



CRAMPS,

Pain in the Stomach, Diarrhoea, Dysentery, Colic, Cholera

Morbus, Cholera Infantum, Seasickness, and all kinds of Summer Complaint are quickly cured by taking

Dr. Fowler's Wild Strawberry.

It has been used by thousands for nearly sixty years—and we have yet to hear a complaint about its action. A few doses have often cured when all other remedies have failed. Its action is Pleasant, Rapid, Reliable and Effectual.

Dr. Fowler's Extract of Wild Strawberry is the original Bowel



WANTED.

In Connection with our Schools at Wolfville.

1. A man and his wife to work in Acadia Seminary, the man to do the work of a man servant and the woman to do laundry work.

2. Two girls to work in dining-room of Acadia Seminary.

For full particulars as to terms, duties, etc., write to the undersigned.

A. COHOON, Sec'y Ex. Com. Wolfville, N. S., July 1.

SYMINGTON'S EDINBURGH COFFEE ESSENCE

makes delicious coffee in a moment. No trouble, no waste. In small and large bottles, from all Grocers.

GUARANTEED PURE. 400

CHRISTIAN CHEER.

I remember when a boy, a number of ministers stopped at our home on their way from an association, and they were talking about an invalid young woman who was an exceptionally happy and helpful Christian. In the afternoon another carriage drove up and some one carried a small, pale, but bright-faced woman into the house. This was Jane Diven about whom I had heard so much. From the time she was five years of age she had not taken a step. She was a faithful Christian, and regular attendant at the church. There was more of heaven in the sanctuary when they carried that honored little saintly woman to her waiting chair. I remember that afternoon in our home, how her voice rang in laughter; she was the happiest woman I had ever seen. By and by one of the ministers asked: "Jane, how is it, while you are denied nearly all the joys we most cherish in this life, you are always happy?" And she answered, as she merrily tossed her head: "Hear you! One would suppose I were a veritable martyr. Pshaw, let us sing: 'Tell me the old, old story.'" And the "old story" rang out with new meaning to me. Years have passed, but that afternoon, when a frail Christian girl filled the house with music and the sweetness of her cheer, is with me, a bright memory.—Sel.

"FATHER."

Once I saw a soldier stricken down in the Battle of Atlanta. Several bullets had pierced his body, and the surgeon said, as he turned the warrior's face to the sky: "No use, my lad! no use! I'm sorry, but I can't do more for you." I saw the quivering lip and the startled eye, and trembled as I thought of his soul. His eyelids drooped, his mouth moved in whispers, then the deathly palor, which follows the breaking of an artery, began to overspread his face. Then he whispered another prayer. He asked for water; but while I put the canteen to his lips he refused it, and opening wide his deathly eyes he partly raised himself and died as he sharply called "Father!" The far-away look remained fixed in his eyes when his face was cold. His praying father died the year before. And oh! I am sure that when that soldier looked away in prayer, the door of heaven opened, and he saw his father waiting in the light. It startled me in my godless life.—Rx.

IF YOU WANT TO BE BELOVED.

Don't contradict people, even if you're sure you are right.

Don't be inquisitive about the affairs of even your most intimate friend.

Don't undervalue anything because you don't possess it.

Don't believe that everybody else in the world is happier than you.

Don't conclude that you have never had any opportunities in life.

Don't believe all the evil you hear.

Don't repeat gossip, even if it does interest a crowd.

Don't go untidy on the plea that everybody knows you.

Don't be rude to your inferiors in social position.

Don't jeer at anybody's religious belief.

Learn to laugh. A good laugh is better than medicine.

Learn to hide your aches and pains under a pleasant smile. No one cares whether you have the earache, headache or rheumatism.

Learn to attend to your own business—a very important point.

Don't try to be anything else but a gentleman or woman, and that means one who has consideration for the whole world and whose life is governed by the golden rule: "Do unto others as you would be done by."—The Christian World.

SHE TRUSTED GOD.

Someone tells the story of a Christian woman who was noted for the calm and peaceful attitude she maintained under the most trying circumstances. Another woman, hearing of her, said, "I must go and see that woman and learn the secret of the strong and useful life." She went to her and said, "Are you a woman of great faith?" "No," was the reply, "I am a woman of little faith in a great God. I try to see the hand of God in the present,

and trust him for the future." This was the secret of her peace.

Her faith in Christ had wrought in her that spirit of peacefulness which nothing of trial or disappointment could disturb.

REASONS FOR DRESSING PLAINLY ON SUNDAY.

- 1. It would lessen the burden of many who find it hard work to maintain their places in society.
2. It would lessen the force of the temptations which often lead men to barter honor and honesty for display.
3. If there were less style in dress at church, people in moderate circumstances would be more inclined to attend.
4. Universal moderation in dress at church would improve the worship by the removal of many wandering thoughts.
5. It would enable all classes of people to attend church better in unfavorable weather.
6. It would lessen on the part of the rich the temptation to be envious and malicious.
7. It would save valuable time on the Lord's day.
8. It would relieve our means of a serious pressure, and thus enable us to do more for good enterprises.—Exchange.

GOD'S MERCY.

The more we fear crosses, the more reason have we to think that we need them. Let us not be discouraged when the hand of God layeth heavy woes upon us. We ought to judge of the violence of our disease by the violence of our remedies which our spiritual Physician prescribes for us. It is a great argument for our own wretchedness and of God's mercy, that, notwithstanding the difficulty of our recovery, he vouchsafes to undertake our cure. Let us then draw from our very afflictions a source of love, of comfort and trust in God, say with his apostle: "Our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory." Blessed are they that mourn and sow in tears, because they shall reap with joy the harvest of eternal glory.—Penelon.

ABOVE THE CLOUDS

Let us seek the grace of a cheerful heart, an even temper, sweetness, gentleness, and brightness of mind, as walking in his light and by his grace. Let us pray to him to give us the spirit of ever-abundant, ever-springing love, which overpowers and sweeps away the vexations of life by its own richness and strength, and which, above all things, unites us to him who is the foundation and the centre of all mercy, loving-kindness and joy.—John Henry Newman.

THE HUNDRETH PSALM.

All people that on earth do dwell, Sing to the Lord with cheerful voice, Him serve with fear, his praise forth tell, Come ye before him and rejoice.

The Lord, ye know, is God indeed; Without our aid he did us make; We are his fold, he doth us feed, And for his sheep he doth us take.

Oh, enter then his gates with praise, Approach with joy his courts unto; Praise, laud and bless his name always, For it is seemly so to do.

For why? the Lord our God is good, His mercy is for ever sure; His truth at all times firmly stood, And shall from age to age endure.

—William Kethe—Died about 1593.

WE DON'T THINK ENOUGH OF OLD PEOPLE.

We do not consider seriously enough the comfort and dignity and happiness of old people. The widowed mother of a prosperous man has often been haunting the house of a son or daughter like a ghost. She has no place there, no work, no interests, no old friends, and the aged find it hard to make new friends. It is selfish and inconsiderate for a son to thus treat his mother. She is unhappy, and the cause of unhappiness is in those about her. Where means do not permit the settling of old people in homes of their own, it is still possible to make them comparatively independent. To raise a small sum and place it at her disposal, and to assist her to find a comfortable room or two in the home of a family where the rent will be an acceptable addition to the income, to furnish the new place tastefully and thoughtfully, is an easy task.—Ada C. Sweet, in February Woman's Home Companion.

WORTH REMEMBERING.

The following sayings are old, but worth remembering:

Dean Swift is credited with "Bread is the staff of life."

It was Keats who said, "A thing of beauty is a joy for ever."

"Man proposes, but God disposes," remarked Thomas a Kempis.

Franklin is authority for "God helps those who help themselves."

"All cry and no wool" is an expression found in Butler's "Hudibras."

It was an observation of Thomas Southey that "Pity's akin to love."

We are indebted to Colley Cibber, not to Shakespeare, for "Richard is himself again."

Edward Coke, the English jurist, was of the opinion that "A man's house is his castle."

"When Greeks joined Greeks, then was the tug of war," was written by Nathaniel Lee.

"Variety's the spice of life," and "Not much the worse for wear," were coined by Cowper.

Edward Young tells us "Death loves a shining mark," and "A fool at forty is a fool indeed."

Charles Pinckney gave the patriotic sentiment, "Millions for defence, but not one cent for tribute."

"Of two evils I have chosen the least," and "The end must justify the means," are from Matthew Prior.

To Milton we owe "The paradise of fools," "A wilderness of sweets," and "Moping melancholy and moonstruck madness."

To Dr. Johnson belongs "A good hater," and to MacIntosh, in 1701, the phrase, often attributed to John Randolph, "Wise and masterly inactivity."

CONSUMPTION

MUST BE CHECKED.

If you have this disease or any symptoms of it, use PUL-MO.

A FREE SAMPLE BY MAIL to every sufferer.

PUL-MO is sold at \$1.00 per large bottle, and 15 cents for small size. For sale by all druggists or direct.

THE PUL-MO CO., TORONTO, ONT.



To the Weary Dyspeptic, We Ask This Question:

Why don't you remove that weight at the pit of the Stomach?

Why don't you regulate that variable appetite, and condition the digestive organs so that it will not be necessary to starve the stomach to avoid distress after eating?

The first step is to regulate the bowels. For this purpose

Burdock Blood Bitters Has No Equal.

It acts promptly and effectually and permanently cures all derangements of digestion.

Another Testimony

TO THE MERITS OF—GATES' MEDICINE!!

They cured when Hospital Treatment failed. Black River, January 4, 1902.

Messrs. C. Gates, Son & Co., Middleton, N. S.

Dear Sirs.—Not long ago I had a severe sore on my leg, which became so troublesome that I was obliged to go to the hospital at St. John. After remaining some time, however, I felt no better, notwithstanding the careful treatment there received. Your agent here, Mr. R. Power, then asked me to try GATES' MEDICINES. I began a course of your Bitters and Syrup to purify my blood, and made external applications of your NERVE OINTMENT and ACADIAN LINIMENT to the sore. When I had used 6 bottles of Syrup, 6 boxes of Ointment and 2 bottles of Liniment the soreness had entirely disappeared from my leg, which was completely healed except a very small spot. I feel very grateful for the wonderful cure thus effected, and I certainly think your medicines "can't be beat."

Yours truly, JAMES SCRIBNER.

If you wish to have pure blood, which is the basis of good health, try GATES' MEDICINES. Sold everywhere.

Manufactured only by C. GATES, SON & CO., Middleton, N. S.