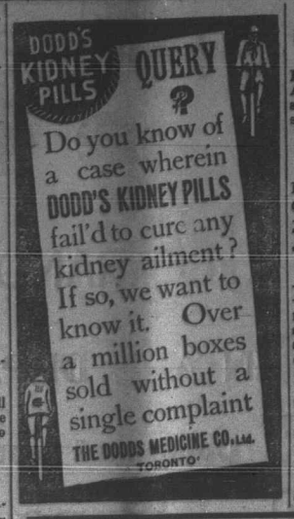
The mother of want and the curse of crime.—Lord Brougham.

A poison in politics as well as in society.—Sir W. Harcourt.

The nation is being throttled by the traffic.—Lord Roseberry.

Yet "this curse," so "devilish and destructive," that "stupefies and besots," "the mother of sins," "of want and the nurse of crimes," the "devil in solution," "the nations' scandal and shame," and the "trap for workingmen," the English nation legalizes, protects and cherishes at a cost of well-nigh seven hundred million dollars, and the American nation does the same with the huge curse at a cost of one billion dollars.

"A place for everything and everything in its place," says the old saw. Excellent as is this motto for the farmer's stalls is it not equally appropriate for drawing-room and kitchen? Teach the child propriety, but not merely propriation. Direct his manners with due regard to time and place. Show him that many amusements becoming in the kitchen, should not be carried into the drawing-room; that much conversation suitable to the club should be banished from the guests' circle. Teach him all this when a child, so that when he is older he will not depart from the ways of good breeding.



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SPITALFIELDS MARKET, LONDON,
RECEIVER OF APPLES.
Established 80 years in the fruit trade. Apples sold at private sale. Best prices secured, prompt returns. Consignments solicited.
Apply to
T. L. DODGE & CO., General Agents for N. S.
Edwin Rickston, Bridgetown.
C. J. West, Aylesford.

Elliot & Hopson
ARCHITECTS,
Halifax, - N. S.
make a specialty of the latest American styles and are prepared to furnish designs and working drawings for all kinds of architectural work. 22

J. C. Dumaresq
ARCHITECT,
Halifax, N. S.
Plans and specifications prepared for all kinds of buildings. 22

WE DO NOT CLAIM TO SELL
House Finish, Doors, Sashes, Blinds, etc.
more cheaply than our competitors, but we do claim to use better Stock, and give you better value.
Write for Catalogue.
HALEY BROS., & CO.,
ST. JOHN, N. B.
F. W. WOODMAN, Wolfville, is our Agent.

MONUMENTS
In Red and Grey Polished Granite and Marble.

Strictly first-class Work.
GRIFFIN & KELTIE,
323 BARRINGTON ST., HALIFAX.

WARNING!
TO PIANO AND ORGAN PURCHASERS!
THE great popularity of the "BELL" PIANOS and ORGANS has created much jealousy among certain Piano dealers. Bear in mind that the latest improvements are not owned by and cannot be secured from any firm in Nova Scotia but the
Willis Piano and Organ Co.
Any other advertisers, therefore, who may claim in any way the agency for the Bell Pianos, or Bell Organs, do so under false pretences, to attract attention to goods sold in opposition to those renowned instruments.
The Willis Pianoland Organ Co.,
STELLARTON,
SOLE AGENTS FOR N. S.

STOP AND READ.
COAL! COAL! COAL!
We have in stock the celebrated LACKAWANNA HARD COAL in all sizes—fresh from the mines. Also, the Best Grades of SOFT Coals.
We are also agents for the celebrated STOCKBRIDGE MANURES manufactured by the Bowker Fertilizer Co.
J. F. ARMSTRONG. C. M. VAUGHN.
WOLFVILLE COAL COMPANY.
Telephone No. 18. *Wolfville, N. S.*

Hello! Horsemen and Farmers!
Having one of the best Harness Stores in the Province, I am prepared to give you Horse Goods of all kinds, consisting of Harness, Rugs, Robes, Whips, Collars, Oils, Brushes, Combs, &c. My Harnesses are the best made in the County, for the price asked; all Hand Made. Call and inspect.
WM. REGAN.
Wolfville, Oct. 14th, 1896.

There are many stories told of Lord Tennyson's peculiar gruffness of manner. On one occasion he was at a garden party, and somebody offered him a sandwich. He was laboriously munching this when the hostess rushed up to him, with anxious inquiries about his health and entertainment. Thank you, madame, he said, I am eating a sandwich. Then after a pause and a bite—Are your sandwiches always made of leather?

Mr Hayback—That city feller wot's a visitin' here sez thet Sally Spriggins wot went from here tew the city is entirely unsufisticated.

Mrs Hayback—Lan' sakes, the pore gal! When will they learn tew turn off the gas instid uv blowin' it out?

Stranger (on the road)—How would you go to get to Mr Hill's residence?

"I'd follow my nose!" snapped the woman with a bit of a pug.

"Oh, it's up that way, is it?"

"How old are you?" he asked boldly.

"Sir," she said, "I am not old!"

PURE, FRAGRANT, DELICIOUS.
THE PERFECT TEA
MONSOON
TEA
PUT UP IN SEALED CADDIES
UNDER THE SUPERVISION OF THE TEA PLANTERS.

"MONSOON" TEA....
Is packed under the supervision of the Tea growers, and is advertised and sold by them as a sample of the best qualities of Indian and Ceylon Teas. For that reason they see that none but the very fresh leaves go into Monsoon packages.
That is why "Monsoon," the perfect Tea, can be sold at the same price as inferior tea.
It is put up in sealed caddies of ½ lb., 1 lb. and 5 lbs., and sold in three flavours at 40c., 50c. and 60c.
STEEL, HAYTER & CO., Front St., Toronto

Look for this Print in the Snow
It is the pattern of the heel of the Granby Rubber and Overshoe. The next time you buy a pair of rubbers or overshoes ask for Granby's and look for this pattern on the heel. There is no need to take a Granby that is not the same shape as your boot, because they are made to fit every shape of shoe. A rubber that does not fit the boot will draw the foot. *Granby Rubbers* are thin, light, elastic and fit perfectly. They wear like Iron.

DR. E. N. PAYZANT
Will continue the practice of Dentistry as formerly, at his residence near the station, Wolfville. Appointments can be made by letter or at residence. Special fees on lower sets of teeth.
March 20th, 1895. 29

W. W. HOWELL & CO.,
121 LOWER WATER ST.,
Halifax, - N. S.
Mechanical Engineers, Machinists, Builders of Marine, Stationary and Hoisting Simple and Compound Engines. Mill and Mining Machinery. Steamship Repairs. 30

1896 1897. THE 1896 1897.
Yarmouth Steamship Co.
(LIMITED)

2 TRIPS A WEEK!
The Shortest and Most Direct Route between Nova Scotia and the United States.
THE QUICKEST TIME,
15 to 17 hours between Yarmouth and Boston!
Commencing Nov. 4th.
STEEL STEAMER
"BOSTON,"
UNTIL further notice, will leave Yarmouth for Boston every
Wed. and Sat. Ev'ng
after the arrival of the Express train from Halifax. Returning, leave Lewis' wharf, Boston, at 12 noon, every TUESDAY and FRIDAY, making close connections at Yarmouth with Dominion Atlantic Ry. and Coach Lines for all parts of Nova Scotia.
This is the fastest steamer plying between Nova Scotia and the United States and forms the most pleasing route between above points, combining safety comfort and speed.
Regular mail carried on steamer. Tickets sold to all points in Canada, via Central Vermont or Canadian Pacific Ry., and to New York via Fall River Line, Stonington Line, New York, Haven & Hartford and Boston and Albany R. R.
For all other information apply to Dominion Atlantic, I. C., and Central Railway Agents or to
W. A. CHASE, Secretary and Treas. L. E. BAKER, Manager.
Yarmouth, Nov. 1st, 1896.

NOTICE.
Having secured the Shop recently occupied by Mr W. Regan, I am now in a position to supply the public with all Goods in my line:
Custom Boots & Shoes.
Men's Women's and Children's Boots and Shoes made to order.
Repairing neatly and promptly done.
Thanking the public for past favors, and by close attention to business I hope to receive a fair share of patronage.
E. B. SHAW,
Terms strictly cash on delivery of work.

Commencing July 13 & 14
LEWIS RICE & CO'S.
PHOTO STUDIO
AT WOLFVILLE
will be open for business
Every Monday & Tuesday.
We thank you all for the many favors of the past and trust that our work will continue to merit your approbation, also that the new time-table will be found even more convenient than the old.
Yours sincerely,
Lewis Rice & Co.

Indurated Fibreware
is a little higher priced than ordinary pails and tubs—but the difference is one that tells—one that changes the cost from a expense to an investment.
THE E. B. EDDY Co LIMITED
HULL, CANADA.

W. J. Balcom
has secured an Auctioneer's license and is prepared to sell all kinds of Real and Personal Property at a moderate rate.

Fred H. Christie
Painter and Paper Hanger.
Best attention given to Work Entrusted to us.
Orders left at the store of G. H Wallace will be promptly attended to. 37
PATRONAGE SOLICITED.

Scraps for Odd Moments.

The industrious workman's fingers fairly flew.

But what else could he have expected? The saw was running at full speed.

Minards Liniment is the best.

"Can you extract teeth without pain?" asked the groaning caller.

"Doesn't hurt me a bit. In fact I rather enjoy it," answered the smiling dentist.

Waiter, this chop is done abominably! It's what you ordered, sir.

What I ordered? What d'yer mean?

Why, you ordered a chop not too well done.

Minards Liniment the best Hair Restorer.

Mrs Warmheart—My good man, why do you let your children go barefoot?

Pat O'Hoolihan—For de raison, ma'am, dat I have in my family more feet than shoes.

He—Can you tell me the difference between an Irishman frozen to death and a Highlander on a cold day?

She—No.

He—Well, one's kilt with the cold, and t'other's cold with the kilt.

Minards Liniment for Rheumatism.

Tommy—I wonder why the words is spelled in such funny ways?

Jimmy—'Cause they was made, in the first place, by the school teachers, and they made 'em that way so's they would have to be hired to teach how to spell 'em.

Minards Liniment Cures LaGrippe.

Suburban—What do you suppose I have raised in my garden thus far this year?

Visitor—Well, if you've had the same kind of weather that we have, I imagine you must have raised your umbrella oftener than anything else.

By using Hall's Hair Renewer, gray, faded, or discolored hair assumes the natural color of youth, and grows luxuriant and strong, pleasing everybody.

What did Noah live on when the flood subsided and his provisions in the ark were exhausted? asked the Sunday-school teacher.

I know, squeaked a little girl after the others had given it up.

Well, what? inquired the teacher.

Dry land.

"Bacteria do not occur in the blood or in the tissues of a *healthy* living body, either of man or the lower animals." So says the celebrated Dr. Koch. Other doctors say that the best medicine to render the blood perfectly pure and healthy is Ayer's Sarsaparilla.

A would-be wag entered a haberdasher's shop the other day for the purpose of purchasing a necktie.

"Do you keep all kinds of ties here?" said he to the shopman.

"Yes, sir."

"Then show me a pig's-ty."

"Certainly, sir," answered the ready shopman. "Just bend down your head and we will take your measure."

His Own Free Will.
DEAR SIRS,—I cannot speak too strongly of the excellence of MINARD'S LINIMENT. It is THE remedy in my household for burns, sprains, etc., and we would not be without it.
It is truly a wonderful medicine.
JOHN A. MACDONALD,
Publisher Arnprior Chronicle.

"Mamma, if I had a hat before I had this one it's all right to say that's the hat I had had, isn't it?"

"Certainly, Johnny."

"And if that hat once had a hole in it and I had it mended, I could say it had had a hole in it, couldn't I?"

"Yes, there would be nothing incorrect in that."

"Then it'd be good English to say that the hat I had had had had a hole in it, wouldn't it?"

"Johnny, you make my head ache."

A BOON FOR EVERY HOME.
Every Wise Woman Should See That She Gets the Best.
In special cotton colors the Diamond Dyes far excel all other dyes. These special cotton dyes are recent discoveries of the best dye chemists in the world, and are remarkable for fastness against exposure to strong light and for standing any amount of washing with soapsuds.
Special attention is directed to Diamond Dye Fast Black for Cotton and Mixed Goods. This marvellous black has proven its title to first place as a dye for all cotton or mixed goods. It excels all rivals in every good quality. One package of this dye will do as much work as three of any other make of dye.
The Diamond Dyes are fast, best and the cheapest to use.
Tell your merchant that you must have the "Diamond."

Something to Bear in Mind.

Every boy should bear in mind that he has a name to keep up and a record to keep clean, not alone because it is right to do so, but because he can never tell when someone else may not be looking to him as an example and may not be tempted to do things unworthy of boys because he does them. There is perhaps just as much evil on the other side of the question—that is, where a young man (or an old one, for that matter) feels that he is continually an example to others, and lives two different lives, one for the benefit of his friends and the the other for himself. The example is of no value itself. It is merely that you, living your daily life, entering into sports and into studies at school, can never tell when your schoolmates or persons whom perhaps you may never know may not be unconsciously observing your actions, and be accepting them as standards for themselves.

Thus every man, boy and girl is at some time or other, and often frequently, a guide or example for others, and it behooves him or her to bear this in mind from day to day. It should not cause worry; the responsibility of it ought not to weigh anyone down; but the idea that you can do whatever enters your head provided that in your mind you are satisfied that it is right for you is not always correct.