

**This and That**

**ONE DAY AT A TIME.**

I think it was Sidney Smith who recommended taking "short views" as a good safeguard against needless worry.

A certain lady had met with a serious accident, which necessitated a very painful surgical operation and months of confinement to her bed. When the physician had finished his work, and was about taking his leave, the patient asked: "Doctor, how long will I have to lie here helpless?"

"Oh, only one day at a time," was the cheery answer, and the poor sufferer was not only comforted for the moment, but many times during the succeeding weeks did the thought "only one day at a time," come back with its quieting influence.—Unknown.

**ITALY'S WATCHFUL KING.**

A good story is told of the King of Italy's zeal for efficiency at the time of his accession to the throne. His foreign minister, Signor Prinetti, asked him to sign a decree for the augmentation of the foreign office staff. The king promised to think the matter over, and the next morning set out alone on foot to pay a visit to the office. Arriving at nine o'clock, he found no one there. A long search unearthed a solitary clerk who was smoking cigarettes. "What are the hours of this office?" asked the King. "From eight to twelve," was the reply. "And when may I expect to see your colleagues?" "They generally turn up about eleven." "Very well. When your chief comes, tell him that I have been here." And then his Majesty sent for Signor Prinetti and suggested that instead of asking for more clerks he should make it his business to see that the existing clerks attended to their duties.—Leslie's Weekly.

**A WONDERFUL MECHANICAL TOY.**  
An astonishing instance of the display of skill and patience is reported from New York, where, according to The Scientific American, a machinery

**OUST THE DEMON.**

A Tussle with Coffee.

There is something fairly demoniacal in the way coffee sometimes wrecks its fiendish malice on those who use it.

A lad writing from Calif. says:—"My husband and I, both lovers of coffee, suffered for some time from a very annoying form of nervousness, accompanied by most frightful headaches. In my own case there was eventually developed some sort of affection of the nerves leading from the spine to the head.

"I was unable to hold my head up straight, the tension of the nerves drew it to one side, causing me the most intense pain. We got no relief from medicine, and were puzzled as to what caused the trouble, till a friend suggested that possibly the coffee we drank had something to do with it, and advised that we quit it and try Postum Coffee.

"We followed his advice, and from the day that we began to use Postum we both began to improve, and in a very short time both of us were entirely relieved. The nerves became steady once more, the headaches ceased, the muscles in the back of my neck relaxed, my head straightened up and the dreadful pain that had so punished me while I used the old kind of coffee vanished.

"We have never resumed the use of the old coffee, but relish our Postum every day as well as we did the former beverage. And we are delighted to find that we can give it freely to our children also, something we never dared to do with the old kind of coffee." Name given by Postum Co., Battle Creek, Mich.

Postum Coffee contains absolutely no drugs of any kind, but relieves the coffee drinker from the old drug poison.

There's a reason.

expert has built, in his leisure time, a tiny working model, complete in all its parts, and an exact counterpart, of a full-sized triple-expansion engine. This marvel of minuteness measures only three and one-half inch across the bedplate and is three and one-quarter inches high. With a steam pressure of 100 pounds, the screw makes over 7,000 revolutions a minute, so that an almost incredible fineness of workmanship was necessary. To show the scale on which the various parts are made it may be mentioned that the nuts used to hold down the cylinder covers are for the most part less than one-sixteenth of an inch in diameter, yet each is perfectly hexagonal in shape. The studs are rather less than 1-32nd of an inch in diameter, and threaded at both ends, one end screwing into the machine and the other receiving the nuts. Several other details are given, and, in conclusion, the writer says: "The maker may well claim for this model that it is the smallest triple-expansion engine in the world. To appreciate its diminutive perfection at its true worth it must be seen in actual operation."

**CHASTISEMENT BY SUBSTITUTE.**

This story is told in an exchange at the expense of a recently appointed supervisor of a public school in Philadelphia:—

One day she happened to be visiting a school where a young incorrigible was undergoing punishment for a series of misdemeanors.

The teacher cited him as "the worst boy in the school—one I can't do anything with. I've tried everything in the way of punishment."

"Have you tried kindness?" was the gentle inquiry of the other lady. "I did at first, but I've given that up now."

At the close of the session the lady asked the boy if he would call and see her on the following Saturday. A boy arrived promptly at the hour appointed. The lady showed him her best pictures, played her liveliest music, and set before him a luncheon on her daintiest china, when she thought it about time to begin her little sermon.

"My dear," she began, "were you not very unhappy to have to stand in the corner before all the class for punishment?"

"Please, ma'am," broke in the boy, with his mouth full of cake, "that wasn't me you saw. It was Pete, and he gave me ten cents to come here and catch it for him."

"Your husband says he established his hotel by honest toil," remarked the woman who hears all that is said in the village.

"Yes," answered the tired-looking woman, "but he didn't say whose toil, did he?"

Borrowit, in Chinese laundry in San Francisco—"Why do you say Fliday, John, when you mean Friday?"

Chinaman—"I say Fliday 'cause I mean Fliday. Not like Melican man, who say Fliday and come to pay me week after next."

**THE ONE SHE WANTED.**

Little Bess, aged four—Mamma, do you like candy?

Mamma—No, dear. It always makes me sick.

Little Bess—Well, I'm awfully glad of it. You're just the woman I want to hold my candy while I dress dolly. —New York 'World.'

Nice Young Man: "What a busy season this is going to be! Why, I've invitations to four weddings already!"

Nice Young Lady: "And are you not afraid people will consider you mean if you go to so many weddings and don't ask them to one of your own in return.—Hint taken, and invitations out."

**THE IDEAL WIFE**

Shapes the Destiny of Men—The Influence of a Healthy Woman Cannot Be Overestimated.

Seven-eighths of the men in this world marry a woman because she is beautiful in their eyes—because she has the qualities which inspire admiration, respect and love.

There is a beauty in health which is more attractive to men than mere regularity of feature. The influence of women glorious in the possession of perfect physical health upon men and upon the civilization of the world could never be measured. Because of them men have attained the very heights of ambition; because of them even thrones have been established and destroyed.

What a disappointment, then, to see the fair young wife's beauty fading away before a year passes over her head! A sickly, half-dead-and-alive woman, especially when she is the mother of a family, is a damper to all joyousness in the home, and a drag upon her husband.

The cost of a wife's constant illness is a serious drain upon the funds of a household, and too often all the doctoring does no good.

If a woman finds her energies are flagging, and that everything tires her, dark shadows appear under her eyes, her sleep is disturbed by horrible dreams; if she has backache, headaches, bearing-down pains, nervousness, whites, irregularities, or despondency, she should take means to build her system up at once by a tonic with specific powers, such as Lydia E. Pinkham's Vegetable Compound.

This great remedy for women has done more in the way of restoring health to the women of America than all other medicines put together. It is the safeguard of woman's health.

Following we publish, by request, a letter from a young wife.

Mrs. Bessie Ainsley of 611 South 10th Street, Tacoma, Wash., writes:

Dear Mrs. Pinkham:—

"Ever since my child was born I have suffered, as I hope few women ever have, with inflammation, female weakness, bearing-down pains, backache and wretched headaches. It affected my stomach so that I could not enjoy my meals, and half my time was spent in bed.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.



Mrs. Bessie Ainsley

"Lydia E. Pinkham's Vegetable Compound made me a well woman, and I feel so grateful that I am glad to write and tell you of my marvelous recovery. It brought me health, new life and vitality."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ainsley it will do for every woman who is in poor health and ailing.

Its benefits begin when its use begins. It gives strength and vigor from the start, and surely makes sick women well and robust.

Remember Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of actual cures of woman's ills. This fact is attested to by the thousands of letters from grateful women which are on file in the Pinkham laboratory. Merit alone can produce such results.

Women should remember that a cure for all female diseases actually exists, and that cure is Lydia E. Pinkham's Vegetable Compound. Take no substitute.

If you have symptoms you don't understand write to Mrs. Pinkham, Lynn, Mass., for special advice—it is free and always helpful.

**Eddy's "SILENT" Parlor Match.**

If held tightly  
Then rubbed lightly  
And struck rightly  
Will BURN BRIGHTLY.

Ask your grocer for a box. TRY THEM.

SCHOFIELD BROS., SELLING AGENTS,  
St. John, N. B.

**HEWSON Bannockburns**

Get a suit of HEWSON BANNOCKBURN TWEED—It's all pure choice wool—cloth made to look well and wear a long time.

Insist on getting the genuine Hewson Woolen Mill goods, made in the big new mill at Amherst.

When answering advertisements please mention the Messenger and Visitor.