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Your heart beats over one hundred thousand times each day. One hundred thousand supplies of good or bad blood to your brain.

Which is it?

If bad, impure blood, then your brain aches. You are troubled with drowsiness yet cannot sleep. You are as tired in the morning as at night. You have no nerve power. Your food does you but little good.

Stimulants, tonics, headache powders, cannot cure you; but

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will. It makes the liver, kidneys, skin and bowels perform their proper work. It removes all impurities from the blood. And it makes the blood rich in its life-giving properties.

To Hasten Recovery.

You will be more rapidly cured if you will take a laxative dose of Ayer's pills each night. They arouse the sluggish liver and thus cure biliousness.

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May.

The earth has doffed the pallid mask of snow

That on its face thro' wintertide found rest;

The bursting buds with which the trees are drest

Seem smilingly to greet the warmer glow
The sun now sheds; and in the stream-
lets flow.

A heightened glee is clearly manifest;
While twittering birds of nesting sites
in quest

On pinions swift fit to and fro.

The hardy Sower plies his trade a-field,
Urged by the ardent hope the kindly soil

A harvest bountiful anon will yield;

To recompense his skill and faithful toil;

And all the rural signs and sounds convey

In charming modes, this is the month
of May.

St. John, May, 1899.

The Queen has now been sixty years on the throne of Great Britain. She is the niece of William IV., who was the brother of George IV., who was the son of George III., who was the grandson of George II., who was the son of George I., who was the cousin of Anne, who was the sister-in-law of William II., who was the son-in-law of James II., who was the son of Charles I., who was the son of James I., who was the cousin of Elizabeth, who was the sister of Mary, who was the sister of Edward VI., who was the son of Henry VIII., who was the son of Henry VII., who was the cousin of Richard III., who was the uncle of Edward IV., who was the cousin of Henry VI., who was the son of Henry IV., who was the cousin of Richard II., who was the grandson of Edward III., who was the son of Edward II., who was the son of Edward I., who was the son of John, who was the brother of Richard I., who was the son of Henry II., who was the cousin of Stephen, who was the cousin of Henry I., who was the brother of William Rufus, who was the son of William the Conqueror 800 years ago.

A red necktie worn by Napoleon B. Adams, of Bloomfield, N. J., so enraged a vicious cow yesterday that the beast attacked him, and almost trampled him to death. Adams was digging in Thomas street, when the animal attacked him with her horns. The savage animal then began to trample upon him. Adams would probably have been trampled to death but for the timely arrival of Superintendent of Police Gilbert, Thomas North and Fred Doner, jr. The three men went to his aid with plumbers' tools and a fence rail and succeeded in beating the cow off. Adams was picked up in a semi-conscious state and conveyed to his home. His injuries, although very painful, are not considered serious, and he is expected to recover.

Some published extracts from a private letter written by an English army captain stationed at Wei-Hai-Wei give some interesting particulars of that recent British acquisition. He says that the climate, in spite of an occasional blizzard, is exceedingly fine and there is no such extreme cold as has been reported. At present, of course, the place is in a very backward condition, but he thinks that there can be no doubt that it will be the summer resort of all China in the future. The island of Liu Kung Tang is to be converted into a strong-hold by the British Admiralty. All the forts on the mainland were wrecked by the Japanese, who, however, left all the huge Krupp guns behind them. It was with these Chinese guns that the Japanese captured the position. On the island were strong modern forts of German design. But these fortifications were commanded by the guns on the mainland, which the Chinese abandoned after a brief defence. The Japanese then turned the captured weapons against the island, which was soon brought to terms. There will be no guns on the mainland in the British scheme of fortification. They would, indeed, be useless, as all surrounding heights are well within the range of big guns on the island, and can be defended from that point.

It is impossible to calculate how many lives are destroyed and how many promising young men lose their careers in New York. These men come from small farm-houses or hamlets; they swarm from the neighborhoods that can no longer support them, or because they have ambitions above the opportunities which those neighborhoods can give them. They come here with very little money, and perhaps with a pocket Bible which their mothers had given them; they come independent and self-respecting, and their progress upward or downward depends upon how long that little pocket Bible can be kept where mother put it. There is nothing mawkish or sentimental about them, but when they go to lodging-houses it is but a short time before the little pocket Bible disappears, and in that short time they have lost the connection between the mother and the home.—Chauncey M. Depew, in New York Tribune.

Christ has solved the vexed question of how to make desire and satisfaction keep pace. "Whosoever drinketh of this water shall thirst again," not because there is no power to quench our temporary need, but because to-morrow we may be traveling in a dry and thirsty land where no water is. "But the water that I shall give him shall be in him." The resources of the believer make him independent of his surroundings; there is an ever-flowing spring of comfort and strength within him; whatever his outward lot may be, he is in touch with the wells of salvation. "I have learnt, in whatever state I am therein to be content (i. e., self-sufficing)." Paul said this because he knew that he had the Christ-life within him, and that it meant an inner wealth that made him think little of external conditions. How to reach this serene state of spiritual attainment is the true quest of life.—The Christian.

Notices.

The next session of the Queens Co., N. S. Quarterly meeting will convene at Milton on Tuesday and Wednesday, May 23rd and 24. First meeting Tuesday evening at 7.30 o'clock. A large attendance desirable. A good programme is being prepared. W. L. ARCHIBALD, Sec'y.

Digby County Baptist Quarterly meeting will be held with the Weymouth Baptist church on Monday evening and Tuesday all day, May 15th and 16th.
J. F. SAUNDERS, Sec'y.

The next session of the Albert Co. Baptist Sunday School Convention will be held at Elgin on Wednesday, June 7, at 2 o'clock p. m. The statistical blanks have been sent out. If any School has not received one will the secretary please notify me at once. W. T. COLPITTS, Sec'y.
Mapleton, Albert Co., N. B.

The Charlotte Co. Quarterly Meeting will meet with the St. Stephen Baptist church on Tuesday, May 16th, at 3 o'clock p. m., opening with a social service. At 7.30 in the evening Pastor Lavers will preach the Quarterly sermon. After which a collection will be taken for Home Missions. We hope all will come prepared to exercise "this grace also." We kindly ask the churches of the county to send a number of their members as delegates and pray for special blessing to rest upon our efforts to do good. T. M. MUNRO, Pres.

The May meeting of the Annapolis Co. Conference of Baptist churches will be held at Port Lorne, May 15th and 16th. There will be addresses on Monday evening, at 7.30, by Rev. C. W. Corey and Rev. J. W. Manning. Tuesday a. m. social service and business. Tuesday p. m. the subject, "The Church," will be considered under the four topics, (a) Membership, Rev. H. N. Parry; (b) Officers, Rev. J. T. Eaton; (c) Ordinances, Rev. F. M. Young; (d) Work, Rev. G. J. C. White. At 7.30 sermon by Rev. H. N. Parry, followed by evangelistic service. L. F. W., Sec'y.

Quarterly Meeting.

The Lunenburg Co. District Meeting will next convene with the branches of the Bridgewater church situated at Lakeville and Lapland on May 22nd and 23rd. All delegates intending to go will please send their names to me stating their means of travel, as teams will be in waiting at Bridgewater for those who will come by train. The programme will include a W. M. A. S. meeting at Lakeville, Monday at 2.30 p. m., and an evangelistic service in the evening. On Tuesday, at Lapland, besides election of officers and reports, addresses by Rev. W. H. Jenkins, Home Missions; E. N. Archibald, Foreign Missions; D. W. Crandall, Sunday Schools, and an evangelistic service in the evening.
E. P. CHURCHILL, Sec'y.

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Paine's Celery Compound Does a Wondrous Work for Every Run-down Man and Woman.

"Tired feelings!" These two words cover a multitude of dangers and perils, and should, when fully comprehended, be taken as serious warnings.

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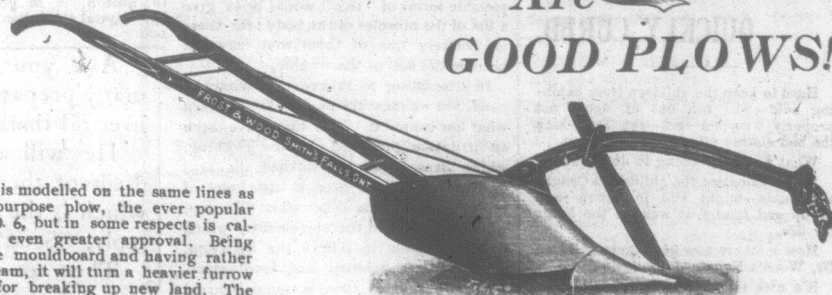
To banish "Tired feelings" the blood must be cleansed and purified, and the nerves toned and braced.

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