

**\* This and That \***

**HABITS.**

He was watching grandpa put on his shoes. "Why do you turn 'em over to shake 'em before you put 'em on?" he asked.

"Did I?" said grandpa.  
"Why, yes, you did; but I didn't see anything come out. I have to shake the sand out of my shoes 'most every morning."

Grandpa laughed. "I didn't notice that I shook my shoes, Ned; but I got in the habit of shaking my shoes every time before putting them on when I was in India."

"Why did you do it there?"  
"To shake out scorpions or centipedes or other vermin that might be hidden in them."

"But you don't need to do it here, for we don't have such things."  
"I know, but I formed the habit; and now I do it without thinking."

"Habit is a queer thing, isn't it?" said Ned.  
"It's a very strange thing," said grandpa. "remember that, my boy. A habit is a chain that grows stronger every day, and it seems as if a bad habit grows faster than a good one. If you want to have good habits when you are old, form them while you are young, and let them be growing strong all the while you live."—*Mayflower.*

**DON'T WATCH THE CLOCK.**

Thomas A. Edison's recent advice to a young man who queried of him advice as to success, "Don't watch the clock," deserves a place in the rules of any young man who is ambitious and striving for success in any line. Don't be a time-server. Remember that you are working for something more than a stipulated sum for a certain number of hours. Keep your employer in your debt by doing a little more or a little better work than is actually required of you, and sooner or later there will come a day of reckoning when you will get your pay.—*Haverhill Gazette.*

**A SOFT HEAD.**

A gay young fellow, of a deistical turn, traveling in a stage-coach to London, forced his sentiments on the company by attempting to ridicule the Scriptures. Among other topics he made himself merry with the story of David and Goliath, strongly urging the improbability of a youth like David being able to throw a stone with sufficient force to sink it in the giant's forehead. On this he appealed to the company, and in particular to an elderly Quaker, who sat silent in one corner of the carriage. "Indeed, friend," replied he, "I do not think it improbable, if the Philistine's head was as soft as thine is."

**PROFESSOR HUXLEY ON ALCOHOL.**

In a letter published in his "Life and Letters," replying to a question as to what he thought of alcohol as a stimulant to

**COFFEE EYES**

It Attacks Many Persons There.

To illustrate how coffee can affect the eyes the words of a lady in Woodland, Ia., are quoted.

"I was brought up to believe that tea was injurious but was allowed to drink coffee from childhood. Ever since I can remember I have been subject to severe attacks of headache, otherwise my health was pretty good until a short time ago my eyes became affected; they ached and pained me continually and were often badly inflamed. I also had queer, dizzy feelings in my head almost continually.

One time we were obliged to do without milk or cream for a few weeks, and not relishing my coffee clear I left off its use. In a short time I was surprised to find my eyes greatly improved, and I felt better in every way, still I did not mistrust the coffee, and began its use as soon as we got cream again. Within a few days my eyes were worse than ever. Then I resolved to quit coffee absolutely and take up Postum. This I did and my eyes quickly recovered.

My experience shows that while coffee caused headache and eye trouble Postum Food Coffee does not produce any bad effects whatever and is greatly strengthening and nourishing." Name given by Postum Co., Battle Creek, Mich.

the brain in mental work, Professor Huxley said:

"Speaking for myself (and perhaps I may add for persons of my temperament) I can say without hesitation that I would just as soon take a dose of arsenic as I would of alcohol under such circumstances. Indeed, on the whole, I should think the arsenic safer, less likely to lead to physical and moral degradation. It will be better to die outright than to be alcoholized before dead. If a man cannot do brain work without stimulants of any kind he had better turn to hard work. It is an indication on nature's part that she did not mean him to be a head worker.—(Westville Free Lance.)

**WHEN CARNEGIE WAS A MESSENGER BOY.**

When Andrew Carnegie was a lad, one of his varied employments was as a messenger boy. He thus describes his attitude toward his task, and in so doing hints at one important secret of his great success: "My only dread was that I should some day be dismissed because I did not know the city; for it is necessary that a messenger boy should know all the firms and addresses of men who are in the habit of receiving telegrams. But I was a stranger in Pittsburg. However, I made up my mind that I would learn to repeat successively each business house in the principal streets, and was soon able to shut my eyes and begin at one side of Wood St. and call every firm successively to the top, then pass to the other side and call every firm to the bottom. Before long I was able to do this with the business streets generally. My mind was then at rest upon that point."

**SOCIAL TRAITS OF BROWNING.**

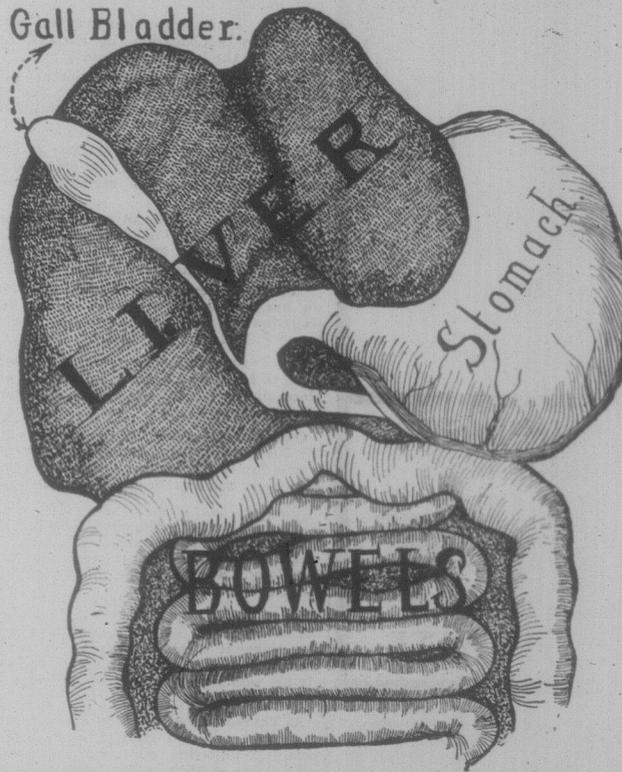
In an article on "Browning in Venice" in the February Century, by the late Mrs. Arthur Bronson, occurs this charming glimpse of the poet's democracy:

In his immense humanity he refused to make distinctions of manner among those of his own class of life who approached him, always excepting the rare cases where base qualities had been proved beyond a doubt to his mind. The thing he most abhorred was untruthfulness; even insincerity in its most conventional form was detestable to an upright mind which loved and sought for truth in all its phases. His first impulse was to think well of people, to like them, to respect them; they were human souls, and therefore to him of the greatest earthly interest. He conversed affably with all. Lover of beauty as he was, he would talk as pleasantly with dull old ladies as with young and pretty ones. He made himself delightful at a dinner-party; whether the guests chanced to be of mediocre intelligence or of superior brains, his fund of sparkling anecdote for all was never exhausted. In this, as in many other ways, one learned from him the lesson of self-forgetfulness. He never asked, "Do these people amuse me?" "Do I find them agreeable?" His only thought was, "Let me try to make their time pass pleasantly."

**CHRONIC CONSTIPATION**

*Opens the System to all Epidemic Diseases.*

**Gall Bladder.**



Next to the blood the most important fluid in the body is BILE. This is why the Liver is the largest organ in the body. Without Bile our food would decay in the stomach and bowels. We would soon die from the poison generated by the decay. But the Liver, when in health, keeps pouring Bile into the bowels. The Bile is nature's great Purgative. It is more. It is NATURE'S GERMICIDE. As soon as it touches the foods in the bowels it makes it wholesome and sweet. It stops decay, destroys all poisons, kills all germs of disease. Healthy Bile is our best protection against disease of all kinds. It kills the germs and forces them out of the system before they can do harm.

Anybody whose Liver is in thoroughly good working order can go safely through any epidemic without catching it. The germs may enter the system, but they are killed before they can do harm. Where does the Liver get the Bile? It manufactures it from strong chemical elements in the blood. When the Liver is diseased it can't do this. These chemicals are very powerful. They aren't meant to stay in the blood. If they are kept there they make it weak and poor. Then the blood tries to get rid of them by forcing them through the pores of the skin. The complexion grows a dirty yellow. Digusting pimples appear. The perspiration has an unpleasant odor. The breath grows bad. The eyes get dull. The whole body becomes weak and sluggish. Meanwhile the bowels, not having enough Bile to keep them working, becomes irregular in action. CONSTIPATION appears. The food stays too long in the body. It decays and poisons the blood. The whole body is weakened, and the victim falls a ready prey to the next disease he meets.

The only way to cure this is to put the Liver again in order. Purgatives will not do this. They don't touch the Liver. They only work in the bowels and force out whatever little Bile there is there. Purgatives produce an operation of the bowels but they leave the sufferer worse off than before. The Constipation always comes back unless the CAUSE is removed. The most common cause of Chronic Constipation is Catarrh mucus which has clogged the Liver. Doctors don't know this. Those few who suspect it don't know how to treat it. I DO I have made a special study of it for years. Under my treatment the Liver itself is cleansed. It begins at once to work on the blood. The blood grows clean and pure again. It is able to gain strength clean and fresh. The eyes brighten. The breath sweetens. New strength leaps through all the body. Best of all the cure is permanent.

Below are some of the most common symptoms of Catarrh of the Liver. Remember if you haven't Bile enough your strongest defence is down. YOU ARE LIABLE TO CATCH THE NEXT DISEASE YOU ARE EXPOSED TO.

**Symptoms of Catarrh of the Liver.**

This condition results from the Liver being affected by Catarrh extending from the Stomach into the tubes of the Liver.

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| 1—Are you constipated?           | 12—Is eyesight blurred?                      |
| 2—Is your complexion bad?        | 13—Have you a pain in the back?              |
| 3—Are you sleepy in the daytime? | 14—Is your flesh soft and flabby?            |
| 4—Are you irritable?             | 15—Are your spirits low at times?            |
| 5—Are you nervous?               | 16—Is there a bloating after eating?         |
| 6—Do you get dizzy?              | 17—Have you a gurgling in bowels?            |
| 7—Have you no energy?            | 18—Is there a throbbing in stomach?          |
| 8—Do you have cold feet?         | 19—Is there a general feeling of lassitude?  |
| 9—Do you feel miserable?         | 20—Do these feelings affect your memory?     |
| 10—Do you get tired easily?      | 21—Are you short of breath upon exercise?    |
| 11—Do you have hot flashes?      | 22—Is the circulation of the blood sluggish? |

If you have any of the above symptoms mark them and send them to me. I will diagnose your case absolutely free and tell you just what to do to be Permanently Cured. Then you can defy Smallpox, Diphtheria, Cholera, Typhoid, or any epidemic that is raving. Address, CATARRH SPECIALIST SPROULE, 7 to 13 Doane St., Boston.

In a practice throw on the campus at Berkeley, California, Alfred D. Plaw, of the University of California, hurled the sixteen-pound hammer 187 feet. The world's record, held by Flannigan, of New York, 171 feet 3 inches, and the American inter-collegiate record, held by Plaw himself, and made in 1900, is 165 feet 9 inches. Plaw will go East with the University crack team this spring.

Alex. Pushie, of Truro, engineer of the Dominion Coal Company, is home from Norway and Sweden, where he has been demonstrating to large railroad corporations the feasibility of securing their coal from Nova Scotia. The coal was received with great favor, and Mr. Pushie comes home with bright prospects of several large orders for shipment to Norway and Sweden early next summer.