

**This and That**

**"ALONG THIS LINE."**

The young minister's address was good. He gave the expression to several stimulating ideas, and his manner had a proper combination of energy and gracefulness. But the effort was marred by the use of certain set phrases which were wonderfully unnecessary and necessarily offensive. He declared "I am here to say," as many as a dozen times in his opening paragraphs. No one doubted that he was there, or that he was there to say just what he did say. Then why did he not say his say without repeatedly reminding us that this was his particular purpose in being present? But this was not so bad. This was: In exactly fourteen minutes the brother used the expression, "Along the line," forty-three times. He first informed us that he had never spoken "along the line," but that more discussions "along the line" would be beneficial. Then he reminded us of the great men who had spoken "along the line," and declared that if more of our ministers would speak "along this line" there would be greater faithfulness in the church "along the line." If the church ever comes up to its high privilege "along the line," there must be more devotion "along this line." And so on.

We are sure the young brother was totally unconscious of the repetition, for we spoke to him kindly about it later in the day. He thanked us for calling his attention to a habit he had been wholly unconscious of, and his manifestations of gratitude are our excuse for calling attention in this public way—without indicating name, date or locality—to the matter. Watch yourself, young preacher, the next time you speak in public, and make sure that you are not blundering "along this line."—Epworth Herald.

**TEXAS EDITOR EXPLAINED.**

Our wife's people have been with us for the two past weeks (they are gone now), we are minus a printer and our devil has graduated and gone a-fishing hence the Albany News may remind you of a patent medicine bulletin this week, but it won't always be so. We have secured a good printer and next week the "News" will greet you with her usual garb of smiles and hearty handshakes. We do love to walk out in the early morn and gather up the sunshine and laughter and extract the music from the birds' songs and tie them into lovely bouquets, saturate them with the perfume of gladness and toss them at the people as they rush by in their mad race after their coveted goal, the god of wealth and fame.—Ex.

**HE PASSED.**

He had studied by himself, and came up for examination to college with inadequate preparation. He approached ancient history with fear and doubt, for he had had little time to stuff himself with the history of the Caesars.

The paper contained a question at which the young man looked with dismay.

"What can you say about Caligula?"

He did not remember that Caligula was worst of a long line of, mad and bad Roman Emperors.

But a sudden inspiration came to him, of the sort that often saves the young and ignorant. He wrote:

"The less said about Caligula the better." He passed.—Ex.

**THE DUTY LYING NEAREST.**

Soon after the death of Thomas Carlyle two friends met, "And so Carlyle is dead," said one. "Yes," said the other, "he is gone; but he did me a very good turn once." "How's that?" asked the first speaker. "Did you ever see him or hear him?" "No," came the answer, "I never saw him nor heard him. But when I was beginning life, almost through my apprenticeship, I lost all interest in everything and everyone. I felt as if I had no duty of importance to discharge, that it did not matter whether I lived or not, that the world would do as well with-

out me as with me. This condition continued more than a year. I should have been glad to die. One gloomy night, feeling that I could stand my darkness no longer, I went into a library, and, lifting a book I found lying upon a table, I opened it. It was 'Sartor Resartus,' by Thomas Carlyle. My eye fell upon one sentence, marked in italics, 'Do the duty which lies nearest to thee, which thou knowest to be a duty!' The second duty will already have become clearer." That sentence," continued the speaker, "was a flash of lightning striking into the dark soul. It gave me a new glimpse of human existence. It made a changed man of me. Carlyle, under God saved me. He put content and purpose and power into my life." God help us to do the duty next to us. That will fit for the duties further on.—Sel.

**THE ABSTEMIOUS JAPANESE.**

The Japanese are naturally abstemious in the matter of eating. Rice is the staple diet, with dried fish as almost the only meat, and with plenty of vegetables and fruit when they can be obtained.

A traveller in Nagasaki was amazed one day at seeing the swiftness with which the Japanese men and women, boys and girls, passed baskets of coal from lighter to ship, chattering meanwhile as if it were but a picnic in which they were engaged. When noon came and they stopped for lunch he went among them and examined their provisions. One had an apple, a tomato and an onion. Another had about three heaping tablespoonfuls of boiled rice. Another had two tomatoes and a tiny rice cake. Of the man with the onion the traveller asked: "Is that all you have?"

"Why, yes," was the reply "I would not care to eat more just now, for I have five hours' more work this afternoon."

"What did you eat for breakfast?"

"Oh, something very fine; a bowl of rice with some little strips of dried fish."

"And what will you eat to-night, when work is done?"

"Probably some boiled fresh fish, lettuce, tomatoes, onions, and cucumbers."

Accustomed to such a light diet from infancy, the Japanese build great endurance on it—endurance which is being tested to the quick during the present war.—Ex.

**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 or 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 Charcoal 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 Charcoal 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 Charcoal Lozenges than in any of the ordinary charcoal tablets."

**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 Side, Chest, Limbs and Sudden Flashes of Heat, should use a few doses of



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

Radway & Co., New York.

Gentleman—In regard to "Radway's Pills," I wish to say, that I have never found any remedy that can equal them.

For the past two years I was suffering from nervous dyspepsia and constipation. After eating I would have a sensation of heaviness in the stomach, feel like vomiting, pain and dizziness in the head, and then I would become nervous. I tried everything that was recommended to me. My physician told me I had chronic constipation and a sour stomach. He could relieve me somewhat, but still did not cure me. I was almost in despair. At last a friend persuaded me to try "Radway's Pills," which I did. And I am glad to say, that they not only relieved me, but positively cured me. Even after taking them only a few days, a regularity of the bowels was established and the dyspeptic symptoms have already disappeared. Now I feel like a new person.

May God bless you and your wonderful remedy. I remain,

Yours for health,  
B. S. TREXLER,  
Allentown, Pa.

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