

THE "DISCOURAGER."

It is stated that during the Boer war and while the city of Ladysmith was undergoing siege a soldier was sentenced to a year's imprisonment for being a "discourager." It seems that the man would go along the lines and speak disheartening words to the soldiers who were patiently withstanding the Boers encamped against the city and hoping to capture it before an English army could come and lift the siege. It is to be regretted that there is not some way of dealing as effectually, if not as summarily, with the persons whose business seems to be to cry down every advance movement proposed by the church or to dampen the zeal of those who are holding out against the foe, waiting patiently for a better day when God will arise and scatter his enemies. A church is surely to be congratulated that has not more than one of those discouragers in it. Any company of Christians that is entirely free from them is certain of success. In fact, there is nothing can cause defeat of God's people in any good cause through discouragement. And this dis-

position to become discouraged is the sure test of our little faith.—Worthwestern Christian Advocate.

HERE A LITTLE, THERE A LITTLE.

Every child of God knows what it is to rise in the morning with the feeling that there is so much to be done it is impossible to get through it. When this is the case, we sometimes allow the thought of our work to worry and flurry us till we are quite unfit to do anything at all, or else we try to do half-a-dozen things at once and end by doing nothing properly. Where we make the mistake is in looking at our task as a whole instead of taking it piece by piece. God only asks us to live a moment at a time, and when we try to open our arms wide enough to take in the whole day, no wonder we fail. He who has prepared our work for us and us for our work, knows exactly what we can do and what time and strength we require for the purpose.

God's dealings with us all on this system. He supplies his children with their "daily bread," not provisions for a month at a time. He gives us our nightly rest, not a winter sleep, like that of the dormouse. He sends spring leaf by leaf, the rain falls in drops the snow in flakes. Even the sunlight does not burst upon us all at once, but in the tender beauty of the dawn. Surely since our Father's blessings falls thus lightly, we may be certain that he will not crush us with a burden too heavy for us to carry or a task too difficult for us to accomplish.—Selected.

GLADSTONE ON PUBLIC SPEAKING

Here is the text of a valuable postcard sent by Mrs. Gladstone to one who asked his advice upon public speaking. It reads:—1. Study plainness of language, always preferring the simpler word. 2. Shortness of sentences. 3. Distinctness of articulation. 4. Test and question your own arguments beforehand, not waiting for critic or opponent. 5. Seek a thorough digestion of and familiarity with your subject, and rely mainly on these to prompt the proper words. 6. Remember that if you are to sway an audience you must, besides thinking out your own matter, watch them all along.

AGAINST WORRY.

Don't start nervously if a child makes a noise or breaks a dish—keep your worry for broken bones.

Don't sigh too often over servants' shortcomings.

Don't get wildly excited if Bridget has neglected to dust the legs of the hall table: the welfare of neither your family nor the nation is involved.

Don't exhaust all your reserve force over petty cares. Each time that a woman loses control over herself, her nerves, her temper, she loses just a little nervous force a little, physical well being, and moves a fraction of an inch farther on in the path that leads to premature old age.

Don't go to bed late at night and rise at daybreak, and imagine that every hour taken from sleep is an hour gained.

Don't eat as if you only had a minute in which to finish the meal.

Don't give unnecessary time to a certain established routine of housekeeping when it could be much more profitably spent in rest or recreation.

Don't always be doing something; have intermittent attacks of idling. To understand how to strengthen nerves.

Don't fret and worry are the two most healthful maxims.

RELIGION AND CHILDHOOD.

Joseph Parker writes of his childhood; "I cannot remember the time when I did not in some degree know the love of God's only Son. From a child I knew the holy Scripture, for it was the book most read in our house; from a child, also, though sinning oft and sinning deeply, I have known somewhat of tender spiritual experience. From my earliest recollections I have found supreme delight in prayer—prayer in that large sense which implies intimate and continuous communion with God. From the beginning until now my highest joy has been in solitary companionship with the eternal spirit, my heart going after him with ardent and tender desire. I remember the Sunday night when walking with my father and a most intelligent Sunday school teacher, I declared my love to Christ and asked him to take my child-heart into his own gracious keeping. The whole scene is before me. It was a summer evening according to the reckoning of the calendar it was in very deed, a Sunday morning, through whose white light and emblematic dew and stir of a awakening life I saw the gates of the kingdom and the face of the king.

For e Children.

To Keep Their Digestion Perfect Nothing is so Safe and Pleasant as Stuart's Dyspepsia Tablets.

Thousands of men and women have found Stuart's Dyspepsia Tablets the safest and most reliable preparation for any form of indigestion or stomach trouble.

Thousands of people who are not sick, but are well and wish to keep well take Stuart's Tablets after every meal to insure perfect digestion and avoid trouble.



gestion and avoid trouble.

But it is not generally known that the Tablets are just as good and wholesome for little folks as for their elders.

Little children who are pale, thin and have no appetite, or do not grow or thrive, should use the tablets after eating and will derive great benefit from them.

Mrs. G. H. Crottsley, 538 Washington St., Hoboken, New Jersey, writes: "Stuart's Dyspepsia Tablets just fill the bill for children as well as for older folks. I've had the best of luck with them. My three year old girl takes them as readily as candy. I have only to say tablets and she drops everything else and runs for them."

A Buffalo mother, a short time ago, who despaired of the life of her babe was so delighted with the results from giving the child these tablets that she went before the notary public of Erie Co., N. Y., and made the following affidavit:

Gentlemen:—Stuart's Dyspepsia Tablets were recommended to me for my two months old baby, which was sick and puny and the doctor's said was suffering from indigestion. I took the child to the hospital, but there found no relief. A friend mentioned the Stuart Tablets and I procured a box from my druggist and used only the large sweet lozenges in the box, and I was delighted to find they were just the thing for my baby. I feel justified in saying that Stuart's Dyspepsia Tablets saved my child's life.

MRS. W. T. DETMERE.  
Subscribed and sworn to before me this 12th day of April, 1897.

HENRY KARIS,  
Notary Public in and for Erie Co., N. Y.  
For babies, no matter how young or delicate the tablets will accomplish wonders in increasing flesh, appetite and growth. Use only the large sweet tablets in every box. Full sized boxes are sold by all druggists for 50 cents, and no parent should neglect the use of this safe remedy for all stomach and bowel troubles if the child is ailing in any way regarding its food or assimilation.

Stuart's Dyspepsia Tablets have been known for years as the best preparation for all stomach troubles whether in adults or infants.



An Object Lesson

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FELT WEAK AND NERVOUS.  
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COULD SCARCELY EAT.  
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MILBURN'S  
HEART and NERVE  
PILLS

Cured Mrs. Edmond Brown, Inwood, Ont., when she had almost given up hope of ever getting well again.

She writes: "I was so run down that I was not able to do my work, was short of breath, had a sour stomach every night and could scarcely eat. My heart palpitated, I had faint and dizzy spells and felt weak and nervous all the time. My husband got me a box of Milburn's Heart and Nerve Pills but I told him it was no use, that I had given up hope of ever being cured. He however persuaded me to take them and before I had used half the box I began to feel better. Two boxes made a new woman of me and I have been well and have been able to do my work ever since."

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On and after SUNDAY, Oct. 11, 1903 trains will run daily (Sunday excepted) as follows:

TRAINS LEAVE ST. JOHN.	
6—Mixed for Moncton	6.30
2—Exp. for Halifax, the Sydneys and Campbellton	7.00
4—Express for Point du Chene,	13.15
26—Express for Point du Chene, Halifax and Pictou,	12.15
8—Express for Sussex	17.10
134—Express for Quebec and Montreal	18.00
10—Express for Halifax and Sydney.	23.25

TRAINS ARRIVE AT ST. JOHN.	
9—Express from Halifax and Sydney	6.20
7—Express from Sussex	9.00
133—Express from Montreal and Quebec	13.50
5—Mixed from Moncton	15.20
3—Express from Point du Chene,	16.50
25—Express from Halifax Pictou and Campbellton	17.40
1—Express from Halifax	18.40
81—Express from Moncton (Sunday only)	24.35

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