

**HEALTH AND HOLIDAYS.**

The essential point about a real holiday is that it should afford complete change of environment and occupation, of habits to some extent, perhaps of companionship, as well as air. Change of scene alone has a recreative value, inasmuch as it awakens new trains of thought and arouses fresh interests in the mind of the observer, thus directing the mental activities into fresh channels, and, by eliminating old business worries, assisting in the recuperation of the brain. So that, in spite of the well worn Horatian aphorism, it is quite possible at one and the same time to recreate the mind as well as "change the skies."

Change of diet is an able ally of scene. Perhaps the cooking is somewhat different from that which one has been accustomed to, the fish and vegetables fresher than one has been in the habit of obtaining at home, the water they have been cooked in is not without a subtle influence of its own, nor is the novelty of the style in which the meals are served without a psychological influence, which reacts on digestion through the well known influence of mind on body. Even when living at home the change involved in dining out has a value.

Then there is necessarily some degree of change in one's habits of life. For instance, there is no morning train to the city to catch, no office to hold one prisoner during the best hours of the day, no nerve-wearing "click, click," of the typewriter in one's ears, and, it is to be hoped, no jangling telephone to ring one up every five minutes. The holiday-maker has the day before him to do with as he pleases, to "loaf and invite his soul," or to "do the lions" with all the energy at his command. He need no longer live with an eye on the clock, but may go to bed and get up when he pleases. For a time, at least, he can afford to be more of a man and less of a machine.

The grand factor, however, in the lay view of a holiday is change of air. People do not as a rule take any account of the other changes, which are very real, and certainly tangible, but they expatiate very largely on the benefits of a change of air. Certainly the air of a place like Brighton seems to be more exhilarating than that of Bayswater, but chemically they are almost identical. Brighton boasts of its ozone, but if Bayswater would only get up a little earlier in the morning it, too, might revel in the ozone evolved in the dewy glades of Kensington Gardens during the small hours of these summer mornings. A change from the town to a quiet seaside or inland village undoubtedly enables one to breathe an atmosphere free from the gaseous, organic, and dusty refuse suspended in the air of a big town. In a word, change of air really means change from an impure to a pure air, and in view of the benefits accruing from a liberal supply of the latter, it is a matter for wonder that so many people are content to breathe the mere apology for air which is the only respirable medium available in our great cities of today.

It goes without saying that during the holiday as much time as possible should be spent in the open air, preferably in the pursuit of some sport, such as fishing, some hobby, like botany, geology, or gardening, or some gentle form of exercise, like cycling. To take full advantage of the sunlight—a powerful tonic, stimulant, and alternative—is as important as to take full advantage of the fresh air, and that the light rays may have their full effect on the body, the holiday-maker's attire should consist of white, or, at any rate, light-colored fabrics, preferably of a loosely woven texture. The beneficial effect of sea-bathing is in no little degree due to the action of light

and rapidly moving air on the surface of the body; hence the full effect of the sun-bath should always be secured at the bathing hour.—Dr. Robertson Wallace.

**A MOTHER'S RULE.**

The mother of John Wesley and Charles Wesley and seventeen other children was a most remarkable woman—beautiful in person, intelligent, refined, systematic, and spiritually-minded. She gave to her son, John, this rule of life: "Whatever weakness your reason, impairs the tenderness of your conscience, obscures your sense of God, or takes off the relish of spiritual things—in short, whatever increases the strength and authority of your body over your mind—that thing is sin to you, however innocent it may be in its self. Wise mother! Wise son!—Exchange.

**WHOSOEVER.**

Some one tells of an old man that was riding through a country district when he was accosted by a native who asked him for a ride. He soon began to talk to the man and found that he was not saved. The native asked him after a while what his business was in those parts. He said, "I represent a very large estate that has just been divided by the will of the testator and some of the heirs live around here, and I am looking for them. Their family name begins with the letter 'S', and they are a very large family." Immediately the man became greatly interested. "Why, he said, I know some of them, they are the Smiths, are they not?" "No," said the man, as he looked him earnestly in the face, "their name is 'Sinner,' and I think you are one of them and I have come to bring you a fortune."

"So grant me, God, from every care  
And stain of passion free,  
Aloft thro' virtue's purer air  
To hold my course to Thee.  
No sin to cloud, no lure to stay,  
My soul as home she springs;  
Thy sunshine on her joyful way,  
Thy freedom in her wings."

**AN ECCENTRIC PREACHER.**

Rowland Hill, the eccentric Welsh preacher was preaching once in the open air. Lady Ann Erskine came riding by in her carriage. Seeing the great crowd which surrounded the famous preacher, Lady Ann ordered her coachman to drive over in order to hear his discourse. Rowland saw the carriage on the outskirts of the crowd. He surmised that the occupant was a member of the nobility. He surmised that it was Lady Ann Erskine, and in that he was right.

He stopped suddenly in his sermon and said: "Friends I have something to sell!" Everybody was amazed, "Yes," he said, "I have something to offer for sale. It is the soul of Lady Ann Erskine. Do I hear a bidder? Hark! Satan bids! Satan, what do you bid? Satan offers money, position, honor, pleasure. Stop! Do I hear another bidder? Yes, the Lord Jesus Christ bids. Lord Jesus Christ what do you bid? Christ bids eternal life!" Turning to Lady Ann Erskine he said, "Lady Ann, you have heard the two bids; which will you take?" And Lady Ann Erskine, dropped on her knees in the bottom of her carriage, and cried, "I will take Jesus!"—Ex.

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It invigorates  
It strengthens  
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**BONE AND MUSCLE**

Used with the greatest advantage by all weak people. Prevents fainting, makes pallid cheeks into rosy ones.  
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THAT BACKACHE  
IS THE FIRST  
SYMPTOM OF  
KIDNEY TROUBLE.**

It is! and you cannot be too careful about it.

A little backache let run will finally cause serious kidney trouble. Stop it in time.

**TAKE  
DOAN'S  
KIDNEY  
PILLS.**

They cure where all others fail. As a specific for Backaches and Kidney Troubles they have no equal. Here is what

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On and after SUNDAY, June 4, 1905, trains will run daily (Sunday excepted) as follows:

TRAINS LEAVE ST. JOHN.

No 5—Mixed for Moncton,	7.45
No 2—Exp. for Halifax, Sydney Point du Chene, and Campbellton	6.00
No 26—Express for Point du Chene, Halifax and Pictou	11.45
No 4—Express for Moncton and Point du Chene	11.00
No 8 Express for Sussex	17.15
No 134—Express for Quebec and Montreal.	19.00
No. 10—Express for Halifax and Sydney	23.25
No 136, 138, 156—Suburban express for Hampton	13.15 18.15, 22.40

TRAINS ARRIVE AT ST. JOHN.

No 9—Express from Halifax and Sydney	6.25
No 7—Express from Sussex	9.00
No 133—Express from Montreal and Quebec	12.50
No 5—Mixed from Moncton	16.30
No 1—Express from Moncton and Point du Chene	17.00
No 25—Express from Halifax, Pictou and Campbellton	17.15
No 1—Express from Moncton	21.20
No 81—Express from the Sydneys, Halifax, Pictou and Moncton (Sunday only)	1.35
No 135, 137, 155—Suburban express from Hampton	7.45, 15.30, 22.05

All trains run by Atlantic Standard Time 24.00 o'clock is midnight.

**D. POTTINGER,**

General Man.  
Moncton, N. B., June 1st, 1905.

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**THE OI**

One of the the St. Lo toise that was reputed and fifty ye discovered by a m specimens, surmises the the bladder regarded it ed it up an try. We h ture was en hundred and then looked cause of its certain that over a centu makes the el fivescore ye the longest l seem quite a Of course, signs of tim crevice in it had begun t within acted that he was this earth, about with Outing.

**BE QUI**

Never allow to drop. K as if you wer ing to do a the world, so note your be eriority. If habit of walk way, turn ri and make a don't want a failures we of park benches streets with kets, or hau and wonderin hard with th give people are discourag ready falling who is conse God, and of h and of his p thoroughly i firm, vigorou erect, his chin back and out projected in lung capacity things. You cannot great of nobl assume the a coward or we

**When Coffee**

"Of late y with me," Rome, N. Y., was to make it seemed to t "The heaviest stomach comp petite and ma ritable, and s ter one of th nearly lost my and try Postu "It went rig it not only a refreshing bever All my aim dizziness, the of my blood, r tability disapp my sorely a quickly to re build and have til now. Hav am rejoicing i owe to the us fee." Name Battle Creek, M There's a rea Read the litt Wellville," foun