

This and That

A SHAGGY NEWSBOY.

The railroad ran along one side of a beautiful valley in the central part of the great State of New York. I stood at the rear end of the train, looking out of the door, when the engineer gave two short sharp blasts of the steam whistle. The conductor, who had been reading a newspaper in a seat near me, arose, and touching my shoulder, asked if I wanted to see a "real country newsboy." "I, of course, answered "Yes." So he stepped out on the platform of the car.

The conductor had folded up the newspaper in a tight roll, which he held in his right hand, while he stood on a lower step of the car, holding on by his left. I saw him begin to wave the paper just as he swung around a curve in the track, and a neat farmhouse came into view, way off across some open fields.

Suddenly the conductor flung the paper off toward the fence by the side of the railroad, and I saw a black, shaggy form leap over the fence from the meadow beyond it, and alight just where the newspaper, after bouncing along in the grass, had fallen beside a tall mullein stalk in an angle of the fence. It was a big, black dog. He stood beside the paper, wagging his tail, and watching us as the train moved swiftly away from him, when he snatched the paper from the ground in his teeth, and, leaping over the fence again, away he went across the fields toward the farmhouse. When we last saw him he was a mere black speck moving over the meadows.

"What will he do with the paper?" I asked the tall young conductor by my side.

"Carry it to the folks at the house," he answered.

"Is that your home?" I inquired.

"Yes," he responded; "my father lives there, and I send him an afternoon paper by Carlo every day."

"Then they always send the dog when it is time for your train to pass?"

"No," said he, "they never send him. He knows when it is train time, and comes over to meet it of his own accord, rain or shine, summer or winter."

"But does not Carlo go to the wrong train sometimes?" I asked with considerable curiosity.

"Never, sir. He pays no attention to any train but this."

"How can a dog tell what time it is, so as to know when to go to meet the train?" I asked again.

"That is more than I can tell," answered the conductor, "but he is always there, and the engineer whistles to call my attention, for fear I should not get out on the platform till we had passed Carlo."

"So Carlo keeps watch on the time better than the conductor himself," I remarked.

The conductor laughed, and I wondered as he walked away, who of your friends would be as faithful and watchful all the year round as Carlo, who never missed the train, though he could not "tell the time by the clock."—Our Dumb Animals.

TO WINE-DRINKING FATHERS.

It is from eight to sixteen that boys begin to break away from parental control, and the restraint of the fireside. It is then that they seem to feel that they know more than they who bore them; it

A CAT'S INTELLIGENCE.

Dumb Animals can Scent Danger.

A cat will refuse to drink coffee but will drink and thrive on Postum Food Coffee. Mrs. Alice Gould of Maywood Ill., says, "Coffee drinking made me very much run down, thin and nervous and I thought I should have to give up my work."

I was induced to try Postum by a friend who suffered four years from severe sick headaches lasting for several days at a time, who said that since using Postum Coffee she had been entirely free from an attack. I found that by making Postum according to directions it was equal to coffee in flavor.

It is now six months since I began drinking Postum and I have gained 18 pounds in weight. It has built me up and I feel like a new person.

We all drink it now, even to the cat, who is the pet of the family and it is funny to see him drink his bowl of Postum Food Coffee every morning. We often try to get him to drink coffee but he has the good sense to refuse it."

is then that they begin to assert the liberty of the street, and taste its delusions, its vices, and its crimes. Said an English jurist of great distinction: "A large majority of all the criminals who are brought before me have been made what they are by being allowed to be away from home evenings between the ages of eight and sixteen." What a testimony is this, dear mothers and sisters! Surely one of the most practical studies in this temperance work is how to keep the young away from temptation, and pleasantly and profitably occupy the evenings.

Guard your own door. There is one sort of a drinking-house that no State enactment can touch, and that is a private house with a decanter in its cupboard. Good friends, guard your own doors with teetotalism! A foolish rich man, who died lately, disinherited his drunken son. In that same will he bequeathed his "wine-cellar" to certain heirs. That father most insanely tempted his own son to drink, and then on his dying bed gave the boy a last kick into open disgrace! The most effectual of all home protection is to guard our own home. From such temperance homes will come the power to close up the public drinking dens.—Cuyler.

OUR PEDESTRIAN PRESIDENT.

In about all our cities good walkers, out for the love of it, for a real constitutional, a clear complexion, and a stock of vigor, are rare. Broadway in New York is perhaps the busiest street in America. But, if you will watch it from five to seven any evening, when men are going home from work, you will find that hardly 1 per cent. of them walk any distance. It is no odd sight to see at times the busiest part of Broadway without a solitary person walking either way between seven and eight of an evening. If you want to find the people, look in the cars. There they are, often jammed in, writhing, uncomfortable, in air that has been breathed over and over till it is close and foul; and there they stay till they get as near home as they can.

United States Senator Lodge is a good walker. He likes a stretch of several miles almost as well as Gladstone did. But the other day, when the senator went out for a two-hour walk with a man named Roosevelt he found that he needed a tow line, that do all he could, and strive to interest him as he might, somehow the Roosevelt man kept getting away ahead.

If every one in the United States was as well developed as our president is, we should be the the most magnificent race the world has ever seen. Trolley cars have not thinned his legs; he has splendid arms, a deep chest, a broad and sturdy back, a masculine neck—in short, an educated body as well as an educated mind and character. He had to work long and faithfully to get that helpful body, with which he can now outwork and outlast most men; and he knows that there is but one way to keep it in fine order, and that is by systematic, vigorous exercise; and so he keeps it up, as Senator Lodge found out.—Christian Endeavor World.

A PUNCTUAL BIRD.

What teaches the little humming-bird that we see in our gardens to travel every spring from near the equator to as far north as the Arctic Circle, leaving behind him, as he does, for a season, many tropical delights? He is the only one of many humming-birds that pluckily leaves the land of gaily colored birds to go into voluntary exile in the north, east of the Mississippi. How it stirs the imagination to picture the solitary, tiny migrant, a mere atom of bird-life, moving above the range of human sight through the vast dome of the sky. Borne swiftly onward by rapidly vibrating little wings, he covers the thousands of miles between his winter home and his summer one by easy stages, and arrives at his chosen destination, weather permitting, at approximately the same date year after year.—Country Life in America.

WHAT POLLY SAYS.

"Blue ribbons may be as pretty as white; Dark hair may be as pretty as light; But a cross little girl who frowns all the while, Can never be pretty as the girls who smile."

—Ex.

FORTY DOLLARS' WORTH OF TEMPER.

Whoever wishes to hear a solemn, almost tearful oration in the evils of losing one's temper should apply to a certain scientific gentleman in Washington, of whom the Star tells a tragic story.

He had a Negro servant who exasperated him by his stupidity. One day when he was more stupid than usual, the angry master of the house threw a book at his head. The Negro ducked and the book flew out of the window.

"Now go and pick that book up!" ordered the master. The Negro started to obey, but a passer-by had saved him the trouble, and had walked off with the book. The scientist thereupon began to wonder what book he had thrown away, and to his horror discovered that it was a quaint and rare volume on mathematics, which he had purchased in London, and paid \$50 for it.

"The next time I feel that it is absolutely necessary to throw things," he exclaimed in his sorrow, "I'll choose something less expensive than a favorite book."

But his troubles were not over. The weeks went by, and Time, the great healer, had begun to assuage his grief, when strolling into a second-hand book-shop, he perceived to his great delight a copy of the book he had lost. He asked the price.

"Well," said the dealer, reflectively, "I guess we can let you have it for \$40. It's a rare book, and I dare say I could get \$75 for it by holding on a while."

The man of science pulled out his wallet and produced the money, delighted at the opportunity of replacing his lost treasure. When he reached home he sat down at the table to gloat over his find, and a card dropped out of the leaves. The card was his own, and further examination showed that he had bought back his own property.

"Forty dollars' worth of temper? Huh, I think I shall mend my ways!" he was overheard to say. His daughter, who tells the story with glee, declares that the Negro servant is positively worried over the sunny disposition of her father. He feels that the worthy man must be ill.—Youth's Companion.

When we are alone, we have our thoughts to watch; in our family, our tempers; and in society our tongues.—Hannah More.

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system. Charcoal sweetens the breath after smoking drinking or after eating onions and other odorous vegetables.

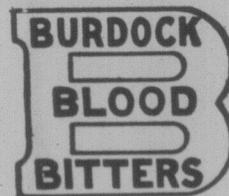
Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets."



Is a purely vegetable System Renovator, Blood Purifier and Tonic.

A medicine that acts directly at the same time on the Stomach, Liver, Bowels and Blood.

It cures Dyspepsia, Bilioousness, Constipation, Pimples, Boils, Headache, Salt Rheum, Running Sores, Indigestion, Erysipelas, Cancer, Shingles, Ringworm or any disease arising from an impoverished or impure condition of the blood.

For Sale by all Druggists.

INVESTMENTS.

SAFE—PROFITABLE.

STOCK—with 6 per cent dividend

DEBENTURES—drawing 5 per cent interest

DEPOSITS—Taken 4 per cent interest

SAVINGS STOCK—4 1/2 per cent allowed Accumulating rapidly

LOANS—Made on favorable terms.

THE SUN SAVINGS AND LOAN COMPANY
Confederation Life Building, Toronto
W. VANDUSEN, AMBROSE KENT, PRESIDENT. VICE PRESIDENT
W. PEMBERTON PAGE, MANAGER.

The TOILET IS INCOMPLETE WITHOUT POND'S EXTRACT

RELIEVES CHAFING, ITCHING OR IRRITATION. COOLS, COMFORTS AND HEALS THE SKIN, AFTER SHAVING.

Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract, which easily sores and often contain "wood alcohol," a deadly poison.

COWAN'S

PERFECTION

Cocoa.

It makes children healthy and strong.

WANTED.

In Connection with our Schools at Wolfville.

2. A man and his wife to work in Acadia Seminary, the man to do the work of a man servant and the woman to do laundry work.
3. Two girls to work in dining-room of Acadia Seminary.

For full particulars as to terms, duties, etc., write to the undersigned.
A. COBURN, Sec'y Ex. Com.
Wolfville, N. S., July 1.