

This and That

MANDY'S WOMAN'S CLUB.

(Nixon Waterman in Christian Revere World.)

Since Mandy joined the Woman's Club, land sakes, how she has changed! And everything about the house has all been rearranged. And all that Mandy says and does now means a whole lot more than simple commonplace affairs have ever meant before. She talks of science, politics, of chemistry and art; each ology and ism, O she has 'em all by heart; For lecturers on every theme address her club, you see, And straightway Mandy hurries home to try their talk on me. Yes, Mandy's taught me how to breath; I never knew, before, Although I've tried it day and night for forty years and more; And now she learning how to think, and says that maybe I could sometime learn to do as much if I would only try.

She's always learning how to eat, and what and when and where; Our foods are tried and tested, weighed and measured out with care. It frightens me to think that once we ate just common stuff, Yes, ate it and kept eating till we thought we had enough. And Mandy says that harmony is what the spirit craves— Health, beauty, wisdom, all are brought on vibratory waves. When these are as they ought to be, the cares of life are gone. And all a mortal has to do is just live on and on.

It saddens my poor heart to know my great-grandparents died When they were only ninety-odd; it cannot be denied That, if these poor old simple souls had found a way to get The worlds of wisdom Mandy has, they'd all be living yet.

"ONLY HALF A MAN."

General Nicolls, of New Orleans, sacrificed an eye, a leg, and an arm to the cause which he believed just, and came out of the war, as he declared, "only half a man." Science replaced the lost members so successfully that no one ignorant of his misfortune could detect it. He was an inveterate joker, and greatly enjoyed telling the following story:

"When he stayed at a hotel in Mobile, a negro boy was detailed to help him prepare for bed. After his bag was unpacked and his coat laid aside, he said: "Now, Sam, take off my leg." Sam stared speechless.

PRESSED HARD.

Coffee's Weight on Old Age.

When prominent men realize the injurious effects of coffee and the change in health that Postum can bring, they are glad to lend their testimony for the benefit of others.

Mr. C. C. Wright, superintendent of public schools in North Carolina, says:—"My mother, since her early childhood, was an inveterate coffee-drinker and had been troubled with her heart for a number of years and complained of that 'weak all over' feeling and sick stomach.

Some time ago, I was making an official visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat peculiar flavor of the coffee, and asked him concerning it. He replied that it was Postum Food Coffee. I was so pleased with it, that after the meal was over, I bought a package to carry home with me, and had wife prepare some for the next meal; the whole family were so well pleased with it, that we discontinued coffee and used Postum entirely.

I had really been at times very anxious concerning my mother's condition, but we noticed that after using Postum for a short time, she felt so much better than she did prior to its use, and had little trouble with her heart and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was as well and hearty as the rest of us.

I know Postum has benefited myself and the other members of the family, but not in so marked a degree as in the case of my mother, as she was a victim of long standing."

"Don't know how to take off legs, eh? Now look here!"

He unscrewed the leg, and keeping it carefully covered with its long black stocking, laid it aside.

"Now, take off this arm." "No, sah! No, sah! Neber took off no gentleman's arm in my life!" gasped Sam, turning gray with terror.

"You're a pretty valet. Nothing easier." The arm was taken off and laid beside the leg on the table, and the general prepared for sleep and got into bed.

"Oh, by the way! We'd better take an eye out!"

He took it out. Sam backed to the door, afraid to turn his back to turn his back on the terrible guest, who stretched himself sleepily, and then said, "Now, Sam, take off my head!"

Sam rushed out of the room to the office, and could only find strength to gasp out, "It's ole Satan heeself, sah! He's taken hisself to pieces in room fohty-eight!"—Presbyterian.

STEERING BY MOTHER'S LIGHT.

A very beautiful story is related of a boat out at sea-carrying in it a father and his little daughter. As they were steering for the shore, they were overtaken by a violent storm, which threatened to destroy them.

The coast was dangerous. The mother lighted a lamp and started up the worn stairway to the attic window. "It won't do any good, mother," the son called after her. But the mother went up, put the light in the window, knelt beside it, and prayed. Out in the storm the daughter saw a glimmer of gold on the water's edge.

"Steer for that," the father said. Slowly, but steadily, they came toward the light, and at last were anchored in the little sheltered harbor by the cottage.

"Thank God!" cried the mother, as she heard their glad voices, and came down the stairway with a lamp in her hand. "How did you get here?" she said.

"We steered by mother's light," answered the daughter, "although we did not know what it was out there."

"Ah!" thought the boy, a wayward boy, "it is time I was steering by my mother's light," and ere he slept he surrendered himself to God, and asked him to guide him over life's rough sea. Months went by, and disease smote him. "He cannot live long," was the verdict of the doctor; and one stormy night he lay dying. "Do not be afraid for me," he said, as they wept; "I shall make the harbor, for I am steering by my mother's light."—Rx.

CARRYING SUNSHINE OR SHADOWS

"I always like to talk things over with Sister Mary when I am in trouble," said one woman to another. "She understands and it is a comfort to tell things to somebody who cares enough for you to be troubled by everthing that troubles you"

"Yes, that is sharing half your load with her," said the other, quietly; "but has Mary no loads of her own to carry?" Then, as if she feared the question might sound intrusive or unkind, she added: "I have learned to think of that, of late years, because I had a brother who was to me what your sister is to you. He was one of those on whom others naturally lean—wise, strong, tender and patient—and I carried my griefs and worries to him, always sure of sympathy."

"Not until his brave life ended did I realize how many heavy burdens of his own he had been bearing. Business cares and reverses, grave family anxieties, increasing physical disability, and the knowledge that disease was surely eating his life away—all this had been pressing sorely upon him. I know that many a weary day, which possibly I might have brightened a little, I had made his burden heavier by the weight of my own. I never think of his dear, kind face without wishing I had carried him my sunshine instead of my shadows"—Rx.

THE TROUBLES IN RUSSIA.

Last month two attempts were made to kill the chief of police of Moscow. Three shots were fired at the governor-general of Warsaw, and the minister of the interior was assassinated at St. Petersburg.

All these crimes were committed by students or by their friend, and may be in-

terpreted as a response to the severe measures recently taken by the government against student agitators. How severe these measures are is indicated by the fact that in Moscow alone six hundred students have been condemned either to exile or imprisonment. The process is that known as "administrative order," that is, a simple police hearing, in which the person accused has small chance to vindicate himself. The minister of education, General Vannovski, the one Russian official of high rank who has shown sympathy with reform, has resigned in despair because the reactionary elements are too strong for him.

At the other social extreme there have been riots of working men, partly on their own account, as an incident of strikes, and partly to express sympathy with the student agitation. In the southern provinces there have been outbreaks of peasants, aimless and unorganized, the expression apparently of a blind revolt against the misery of their lot. In Finland there is determined resistance to recent edicts for the Russianizing of the army. The communal governments have refused to obey the edicts, the conscripts summoned have not responded, and at Helsingfors, the Finnish capital, there has been street fighting between the people and the Cossacks.

Russia is a vast empire, and is ruled so autocratically that a revolutionary propaganda encounters peculiar difficulties. The press is censored, and there is no opportunity for public assembly. But these simultaneous demonstrations of unrest among different classes of people and in widely separated parts of the empire tell a story of revolt which is the more pathetic for being seemingly hopeless.—Youth's Companion.

MERMAIDS AND MERMEN.

The dugong, a species of whale found abundantly in the waters of both the great oceans, but especially off the coast of Australia, in the Pacific, is believed to have furnished the slender basis upon which all mermaid and mermen stories have been founded. Its general length is from eight to twenty feet. It has a head much resembling that of the human species and breathes by means of lungs. It feeds upon submarine beds of seaweeds, and when wounded makes a noise like a mad bull. Long hair in the female species and hair and beard in the male add to the human resemblance of the head and neck. The flesh of this species of whale is used for food, and is said to have the flavor of bacon, mutton or beef, according to the parts of the body from which the meat is taken.—Ex.

A SONG OF THE AGES.

BY MARIANNE FARNINGHAM.

Psaln xlv.

Out of the midst of the fiercest battle, Onslaught of foemen in terrible rush, The cries and tumult, the noise and rattle, Or the silence and dread of a fearful hush,

From loss and sorrow and tribulation, This song has risen through storm and stress: "God is our refuge" has brought salvation, And the river of gladness been swift to bless.

God is a present help in trouble, Therefore we fear not, though earth be moved,

Though the mountains shake and the waters tremble, The Lord of hosts has our refuge proved; He breaketh the bow and the spear in sunder:

He maketh the wars of the earth to cease: The nations raged as with fire and thunder. He uttered his voice, and, lo! there was peace.

We sing together this psalm of the ages, God is our refuge, he not dismayed; The kingdoms are moved, and the nation rages,

But God right early will help and aid; The Lord of hosts will be with us ever, He shall be exalted where man has trod; Be still and know, for there is a river Whose streams make glad the city of God.

—Exchange.

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RULES FOR DOLLS.

"A wooden-headed doll should be careful not to hit her hand against her mother's, lest she should hurt her.

"A wax doll should avoid the fire, if she wishes to preserve a good complexion. "Often an old doll, with a cracked head and a sweet smile is more beloved than a new doll with a sour face.

"It is a bad plan for dolls to be stretched out on the floor, as people may tread upon them; and a doll that is trodden on is sure to go into a decline."

Madge was reading these rules to her dolly, with a very sober face. Then she laughed.

"Dolly," she said, "it's funny; but I really believe these rules are more for me than they are for you."—Sunday-school Advocate.

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