

This and That

THE HABIT MAKERS.

Habits make marks in us just as the seal impresses the soft wax. We do the same things over and over again, not knowing that we are doing them. I know a little boy who had scarlet fever. He became delirious that is his mind wandered. In this condition the forces of habit expressed themselves. At one time he would be in school counting his problems; then instantly he would be at play and then he would get on his knees and say his prayer, "Now I lay me down to sleep." Then he would repeat one of the Psalms, such as the first or the twenty-third. This shows the power habit had upon him.

There is the habit of speech. It is easy to acquire a rude way of speaking to people. I notice that among boys, and girls, and even among grown people, they acquire loud speech. The boy who says, "I don't care what I say," is not a safe companion; it is easy to see where he lives. "Thy speech betrayeth thee."

Then there is another habit which takes hold of us with a grip—the habit of reading. Good books are a blessing to the reader. How we love to read of flowers, animals, birds, trees, sun, moon and stars! Some like to read the Bible, in which we find out so much about ourselves, what we are, and where we are going, and which tells us about the love of Christ for us.

But some have formed the habit of reading books which excite them—books written about pick-pockets, thieves, smart girls and boys. Such books poison the mind, and when the habit is formed it is hard to break away from. Good books brings us into good company, while bad books brings us into bad company. When your mind is filled with vile stories you cannot do your duty.

Once there was a boy who brought home a very poor report from school. He was ashamed of it and said, "I don't see how I get such a poor report." His father told him to turn over the half bushel of apples then in the room. "Now," he said, "go and bring some shavings." The boy did so. "Fill up the measure with apples and put them in." The boy tried his best but he could not get them in. How could he with the measure half full of shavings? So he could not have a full report with his mind full of vile stories. —Kind Words.

"I JUST KEEP A-LIVIN' ALONG"

Some folks keep huntin' for sorrow,
They sigh if they're right or they're wrong
But this day's just as good as tomorrow,
So I jest keep a-livin' along.

I jest keep a-livin' along,
I jest keep a-singin' a song,
There's no use to sigh
While the sun's in the sky,
So I jest keep a-livin' along.

When the Lord made the world was I in it
To give him directions? He knowed
I wouldn't know how to begin it,
Bein' nothin' but dust by the road.

So I jest keep a-livin' along,
And I can't say the Lord's work is wrong;
I never will sigh
While he's runnin' the sky;
I jest keep a-livin' along.

I'm thankful for sun and for showers;
The Lord makes the winter an' May;
And he'd hide all the groves with his
flowers
If folks didn't we-d' em away!

So I jest keep a-livin' along
Still thankful for sunlight and song,
I know when it's snowin'
God's roses are growin',
So I jest keep a-livin' along!

—Frank L. Stanton.

THE PECULIAR WAITER.

Richard Jordan, the Scottish checker player, was praising America. "I will even praise," said Mr. Jordan, "the independence of the American waiter. In Europe the waiter is obsequious, not out of any real respect for you, but because, without this hypocritical humility and veneration, he would starve to death. Here in America there is no need for any strong man to starve to death, and the waiter need not be an obsequious and fawning hypocrite." Mr. Jordan smiled.

"I meet the most peculiar waiters," he said. "The other day I said to one: 'What is this a pork chop or a mutton chop?' 'Can't you tell by the taste?' the waiter asked. "No," I answered. "Well then," said the waiter, "what difference does it make which it is."—New York Tribune.

"KIPLING" AT LUNCHEON.

It may be amusing to the owner of a dog to call it after a celebrity, but sometimes it is rather hard on the celebrity. At a tea the other day a woman heard the following remarks made about her favorite author. She turned to listen amazed by the eccentricities of conduct narrated. "Why, Kipling behaved so strangely. At luncheon he suddenly sprang up and he wouldn't let the waitress come near the table. Every time that she tried to come near he would jump at her. 'He made a dive for the cake, which was on a lower shelf of the sideboard, and took it into the parlor to eat it. He got the crumbs all over the sofa and the beautiful rug. 'When he had finished his cake he sat and glared at us.' Then the woman who was listening awoke to the fact that the story was about a dog."—New York Sun.

THE COST.

"What," asked the young bard, "will it cost me to have these poems published in book form?" "Oh," replied the publisher after hastily reading the opening lines. "I should say about \$250—and your friends."

VERY EXPERT.

First Merchant—Is your typewriter expert?
Second Merchant—Well I should say so. She can pound on her machine, chew gum and discuss 'Parisian' with the next door girl at one and the same time and with the greatest ease.—Louisville Courier Journal.

THEIR ESTIMATE.

It was in the superb new Congressional Library Building in Washington, and one of the ever-present brides making a tour of the city had gone all over the building arm-in-arm with her rather raw-looking young bridegroom. Taking a last look at the beautiful interior, the bride said at the door: "It don't mount to so terrible much after all, now do it?" to which the young benedict replied with— "Nop, 'tain't no great shakes of a building fer as I can see."—February Lippincott's.

Premier Balfour, speaking before 10,000 persons in London on Friday, did not make the slightest reference to the compromise arrived at on the fiscal question. He defended all the acts of the unionist party, and predicted that the country would never return the liberals to power while the latter up-held home rule and the disestablishment of the church, or made any attack on the union of England and Ireland in the guise of the scheme known under the name of devolution, which was a dangerous step in the direction of breaking up the United Kingdom.

MUSIC'S POWER TO EXPRESS NOTHING.

The conception of nothing is as difficult for the finite mind as is that of infinite space, and perhaps of all the arts the one adapted to express nothing is the highest of the fine arts, namely, music.—Lancet.

GOOD ADVICE.

Caller—My health and digestion are perfect, doctor. I haven't an ache or pain. The trouble with me is that I can't sleep at night. Physician—If that is the case, sir, I suggest that you consult your spiritual adviser.—Chicago Tribune.

MOTHERHOOD

Actual Sterility in Women is Very Rare—Healthy Mothers and Children Make Happy Homes.



Many women long for a child to bless their homes, but because of some debility or displacement of the female organs they are barren.

Preparation for healthy maternity is accomplished by Lydia E. Pinkham's Vegetable Compound more successfully than by any other medicine, because it gives tone and strength to the entire female organism, curing all displacements, ulceration and inflammation.

A woman who is in good physical condition transmits to her children the blessings of a good constitution. Is not that an incentive to prepare for a healthy maternity?

If expectant mothers would fortify themselves with Lydia E. Pinkham's Vegetable Compound, which for thirty years has sustained thousands of women in this condition, there would be a great decrease in miscarriages, in suffering, and in disappointments at birth.

The following letters to Mrs. Pinkham demonstrate the power of Lydia E. Pinkham's Vegetable Compound in such cases.

Mrs. M. Keener, Hebron, Yarmouth, N. S., writes:
Dear Mrs. Pinkham—
"Before my baby was born I was in very poor health, hardly able to get out of bed in the morning, and often so dizzy that all would look black to me and life really did not seem worth the living, but as soon as I began to take Lydia E. Pinkham's Vegetable Compound I began to get better, in fact I feel that this medicine really saved my life and the life of my child, for it helped me give birth to my boy and also made me strong after the child came. I am, therefore, very glad to recommend your Vegetable Compound to all expectant mothers, and feel sure that it will help them as it did me."

Many Women Have Been Benefitted by Mrs. Pinkham's Advice and Medicine.

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