

HEALTH IN SPRING.
NATURE REQUIRES ASSISTANCE IN MAKING NEW, HEALTH-GIVING BLOOD.

Spring is the season when your system needs toning up. In the spring you must have new blood just as the trees must have new sap. Nature demands it. Without new blood you will feel weary, weak and languid. With new, rich, red blood you will be sprightly happy and healthy. The one sure way to get new blood and fresh energy is to take Dr. Williams' Pink Pills. They actually make new blood. They are the greatest spring tonic in the world. Mr. J. J. Mallette, a well known grocer in Montreal, says:—"I wish to thank you for the great good your Dr. Williams' Pills have done me. My system was very much run down and your pills have made a new man of me. As I am in business, coming in contact with many people, I am often able to recommend the pills, and they have already relieved a dozen of my friends who suffered as I did."

Many people further weaken their system in spring through taking purgative medicines. What nature needs to help her is a tonic, and Dr. Williams' Pink Pills supply this need as no other medicine can. Be sure you get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" printed on the wrapper around the box. Sold by all medicine dealers, or post paid at 50 per box or six boxes for 2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

Bishop Phillips Brooks paid to the little children in the homes of his parishioners peculiar attention. A physician in his diocese tells a story of a poor woman who had required medical services, and to whom the advice was given, "You don't need any more medicine. What you need is fresh air and nourishment. You need to get out." "But I have nobody to leave with the children," she said. They were little ones, and the poor mother's anxiety had added to her illness. The doctor repeated, "Well, you must manage to get out somehow." A day or two later, being a sympathetic soul, he dropped in to see if she had found means to obey his directions. She certainly had. She had told her need to the man who cheerfully met all sorts of demands upon him. He was there taking care of the children while the poor mother went out for air and exercise. It was Phillips Brooks—Sel.

Real Estate for Sale.

Two fine properties in the Town of Berwick, N. S., one contains 13 acres all under cultivation, 8 acres in orchard, average yield two to four hundred barrels. Good house and barn, fine situation, present owner getting too old to look after it.

A first class farm 93 acres, 40 acres cleared, 15 acres in orchard, nearly all bearing. Good 1 1/2 story house, with fine grounds, barn and outhouses, all in first class repair. Good reasons for selling. Also a number of farms throughout the Valley at prices from \$1,500 to \$7,000. Correspondence promptly attended to. Will meet intending purchasers at the station.

J. ANDREWS,
Real Estate Broker.
Berwick, N. S.,
March 16th.

If you want to eat something dainty, buy

**COWAN'S
Cocoa and Chocolate.**

They are the choicest of all.

Try them.

For Sale.

Two storey house with 1 1/2 acres of land in the village of Berwick. Modern house with hot and cold water and in easy walking distance of churches, schools and post office.

For particulars write
A. A. FORD,
Berwick, N. S.

A GUARANTEED CURE
For **DYSPEPSIA** OR MONEY
IS FOUND IN **K.D.C.** REFUNDED
K.D.C. CO. Ltd. Boston, U.S. and New Glasgow, N.S., Can.

NEWS SUMMARY.

The Canadian Pacific railway has placed orders in Canada for twenty one freight locomotives.

Business in the Cape of Good Hope is in a very depressed condition. Thousands of Americans in the country are in unfortunate circumstances.

The Dominion Iron and Steel Company, Sydney, are to grant increase of wages the first of April from 7 to 10 per cent, according to work and departments. The common laborers under the new schedule will be paid \$1.35 instead of \$1.26 as at present.

A letter from Mr. Wainwright asking assistance for the Grand Trunk Pacific branch lines to Port Arthur and North Bay was brought down in the Ontario legislature. The assistance asked is \$2400 per mile in cash and six thousand acres of land per mile.

Mrs. Turnbull, deceased wife of Lieut. Col Turnbull, Quebec has bequeathed her entire fortune of a half a million dollars to benevolent and charitable institutions the greater part of the money being left to the Jeffrey Hale Hospital.

The west is gradually recovering from the effect of the severe storms of last week. It was the worst for the last twenty five years. A number of fatalities are reported, where travellers were caught on the prairie trails and had never reached their destinations.

The Philadelphia and Reading Coal and Iron Company has issued a circular to all coal dealers in Philadelphia and along its lines, reducing the price of domestic sizes of anthracite coal 50 cents, the reduction to take effect April 1. No change is made in lump pea or buckwheat sizes.

A bulletin issued by the inland revenue department shows that the liquors most tampered with, as far as adulteration and dilution are concerned are those most in demand. Out of ninety one samples of rye, sixty six were below the standard, and out of thirty samples of white whisky twenty five were below.

King Edward and Queen Alexandra arrived at Copenhagen on Wednesday to attend a family gathering on King Christian's birthday, April 8. Their Majesties were enthusiastically received at the station, after they had inspected the guard of honor and the authorities had been presented, the royal party drove to the palace, acclaimed by the crowds along the route.

The local election in Cardigan, P. E. I., district on Monday resulted in the defeat of the government candidate, Donald Sigsworth, by the conservative, Patrick Kelly. The returns give Kelly a majority of 80. At the general election of 1900 the late James R. McDonald, conservative had a majority of 53.

The Dominion government has disallowed two more bills passed by the British Columbia legislature during the session of 1903. One is an act to regulate immigration into British Columbia, and the other to further amend the coal mines regulation act. These bills are directed against the employment of Japanese and Chinese. They were re-enacted at the last meeting of the legislature a few months ago, and they will no doubt be disallowed again. The bills for the session of 1904 have just been received at the Justice Department. The government has a year within which to exercise the disallowance privilege.

In the legislature on Wednesday Premier Bond said that no correspondence had passed between the government of Newfoundland and that of Canada respecting confederation, but that the imperial government having forwarded a copy of a resolution adopted by the Congress of Chambers of Commerce of the British Empire at Montreal last August favoring confederation, the Newfoundland government had replied there was no desire on the part of the people of Newfoundland for the inclusion of the colony as a constituent part of the Dominion.

In the legislature on Tuesday Hon. J. M. Jackman, minister of finance, presented the budget, which shows that for the fiscal year ending June 30, 1903, there was a surplus of \$57,000, and that for the fiscal year ending June 30 next there will probably be a surplus of \$80,000. In addition the colony has a cash reserve of \$360,000 available for emergencies. The colony's foreign trade has increased nearly forty per cent, during the past five years and the revenues exceed anything in the previous history of Newfoundland. The conditions are so favorable that the government, besides abolishing the duties on flour, molasses and kerosene, equalling the sum of \$180,000 a year, propose to spend the surplus on harbor and road improvements. The finance minister touched briefly but adversely on the question of federation with Canada.



FINE BOOK

FREE

Above are some of the famous works of Dr. Sproule, B. A., the greatest medical writer in the world—a benevolent and sympathetic man with a noble purpose. He is now crowning a lifetime of good deeds and splendid achievements by giving away absolutely free, of charge his latest and best book—a work published regardless of expense especially to help those who need the highest medical advice yet felt they cannot afford it.

The book deals with Catarrh and carefully explains the causes, dangers and cure of this annoying and loathsome disease. For years Dr. Sproule, appalled at the ravages of Catarrh, labored day and night to discover a cure for it. He sacrificed time money and strength to find this cure, and his scientific investigations were watched with absorbing interest by the medical men of Europe and America.

At last working along entirely new lines, he found what all others had failed to find—a certain and permanent cure for Catarrh, absolutely new in method and always successful in results. He decided at once to write a book on Catarrh and the wonderful new cure, and to let it be a gift to humanity.

When the book was published physicians everywhere objected. They said, "You are telling people too much about Catarrh. They will not need our services." Dr. Sproule answered, "I regard it simply as my duty to give this true and helpful information to every one who needs it."

The book cannot fail to be of tremendous value to all Catarrh sufferers. It deals with every form and every stage of Catarrh. It shows as this great author alone can show just how Catarrh effects nose, head and throat and finally every organ of the body. Numerous drawings, made by the most skillful artists, illustrate its interesting pages, and make perfectly clear just how Catarrh works. Medical advice of the most helpful and valuable is found on every page. In fact the work is a God-send to the victim of Catarrh.

SEND FOR THE BOOK TO-DAY.

That's the way to be sure of getting it. Dr. Sproule means every Catarrh sufferer to have one but the demand for it is enormous, beyond even his greatest expectations. Remember, it's free though its worth its weight in gold. Write your name and address plain-

ly on the dotted lines, cut NAME.....
out and mail to CATARRH
SPECIALIST SPROULE, 7 ADDRESS.....
to 13 Doane St., Boston.

It Cleanses
all kinds of clothes—
injures none.
Flannels washed with
Surprise Soap
never shrink.
Laces washed with it are preserved as heirlooms.
It makes child's play of washday.
Keep in mind:
Surprise is a pure, hard Soap.

When answering advertisements please mention the Messenger and Visitor.

Red Rose Tea is Good Tea.