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Next meeting Thursday, Feb. 25th, at 3.30 p m., at the vestry of the Methodist church. The meetings are always open to any who wish to become members. Visiting members of other W. C. T. Unions are cordially welcomed.

The Cigarette Evil.

In the cigarette discussion in Parliament, I notice that one of the speakers said, 'If smokers would only practice self denial for the benefit of others, it would do much to lessen the cigarette evil.' How can men who smoke expect their children to abstain? The difficulty of convincing youths of the evils of tobacco is great enough, but becomes greater when their seniors smoke. If the 'smoking' members and adherents of the church would set an example of abstinence, they would, in my opinion, benefit themselves, but they would benefit society as well, and particularly the rising generation.

Assuming that smoking is simply a habit of pleasure—though I think it is much more would it not be a step in the direction of moral reform to give it up for the benefit of others? Are there not some men connected with the church who are willing to show their devotion by so doing? Let us have a revival along this line. Paul was willing to give up meat if his eating it caused offence to others. Surely we could do with a good deal less tobacco. I am only reasoning this matter from its influence and example, and my appeal is to those who stand in the way of moral reform. This matter needs all the help it can get. It needs the help of the church—not alone in prayers, but that personal and practical help which would be effective. I ask the thoughtful attention of those church members to whom these lines may have application, to this question, assured that if they are guided by their conscience instead of by their personal feelings, they will practice what I am preaching.—A Convert from Smoking, in Christian Guardian.

Just a Friendly Drink.

(New York World)

Garvin R. Dick former clerk of the check department of the Chase National Bank, sat on a bench for visitors at the Work House on Blackwell's Island. He wore prison trousers, prison shoes and a prison hat.

'Tippling brought me here,' he said, 'just a drink or two a day with a friend. That's what downed me. Moderate drinking is the most insidious form of indulgnce.'

'It was moderate drinking also that brought my wife here. She had her circle of friends, and they had their friendly glass. She will agree with me that the hard drinker has not as much to fear as those who take a social glass regularly.'

Dick and his wife, whose maiden name was Gertrude Bancker, popular in the Harlem set, were taken to the Island at the same time, sentenced to three months because neither could give the desired bond of $300.

Friends of Dick, who used to know him when he stood behind the grating of the Chase National and counted up the checks and classified them, would not have recognized in the thin faced, white-haired, unshorn prisoner, feebly and penitently telling of his downfall, the same smiling, jovial and confident young man who was pointed out as a model to many of the subordinate clerks of the big bank.

'I didn't bring my wife down with me, I didn't cause her to take up drinking,' he said. 'It was her circle of friends with whom she used to take a social glass when they came together that caused her to be here with me.

'I had no idea that I would ever be as low as this. I came to New York from New Brunswick, Canada, more than twenty-five years ago. I was barely more than a boy and I had hopes of accomplishing something in the big city. It was the habit of all the people in my Canadian neighborhood to take a glass of whiskey when they wanted it. I thought, too, that I could drink like a gentleman and suffer no ill effects. I got a position twenty-three years ago with the bank as one of the clerks, at $15 a week. I worked hard and was shortly afterward advanced. Two years later I married, and we were very happy together.

'Whenever the boys would ask me out to have a drink I would not refuse, but I was not what one might call it in the habit of drinking. I knew that I could stop it at any time.

'Mrs Dick did not drink in those days.

'By hard work, in a year or two I was advanced again and we took a more pretentious home. I had several friends at the bank, but of course, they would not endanger their position now by trying to do anything to help me. You know how particular a bank is.

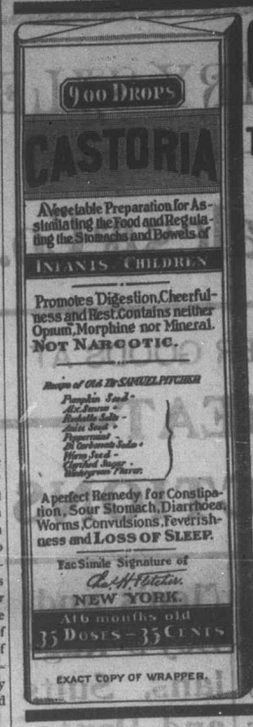
'I suppose it must be the case with all drunkards, but the first thing I knew I got to be so dependent on my daily amount of stimulant that I would be nervous if I left it off. In the meantime I noticed that my wife also would ask for a drink before retiring.

'She seemed to take to it at first to be congenial with me, but she told me she had learned to drink at a friend's house. I did not try to stop her because I expected no ill-effects. I always did my work regularly at the bank. The first intimation that anything was wrong came a year ago, when the surety company that protected my position went off my bond.

'The bank of course notified me that I would have to leave. I got out. In the meantime I had saved up no money and had to borrow from friends. I thought that there would be no trouble in getting a new place, but after a man gets to a certain age in New York no business has any use for him and it was then that I realized that I had cultivated the drink habit so far that I was permanently injured by it.

'It was impossible for me to get any position. I got more discouraged and began to drink heavier. Mrs Dick also began to drink more. From the tippler she soon changed into the confirmed inebriate.

'We are here both of us until next July, and we can both attribute our present state to the moderate drinking habit.'



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CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Important Time in Every Girl's Life

Is Between Fifteen and Eighteen Years of Age—How to Avoid the Dangers that Arise During this Period.

The mental activity of school life, coupled with the terrible strain that must come during these years, taxes the vitality of even the strongest. A girl at this age often does not understand the physical change she is undergoing. She will in all probability be nervous and puzzled. She should have the benefit of good motherly advice and a long treatment of Ferrozone, which will supply new energy to bear her safely past the critical event. Ferrozone is the best remedy to take in early womanhood, because it contains so much nerve and blood nourishment. It corrects all derangements, cures bearing down pains, nervousness and prevents headaches. Ferrozone revitalizes young girls, gives them vim, buoyancy, strong nerves and healthy bodies. Every girl should use Ferrozone, and wise mothers will see that their daughters have the benefit of this health-giving tonic.

Mrs. W. E. Michel, of Richmond, writes:—'I can strongly recommend Ferrozone as a good tonic for young ladies. My daughter has been taking Ferrozone for the past six months, and it has worked wonders for her. Before using Ferrozone she was anaemic and nervous and had no strength. But Ferrozone has built up her whole constitution and given her strength and vitality. Of all the tonics I ever used I don't think any of them compares with Ferrozone. It certainly brings health and strength to young girls quickly.'

There is no remedy half so effective as Ferrozone. A trial soon demonstrates its merit. Get Ferrozone from your druggist to-day and let it build you up. Beware of fraudulent substitutes and insist on having only Ferrozone. Price 50 cents a box, or six boxes for $2.50. By mail from the Ferrozone Company, Kingston, Ont.

A Wise College.

Students entering the Mississippi Agricultural College bind themselves on honor not to carry deadly weapons, or join any secret fraternity, not to treat with disrespect any officer, student or visitor, not to haze, to abstain from cigarettes, gambling and drinking, for they say the state is not willing to waste money trying to educate any of these classes of young men, for it cannot be done.

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St. John via Digby and Boston via Yarmouth.

"LAND OF EVANGELINE" ROUTE.

On and after Saturday Jan. 2nd, 1904, Steamship and Train Service of this railway will be as follows:

TRAINS WILL ARRIVE WOLFVILLE.
(Sunday excepted.)

Express from Kentville..... 6 55, a m
Express " Halifax.....10 04, a m
Express from Yarmouth..... 4 50 p m
Express from Halifax..... 6 30, p m
Accom. from Richmond.....12 05, a m
Accom. from Annapolis Royal 12 10, a m

TRAINS WILL LEAVE WOLFVILLE.
(Sunday excepted.)

Express for Halifax..... 6 55, a m
Express for Yarmouth.....10 06, a m
Express for Halifax..... 4 50, p m
Express for Kentville..... 6 30, p m
Accom. for Annapolis Royal..12 15, p m
Accom. for Halifax.....12 20, p m

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"BOSTON"

LEAVE YARMOUTH

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Royal Mail steamship Yarmouth, St. John and Digby.

Leaves St. John Monday, Wednesday, and Saturday at 7.45 a. m., arrive in Digby 10 45 a. m.; leave Digby on arrival of express train from Halifax.

Buffet Parlor Cars run each way daily on Express Trains between Halifax and Yarmouth, where connection is made with trains of the Halifax & Yarmouth Railway.

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P. GIFKINS, General Manager.
Kentville, N. S.

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I have leased the Mill Property belonging to the late George Webster, Coldbrook, and will manufacture all kinds of

LADDERS

for Fire Departments, Railroads, Buildings, and Extension Ladders for Painters, for Barns. Step-Ladders for house purposes. Double step-ladders for fruit picking, and Swing Chairs. Also general shop work. ☞ Ladders in stock at Stabb's Coal Shed. Team on road delivering. For further information,

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Before you renew your old roofs, verandas roofs or cover new roofs consider and find out about the

STANDARD ASBESTOS ROOFING

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Also for painting, find out what you can get ASBESTINE COLD WATER PAINT for, it is positively weather proof, fire proof and germ proof, durable and economical for inside and outside work. The same can be had by applying to

T. R. WALLACE,

WOLFVILLE.

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Marble, Granite & Freestone works.

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Orders taken for STONE TRIMMINGS FOR BRICK BUILDINGS

Stone cutting of every description.

Terms moderate to suit the hard times.

Designs and Prices furnished on application.

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☞ All Fruit consigned to N L is sold by them on Cotton's Wharf by private sale only, and not handed to other firms in London for disposal by auction.

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GRAY'S SYRUP OF RED SPRUCE GUM

A few doses, at the first sign of a cold, will allay all throat irritation—take away hoarseness—check the inflammation—strengthen the lungs—wood the cough.

All the healing, curative properties of Canadian Spruce Gum—combined with Balsamics. Pleasant to take. 25 cts. bottle.

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From London		From Halifax
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Oct. 4	St John City	Oct. 23
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Liverpool, St John's, Nfld, and Halifax

From Liverpool		From Halifax
Oct. 10	Ulunda	Oct. 28
Oct. 24	Damara	Nov. 11
Nov. 7	Peruvian	Nov. 25

The Steamships EVANGELINE, LOYALIST, and ST JOHN CITY are fitted with Electric fans and Gibbs' system of ventilation. THE GULF OF VENICE with cold storage accommodation. The Steamers DAMARA and ULUNDA have excellent first-class accommodation.

Insurance effected in first-class offices at lowest rates. For rates of freight and other particulars, apply

FURNESS, WITHY & CO., Ltd., Agents, Halifax.

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Everybody should join the Mutual Literary Music Club of America. There is nothing else like it anywhere. It costs almost nothing to join and the benefits it gives are wonderful. It enables you to purchase books and periodicals, music and musical instruments at special cut prices. It secures reduced rates at many hotels. It answers questions free of charge. It offers scholarships and valuable cash prizes to members. It maintains club rooms in many cities for its members. In addition, every member receives the official magazine entitled "Every Month," a publication in a class by itself, containing 9 pieces of high-class vocal and instrumental music (full size) each month without extra charge, 72 pieces in one year in all. YOU CAN GET ALL OF THESE BENEFITS FOR ALMOST NOTHING.

The full yearly membership fee is One Dollar for which you get all above, and you may withdraw any time within three months if you want to do so and get your dollar back. If you don't care to spend $1.00, send 25 cents for three months membership. Nobody can afford to pass this offer by. You will get your money back in value many times over. Full particulars will be sent free of charge, but if you are ready you will save time by sending for membership with the proper references. The 25 cts. three months membership offer will soon change. Write at once, addressing your letter and enclosing $1.00 for full year membership or twenty-five cents for three months to

MUTUAL LITERARY MUSIC CLUB
No. 150 Nassau St., N. Y. City.

A MORTGAGE ON UNWILLING RELATIVES.

No danger of a man becoming that if in his palmy days he has common prudence enough to provide for his old age by buying endowment insurance in—

The Mutual Life OF CANADA

E. E. BOREHAM,

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BUILDING PLANS.

Plans and specifications carefully prepared; estimates if required.

Apply to

GEO. A. PRAT,
Wolfville

What He Made.

A prosperous liquor-seller was boasting to a group of men in the bar, of the large amount of money he had made. Said he—'I've made £200 the last three months.' 'You have made more than that,' quietly remarked a listener. 'What is that?' he responded. 'You have made my two sons drunkards. You have made their mother a broken-hearted woman. You have made much more than I can reckon, but you'll get the full account some day.'

Tendency of the Times

The tendency of medical science is toward preventive measures. The best thought of the world is being given to the subject. It is easier and better to prevent than to cure. It has been fully demonstrated that pneumonia, one of the most dangerous diseases that medical men have to contend with, can be prevented by the use of Chamberlain's Cough Remedy. Pneumonia always results from a cold or from an attack of influenza (grip), and it has been observed that this remedy counteracts any tendency of these diseases tow rd pneumonia. This has been fully proven in many thousands of cases in which this remedy has been used during the great prevalence of colds and grip in recent years, and can be relied upon with implicit confidence. Pneumonia often results from a slight cold when no danger is apprehended until it is suddenly discovered that there is fever and difficulty in breathing and pains in the chest, then it is announced that the patient has pneumonia. Be on the safe side and take Chamberlain's Cough Remedy as soon as the cold is contracted. It always cures. For sale by G. V. Rand

'I understand that our party threw you overboard,' said one politician to another. 'Yes,' was the reply, 'but fortunately I had strength enough left to swim to the other side.'

Minard's Liniments used by Physicians.

THE VALLEY OF THE GASPEREAU.

In the glory of the sunset
One evening long ago,
We drove o'er the hills from Wolfville,
To the Valley of Gaspereau.
June loveliness all around us,
June melody in the air,
Sunset glory on grand old Blomidon,
And on River and Basin fair;
Glory too, on the calm North Mountains,
And on dykes stretching green and wide
By the blue and radiant waters
Of that tranquil summer tide.
North and west the sky was glorious,
South and east all serenely bright,
Not a cloud to warn us of coming storms,
Not a shadow to hint of the night.
That view in the 'Land of Evangeline'
Once seen you can never forget—
As we saw it that fair June evening
From 'The Ridge,' I can see it yet.
And the maiden who sat beside me,
So bright, and graceful, and fair,
With the light of life's June on her glowing cheeks,
In her eyes, on her soft brown hair,
Was joyously laughing and chatting—
No shadows the coming years cast—
And still bright—even when they brought darkness,
She passed through them—to glory—at last.
But how then could we dream over those same hills,
A procession winding slow,
Would one day carry her, white and still,
To Wolfville from Gaspereau.
How could we dream what a heavy cross
The future would bring her to bear,
How could we fancy what she must resign
Or what burdens awaited her there?
Down the hills we drove faster and faster,
Up the hills with the sunset aglow,
Till beneath lay a beautiful valley,
The Valley of Gaspereau.
The South Mountain grandly guards it,
Sheltering hills shut it peacefully in—
An Arcadia happy and restful,
Undisturbed by the busy world's din.
We passed the old mill, I remember,
And its voice I again seem to hear,
With the musical rush of the waters
That tempted our footsteps anear,
Where the river flowed onward in beauty,
And the willows that bend o'er it there,
Of the Past to the Present seemed whispering
Through the blossom-scented air.
June the Queen of all the dressmakers
Has ever been, I ween,
And a charming robe the Valley wore
Of all tints and shades of green.
By its sparkling river it dreamily smiled
With the sunset all alight,
Decked and crowned with apple blossoms,
Now pink, now snowy white.
In all seasons this valley is lovely,
Many praise it in prose and in rhyme,
But I think it is fairest at sunset,
And in apple-blossom time.
Now, I'm thinking how many who loved it
Have passed up to the Mansions of Light,
And how many who studied at Wolfville
Were baptized in those waters bright,
When Father Harding's honored head
Was bowed for them in prayer,
Or when Dr. de Blois' earnest voice
Thrilled through the quiet air.
And the crowds that gathered upon the bridge
And below it again I see,
While the music of the hymns they sang
Still lingers in memory.
So sweetly floated up to Heaven,
On those Sabbaths long ago,
The dear old hymns, the grand old hymns,
They sang by the Gaspereau.
And the River joined in those hymns of praise—
Then the willows and grasses bright—
And the graceful Elms, and the blossoms fair,
And God's beautiful sunlight,—
And the hills and mountains and listening heavens
All seemed to chant with the river—
"Honor and glory, dominion and power,
Shall be Thine forever and ever."—

BESSIE R. COGSWELL.

June, 1900.

Dear Sirs,—I was for seven years a sufferer from bronchial trouble, and I would be so hoarse at times that I could scarcely speak above a whisper. I got no relief from anything till I tried your MINARD'S HONEY BALSAM. Two bottles gave relief and six bottles made a complete cure. I would heartily recommend it to anyone having throat or lung trouble.

J. F. VANDUSEN.

Fredericton.

Japanese Proverbs and Sayings.

Here are a few proverbs and sayings current among the Japanese:—

Beware of beautiful women as you would of red pepper.

A wife's tongue, three inches long, can kill a man six feet high.

Those who know the ropes do most hauling.

Habit has more weight than instruction.

Before argument, proof.

Live under your own hat.

The Japanese language is quite deficient in terms of abuse. Golf is never likely to become popular in the country.

Women have Kidney Disease

And make the mistake of attributing the resulting backache to other causes.

Many women have kidney disease and do not know it. They confuse the symptoms with those of ailments of a feminine nature. Backache, loss of flesh, dry, harsh skin, deposits in the urine, swelling of the feet and legs, stiffness and soreness of the muscles, weariness and despondency are symptoms of kidney disease, and call for prompt treatment in order to prevent serious results.

Mrs. Wilkins

MRS. W. WILKINS, Henry St., Belleville, Ont., states:—"I suffered a great deal with pains in the small of the back caused by kidney trouble. Whenever I stooped I could scarcely rise again the pains were so great. The disease became so severe that it affected my general health, and I was becoming very much run down. Since using Dr. Chase's Kidney-Liver Pills, I can say that my trouble has entirely disappeared. I can speak in the highest terms of this medicine from the way it acted in my case."

To protect you against imitations the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box of his remedies.

Lessons in Tidiness.

The tired house-mother sighs as she gathers together the articles of clothing and the newspapers her husband has tossed down and left for somebody else to gather up. 'Men are naturally untidy,' she says, with a patient smile that holds no hint of blame. In the same spirit she goes on picking up the odds and ends of her boys and girls and restores them from chaos to something like order. 'Children will be careless,' she tells you, apologetically.

Would it not be better for her and them if more stress were laid upon the old maxim Solomon ought to have uttered though he didn't, 'Cleanliness is next to godliness.' Would she not do a wise thing if she taught her little men and women that to be dirty is as much sin as to lose one's temper, or to utter angry words or to strike blows in wrath? Could she not explain that all dust and dirt breeds and carries disease germs, and injures the skin, the eyes, the lungs? And finally could she not impress it upon them that the laziness which will lead the girl in sweeping to brush the dirt under the lounge, and the boy in dressing to leave his soiled clothes in the middle of the floor is a manifestation of that self-indulgence and love of ease which, if not curbed, will vitiate even the finest characters?

The teaching tidiness to boys does not require much attention to details. A man's life has so little to do with the minutia of house-keeping that it ought to be a comparatively easy matter for him to learn to keep his especial corner of the house neat, and to avoid disordering the general family rooms.

To the Suffering.

The following testimonial may be read with interest by sufferers from skin eruptions or eczema:

January 29th, 1902.

Dear Sirs,—I notice your advertisement in a paper about your wonderful eczema cure and I feel it my duty to tell you that I was induced to try it as I had been afflicted with skin trouble in my hands for 14 years. I have tried several doctors and they done me no good. I only used one box of Dr. Clarke's sure Cure for Eczema. It has made a complete cure. I recommend it to all suffering from skin disease. My hand was so bad that the nails used to come off. You can use my name if you wish.

Yours truly,
MR. JOHN WOOD,
Peaks Station, P. E. I.

Dr. Clarke's Sure Cure for Catarrh is one of the best remedies on the market. We are daily in receipt of letters telling how much they have done for the afflicted. Miss Sarah Hill, 412 Front Street, Traverse City, Michigan, writes: 'I have been wonderfully helped by the use of your catarrh cure: send me another dollar's worth.'

Peter D. McFadyen, Riverdale, P. E. I., writes: 'I am very busy but just drop a line to say I highly recommend your catarrh cure. It has done grand work for me, I am so much better.'

The above preparations, also Dr. Clarke's Little Red Pills, sent by mail, three boxes for $1.00. Or they may be obtained from your local druggist. Address Canada Chemical Company, Peterborough.

Dr Clarke's Sure Cure For Catarrh and Dr Clarke's Sure Cure for Eczema same price, $100 will be paid for any case that it will not permanently cure.

Prosecuting Attorney—Was the prisoner in the habit of singing when he was alone?

Pat McGuire (witness)—Shur an' I can't say. Oi was niver with him when he was alone.

The scratch of a pin may cause the loss of a limb or even death when blood poisoning results from the injury. All danger of this may be avoided, however, by promptly applying Chamberlain's Pain Balm. It is an antiseptic and unequalled as a quick healing liniment for cuts, bruises and burns. For sale by G. V. Rand

Young Lawyer—'It will be quite useless to try to break old Jones's will, don't you think?' Old Lawyer—'Useless? Not at all. The relatives will get lots of experience and we will get some fat fees.'

A Wonderful Book.

As a work for family reference there was probably never compiled a more useful book than Dr. Chase's Receipt Book. Beside containing the symptoms of disease, their cause and cure and the great prescriptions gathered together during the half a century of medical practice, this book is replete with receipts for cooking and has a complete department devoted to the care of the farm stock, bees, domestic animals, etc. For full particulars write Edmanson, Bates & Co., Toronto.

The sum of $7,600 was paid at an auction in London recently for a small jug of Fulham ware, strapped with silver bands. The jug, which is 9½ inches high by 5 inches in diameter and of the date of 1581, was discovered in the cupboard of a church at West Malling, Kent, a few years ago.