



Burdock Blood Bitters.

Turns Bad Blood into
Rich Red Blood.

This spring you will need something to take away that tired, listless feeling brought on by the system being clogged with impurities which have accumulated during the winter.

Burdock Blood Bitters is the remedy you require.

It has no equal as a spring medicine. It has been used by thousands for a quarter of a century with unequalled success.

HERE IS PROOF.

Mrs. J. T. Skine of Shigawake, Que., writes: "I have used Burdock Blood Bitters as a spring medicine for the past four years and don't think there is its equal. When I feel drowsy, tired and have no desire to eat I get a bottle of B.B.B. It purifies the blood and builds up the constitution better than any other remedy."

THE Mutual Life ASSURANCE CO. of Canada	
Insurance in Force, . . .	\$35,000,000
Total Assets, . . .	6,500,000
Surplus, . . .	738,000

E. E. BOREHAM,
Manager for Nova Scotia,
Metropole Building, HALIFAX.

A FEW DON'TS FOR SUNDAY SCHOOL SUPERINTENDENTS.

MARION LAVANCE.

Don't let the passing hour pass by one minute without blessing. Be on Time. Don't begin till order is secured. Be orderly yourself.

Don't call for order but once; then wait till it is secured.

Don't scold if order does not come quickly. Be patient.

Don't be childish. Be childlike. You have all ages in your school.

Don't sing six verses of a hymn. Two are better; but if you must use three, sing the first and last, and read the second.

Variety may be just what your school needs.

Don't allow any ten minute, or even five-minute prayers. They will kill your school. Head off that god but persistent brother. Do it kindly.

Don't call on any one to pray without first getting his consent and telling him what you want him to pray for.

Don't permit any quarterlies to be used in the class by teachers or scholars. Let them have Bibles only. One might as well put the pots and kettles on the dinner table, as to bring quarterlies to the class. They are help to prepare the meal, not to serve it.

Don't 'take up the collection' while you sing. Worship God in one way at a time. Don't say "collection" at all. It is an offering. Call it that.

Don't talk about "pennies" for the Sunday School to those who have nickels and dimes for gum and candy.

Don't use the word "children" except in the primary department. Say "scholars;" that fits all ages.

Don't go before your school without a carefully prepared programme of the entire session. Always know what you mean to do first, and next, and last; then quit.

Don't talk too much. If you do, you will shorten your influence. Be a superintendent.

Don't permit any teacher to keep his class who stays even once without a valid excuse. We are not "playing at" Sunday School.

WHO IS TO BLAME?

The bars are wide open in our little town; And doing their best to succeed In debauching our morals, and dragging us down.

To serve the saloon-keeper's greed.

There are some who think

An occasional drink

Is a thing at which good people surely might wink;

Though their talk is all nonsense, their reasoning lame,

The bar-rooms are open,

And

who

is to

blame?

And then there are others you will not find loath

Each argument, the adrover to seize To decry moral law—and affirm with an oath,

The right to do just as they please.

And such people will,

Of course, guzzle and swill,

And deposit their funds in the bar-keeper's till;

Unlimited license and freedom they claim;

The bar-rooms keep open,

And

who

is to

blame?

We have plenty of church and good people too,

As respectable folk we are great;

In comparison drunks and brawlers are few

To the many who keep themselves straight.

We have, by the way,

A Y. M. C. A.,

And devotional service at noon every day;

Yet the truth must be spoken with sorrow

And shame,

The bars are still open.

And

who

is to

blame?

—Frank Beard, in Ram's Horn.

I once heard a man say, "There is a gentleman mentioned in the nineteenth chapter of Acts to whom I am more indebted than to almost any other man. He was the town clerk of Ephesus, whose counsel was to do nothing rashly." Upon any proposal of consequence it was usual for this man to say, "We will first advise with the town clerk of Ephesus." One in a fond compliance with a friend, forgetting the town clerk, may do that in haste which he may repent at leisure—may do what may cost him most trouble and anxiety.—Mather.

CHURCH MOORINGS.

An old sea-captain was riding in the cars, and a young man sat down by his side. He said:

"Young man, where are you going?"

"I am going to Philadelphia to live."

"Have you any letters of introduction?"

"Yes," said the young man, and he pulled some of them out.

"Well," said the old sea-captain, "have you a church certificate?"

"Oh, yes," said the young man, "I did not suppose you desired to look at that."

"Yes," said the sea-captain, "I want to look at that. As soon as you reach Philadelphia, present that to some Christian church. I am an old sailor, and I have been up and down in the world, and it is my rule as soon as I get into port to fasten my ship fore and aft to the wharf, although it may cost a little wharfage, rather than have my ship out in the stream floating hither and thither with the tide."—Leaves of Light.

THE SALOON MUST GO!

WHY?

Because it's an enemy of God.

Because its foundation is human lust.

Because it cannot stand before the better instincts of manhood, when once they are aroused.

Because its presence is a bar to highest progress.

WHEN?

When a united Christian sentiment says, "Go," to the saloon, it will depart.

When men realize that they are their brother's keepers

When our religion becomes real enough to make us true humanitarians.—E.

SLEEP SONG.

To sleep! to sleep! The long bright day is done;

And darkness rises from the fallen sun.

To sleep! to sleep!

Whate'er the joys, they vanish with the day;

Whate'er thy griefs, in sleep they fade away;

To sleep! to sleep!

Sleep, mournful heart, and let the past be past!

Sleep, happy soul! all life will sleep at last.

To sleep! to sleep!

—Alfred, Lord Tennyson.

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 no 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."

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In the Growing Town of Berwick and Vicinity.

A very fine dwelling house nearly new, finished throughout. Furnace, Hot and Cold water, in the house. Six acres of land all under cultivation, attached, partly filled with fruit-trees. Particularly adapted for the growth of small fruit. Three minutes walk to Post office, Bank, Church, and ten minutes to the station. Finest situation in town.

Also twenty-six acres of orchard land adjoining the camp grounds, part under cultivation and filled with sixteen hundred fruit trees, consisting of Apples, Plums, Pears and Peaches—the variety of plums are largely Barbans, and Abundant and New bearing—abundantly. Five minutes walk to station. Also one of the finest farms in the Valley. Cuts from 60 to 70 tons hay, large orchards—bearing and just in bearing. Produce now 500 to 1000 bbls. apples per year and will soon produce 1500 bbls. Modern House finished throughout, nearly new, two barns—all in first class order.

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NOTES on the Sunday School Lessons

for 1903.

Should Have Changed

our ad sooner, but couldn't get time to think about it.

Students in attendance always have first claim on us. Prospective students next. And we have been rushed with work.

But our students are beginning to graduate now, and we will get a chance to give our attention to prospective students.

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