

* This, and That *

"WHACKS."

And What They Mean.

When old mother nature gives you a "whack" remember "there's a reason" so try and say "thank you" then set about finding what you have done to demand the rebuke, and try and get back into line, for that's the happy place after all.

Curious how many highly organized people fail to appreciate and heed the first little, gentle "whacks" of the good old Dame, but go right along with the habit whatever it might be, that causes her disapproval. Whiskey, Tobacco, Coffee, Tea, or other unnatural treatment of the body, until serious illness sets in or some chronic disease.

Some people seem to get on very well with these things for awhile, and Mother Nature apparently cares but little what they do.

Perhaps she has no particular plans for them and thinks it little use to waste time in their training.

There are people, however, who seem to be selected by Nature to "do things." The old Mother expects them to carry out some department of her great work. A portion of these selected ones oft and again seek to stimulate and then deaden the tool (the body) by some one or more of the drugs—Whiskey, Tobacco, Coffee, Tea, Morphine, etc.

You know all of these throw down the same class of alkaloids in chemical analysis. They stimulate and then depress. They take from man or woman the power to do his or her best work.

After these people have drugged for a while, they get a hint, or mild "whack" to remind them that they have work to do, a mission to perform, and be about the business, but are loafing along the wayside and become uplifted for the fame and fortune that awaits for them if they but stick to the course and keep the body clear of obstruction so it can carry out the behests of the mind.

Sickness is a call to "come higher." These hints come in various forms. It may be stomach trouble or bowels, heart, eyes, kidneys or general nervous prostration. You may depend upon it when a "whack" comes it's a warning to quit some abuse and do the right and fair thing with the body.

Perhaps it is coffee drinking that offends. That is one of the greatest causes of human disorder among Americans.

Now then if Mother Nature is gentle with you and only gives light, little "whacks" at first to attract attention, don't abuse her consideration, or she will soon hit you harder, sure.

And you may also be sure she will hit you very, very hard if you insist on following the way you have been going.

It seems hard work to give up a habit, and we try all sorts of plans to charge our ill-feelings to some other cause than the real one. Coffee drinkers when ill will attribute the trouble to bad food, malaria, over work and what not, but they keep on being sick and gradually getting worse until they are finally forced to quit entirely, even the "only one cup a day." Then they begin to get better, and unless they have gone long enough to set up some fixed organic disease, they generally get entirely well. It is easy to quit once at once and for all, by having well made Postum, with its rich, deep, seal brown color which comes to the beautiful golden brown when good cream is added, and the crisp snap of good, mild Java is there if the Postum has been boiled long enough to bring it out.

It pays to be well and happy for good old Mother Nature then sends us her blessings of many an various kinds and helps us to gain fame and fortune.

Strip off the handicaps, leaving out the deadening habits, heed Mother Nature hints, quit being a loser and become a winner. She will help you sure if you cut out the things that keep you back.

"There's a reason" and a profound one. Look in each package for a copy of the little book "The Road to Wellville."

TOO IMITATIVE.

A lady who lives in Hawaii tells that down there they refuse to say "Mrs. or Mr." A young bride—an Irish girl—was shocked at hearing a married friend called 'Mary' by a servant, and instructed her husband not to call her by her Christian name except when they were alone. One day she had visitors and what was her horror when the cook put his head inside the drawing-room door and said:

'My love, what vegetable do you want today?'

'Say old man, I want to sell you a ticket for our social club's private theatricals.' Not me. I haven't time to go to those things. I—' Nobody asked you to go. I merely want to sell you a ticket.'

'He's writing a novel.' I suppose he was out of his mind? He is and he thought it would be more successful if he wrote while in that condition. It's to be of the regular order you know.'

ENGLISH SPOKEN AMERICAN UNDERSTOOD.

A somewhat bold claim. We should like to try him with the classic expression 'Rubber 1' and see what he made of that.

CORMANTEE PROVERBS.

To him who runs full honor pay,
Though he be last.
Though you may fail to catch each day,
Yet may you cast.
If you would trap the agile game,
Go softly brother.
Look on a child and judge the same
Don't ask its mother!
Beware when o'er the wine he says,
'I am your friend.'
Give what you have and name no days
Sooner than lend.
The Evil One who seems most fair
Knows most wiles.
Woe shall be his who works great good
Expecting suiles.
None but the thing that knows no birth
Knows no strife;
None but the dead below the earth,
May laugh at life.
—Stephen Chalmers, in New York Times.

WHAT WITNESS SAID.

A witness was testifying that he had met the defendant at breakfast and the latter called to the waiter and said—

'One moment, exclaimed the counsel for the defence: 'I object to what he said.'

Then followed a legal argument for about half an hour on the objection, which was overruled and the Court decided that the witness might state what he said.

'Well, go on and state what was said to the waiter, remarked the winning counsel, flushed with his legal victory.

'Well, replied the witness, he said "Bring me a beef steak and fried potatoes.'

'Uncle Silas at the grocery shop—"Well Jack, did you pick up any new ideas while you was in the big city?'

Jack, just returned—Yes, I found out that it cost you twenty shillings to sauce a policeman.'

GENTLE PITY.

Mildred—He came to you with his broken heart, after Gussie had rejected him, and you let him console himself by 'making love to you?'

Mi licent—Why not? I considered that I was acting as first aid to the injured.

A PULPIT DIONENES

Sir,—I extract the following from an estimate tendered by a Chinese carpenter out here to our 'padre' who needed a new pulpit for his church in Burmah: 'To one preaching tub, fifty rupees.—E. Garnet Man, jr., writing from Rangoon to the London Spectator.

A SOMEWHAT BOLD CLAIM

Bootblacks of today move with the times. On a stall at Territe a correspondent noticed the following announcement:

DISCOMFORT AFTER EATING

December 4, 1903

People who suffer after eating, feeling oppressed with a sensation of stuffiness and heaviness, and who frequently find the food both to distend and painfully hang like a heavy weight at the pit of the stomach, or who have Constipation, Inward Piles, Fulness of the Blood in the Head, Acidity of the Stomach, Nausea, Heartburn, Headache, Disgust of Food, Gaseous Eructations, Sinking or Fluttering of the Heart, Choking or suffocating Sensations when in a lying posture, Dizziness on rising suddenly, Dots or Webs before the Sight, Fever and Dull Pain in the Head, Deficiency of Perspiration, Yellowness of the Skin and Eyes, Pain in the Side, Chest, Limbs and Sudden Flashes of Heat, should use a few doses of

Radway's Pills

Which will quickly free the system of all the above-named disorders.

RADWAY'S PILLS.

All purely vegetable, mild and reliable. Cause perfect digestion, complete absorption and healthful regularity.

For the Cure of all Disorders of the Stomach, Bowels, Kidneys, Bladder, Nervous Diseases, Piles, Sick Headache and all disorders of the Liver.
Price, 25 cents per box. Sold by all druggists, or sent by mail on receipt of price.

RADWAY & CO., 7 ST. HELEN STREET MONTREAL.

TOTAL ABSTAINERS GET SPECIAL ADVANTAGES

In the Manufacturers' Life Insurance Company during 1903 the saving from low mortality was 58.7 per cent. in the Total Abstainers' Section and 24.3 per cent. in the General Section.

Surely Abstainers consult their own best interests when they choose the Manufacturer's Life to carry their insurance.

The Manufacturers' Life is the only company operating in the Maritime Provinces giving Total Abstainers the terms and rates for which their low mortality calls.

For further information, write, giving exact date of birth to,

THE E. R. MACHUM CO., Limited ST. JOHN, N. B.

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Only a Tea Kettle of Hot Water

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Don't boil or scald the clothes. It isn't necessary. The clothes come out of the wash clear white, perfectly washed. The dirt drops out, is not rubbed in.

Child's Play of Wash Day.

Use Surprise the ordinary way if you wish but we recommend a trial the

Surprise way.

Read the directions on the wrapper. Surprise is a pure hard Soap.

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