MESSENGER AND VISITOR.

* This and That *

ATTRACTING SUCCESS

broken-backed logic, is that in this world things have a way of harmonizing with mental attitudes. If you are blue, despondent and hopeless you will be apt to find that the happenings of your life accord with that mood, and accentuate it; while, on the other hand if you are cheerful, confident and optimistic, you will find that circumstances, through some mysterious law of association, chime in with that mood. Successful men almost always have a dash of the sanguine temperament. They attract good fortune as the bright, gold-tipped rod- attracts the electricity. Things come their way. Their habitual mental mood has made a channel for mental mood has made a channel for blessings. Instead of cursing your luck, and growling that everything is against you, go inside your own soul and readjust your mental operations to success and hap-piness, and you will find thyt your rela-tions to things is so changed that they be-come the willing servitors of your fortune. The parable of Jacob's ladder is constantly verified in experience. The ladder is represented as his desire for heaven, and along it angels trooped laden with bless-ings. If his desire had reached toward the pit it would have been an equally facile channel for devils to reach him with their woes and curses.—The Watch-man.

FOR RISING, NOT PASSING.

A teacher in a New York public school discovered that some of her pupils were deficient in the little amenities of polite life, and took it upon herself to instruct hem in the graces of courtesy.

She observed that whenever one of the ors passed in front of the visitors at the school, a strange, puzzled expression came into their faces.

The secret came out a few days leter when bappening to stand near the visit-its, she heard this boy jerk out, as he chambled awkwardly by "Baking pow-

She hastened to explain that the differ-nce between "Beg your pardon," which is had told him to say, and "Baking-owder," which he had understood her to by was wide enough to justify further in-rotion. Sal

Oh, my [" exclaimed the dead beat, who had been ostentationsly fishing for his fare, " I've lost my last nickel. I'm not as well off as I thought I was." "No," replied the wise conductor as he rawgthe bell to stop, " but you're really better off."—Philadelphia Press.

A BLIND WANDERER.

Dida't Know That Food Could Restore Her-A well known writer uses Grape-Nuts as a tonic when feeling the effects of extra heavy work. She writes, "Grape-Nuts should be taken regularly as one would a tonic. I est mine cold in the morning with hot milk or cream poured over it, and it is delicious, nourishing and strengthen-ine.

<text><text><text><text><text>

MAKING THEIR METAPHORS.

The truth in Christian Science, mixed Few things are more joyons to an auto-The truth in Christian Science, mixed free than the mixed metaphors of an up with a deal of crude philesophy and free than the mixed metaphors of an up with a deal toric is that in this world orator. The Irish race is famous for its orator. contributions to merriment in this particular. The Academy gives three illustrations

You are," said the late Lord Mayor of Dablin, standing on the edge of a precipice that will be a weight on your necks

pice that will be a weight on your necks all the rest of your days." "The young men of England," remark-ed an English clergyman, "are the back-bone of the British Empire What we must do is to train that backbone and bring it to the front." And this is from a member of Parlia-ment said: "Even if you carried these ped-dling little reforms, it be only like a flea-bite in the ocean."-Sel.

ENDURANCE.

A gentleman who attended a lecture delivered by the late Miss Mary Kingsley at the Imperial Institute ralates a very interesting anecdote of her. It brings) out strongly the spirit of endurance and sense of humor, without which this well-known traveller could not have accomplished her various and arduous undertakings.

various and arduons undertakings. "I daressy you noticed last evening," said Miss Kingsley, drily, "that I was jumping about like a cat on hot bricks." She was assured that no signs of such actions'had been visible, and she went on to explain that something had gone wrong with the heating apparatus under the plat-form, and that for more than an hour she had stood on a surface so hot that the soles of both boots were burned through. Yet she showed no sign of pain, and held the attruin of the audience throughout this trying time. Afterwards she walked home, humorously lamenting the loss of her boots.—Youth's Companion.

ON FIRE.

Probably the most],intense heat in the world, a heat so intense that many of the mineral substances formed in the fiery geologic ages are almost duplicated, is the heat of the electric furnaces at Niagara Falls. There are the carbon and the coils. They are nothing, however, but an oppor tunity. Not a scintilla of heat comes from them. But let the powerful currents of them. electricity generated at the Falls pass through them and the heat becomes almost immeasureable. At the best we are in ourselves but, carbon and coils. But if

in ourselves but, carbon and coils. But if we permit the unseen yet mighty forces of the divine Spirit to possess us we burn with marvelous power. These are the facts which enable us in a measure to understand Paul's words to the Christians at Thessalouica, "Quench not the Spirit." There is here a figure of speech, and it is based upon fire. "To quench" means to extinguish. It is thus as uned that the Spirit of God is afire. And freely rendered Paul's appeal is this: "Do not put out the fire of the Spirit of God in your hearts. Avoid whatever stilles the sacred blaze. Give God the freedom of your lives that you may flame and en-kindle.-R. M. Vaughan.

SPLENDID PLUCK

William H. Platt, an elevator-boy of Philadelphia, has earned distinction by his bravery in the performance of duty in a time of great peril.

On May 4, 1901, at ten minutes past eleven in the forenoon, he noticed a crack in the side wall of the five-story office building at 18 South Broad Street, which had been undermined by excavations. He promptly, notified the trustee of the endangered property, who at once consulted the foreman of the gang of excavating laborers

'No danger.'' returned the foreman But the trustee was not satisfied, and notified the chief of the City Bureau of Building Inspection. Then, says the Philadelphia Press, the trustee and the elevator-boy visited each of the tenants, twenty in number, and warned them that the building was unsafe. Five minutes later there came a crash ! The bulk window on the first floor had fallen streetward.

"Run for your lives !" shouted Platt, and in a second the elevator was full of people.

"I'll come up again for you ! " he cried,

"I'll come up again for you !" he cried, reassuringly, to those who were left, and the car shot downward.
Twice more he made the ascent, and rought people down. Then, just as he are the same the same

Companion.

SPARKLES.

SPARKLES. Mrs. Hifly: "Is Mrs. Swagger at home?" Servant: "No, ma'am; she went out to call on you." Mrs. Hifly: "How very fortunate for us both."-Boston Post. Minister: "Is your father at home, Willie?"

Willie? " Willie? " William: "Yes, but he's got the rheu-matism so bad he ain't safe to talk to."-Indianapolis News.

Indianapolis News. Magistrate (to prisoner): "Have you any visible means of support?" Prisoner: "Yes, sir, your honor," (To his wife, a laundress): "Bridget, stand up so that the coourt kin see yez."—Tit-

'I don't like to get postal cards," said

" toon to here to get postal cards, "said she. "Why not?" asked he. "Because I can't spend half an hour turning it over and over and wondering who it is from.-@incinnati Commercial Tribune.

BLOOD TROUBLES

MANIFEST THEMSELVES IN MANY DISAGREEABLE WAYS.

Such as Scrofula, Eczema, Bolls and Pim ples—The Blood Should Be Purified During the Spring

Months.

<text><text><text><text>



During these six decades GATES' ACADIAN LINIMENT

GATES ACADIAN LINIMENT has been in public use with ever-growing popularity. All classes of workmen are now recognizing that it is the handlest and beat application they can get in case of accident or colds, and the greatest pair killer in the world. *CLumbernen* carry it (with them in the woods for emergencies)

C.Lumbermen carry it with them in the woods for emergencies. Fishermen and Miners have discoversed that they require its sid. Farmers cars get no superior liniment for aliments of horses and cattle. Householders should keep it constantly on hand for burns, bruises, cuts, colds, couchs etc.

on hand for burns, bruises, cuts, colds, coughs, etc. It should be applied to a cut at once, as it heafs and acts as a disinfectant, killing the disease germs which enter the wound. If you have a cold or other use for a liai-coent, get a bottle at once and you will be evaninced that you have got the best. Sold merywhere at 25 cents.

C. GATES, SON & CO.,

Middleton, N. S.

207 15