

The Two Workers.

The workers in the field
Toiled from day to day;
Both had the same hard labor,
Both had the same small pay.
With the same blue sky above,
The same green earth below,
One heart was full of joy,
The other full of woe.

One leaped up with the light,
With the singing of the lark,
One felt it ever night,
For his soul was ever dark.
One heart was hard as stone,
One heart was blithe and gay,
One worked with many a groan,
One whistled all the day.

One had a flower clad coat
Beside a merry mill;
One had a flower clad coat
Beside a merry mill.
One was a dearest, sweeter still,
One was a dearest, sweeter still.
Full of discord, dirt and din;
No wonder he seemed mad;
One worked with many a groan,
One whistled all the day.

Still they worked in the same field,
Toiled on from day to day;
Both had the same hard labor,
Both had the same small pay.
But they worked not with one will;
The reason let me tell:
Lo! the one drank at the still,
But the other at the well.

The Two Workers.

Seek first, tired and overworked
Mother, to implant deeper within
Your heart each day, the fact that you need
rest—that it means money—actual cash
saved—that it means comfort and happiness
to your family—nay more—that it
may mean that you shall not be taken
away, when your little brood so much
needs a fond mother's care and guidance!

But how obtain rest with a family of
children? With means so limited, the
strictest economy must be practiced.
Why, were the days twice as long, you
could not fill every moment with things
necessary to be done!

Yes, seemingly true. But ever re-
member you are choosing between an
overworked, ailing body and a healthy
one; between a cheerful, cheerful dispo-
sition, and a worn, fretful one.

When a member of the household is
sick, demanding constant care we realize
as no other time, that we can slight
our work, reducing it to a minimum, and
still maintain a fair state of order and
comfort. A person who has not learned
how to slight work (and be assured there
is "knack" about it) has missed one of the
"degrees" of our noble "order!"

We can obtain time to favor ourselves
when necessary, not only by slighting
our work, but also by change of occupa-
tion and surroundings. The woman who
from morn till night drudges about her
house, in her every day work-dress, does
great injustice to herself and family.
How refreshing and restful would she
find a partial sponge bath, the combing
of her hair, and the fresh afternoon dress
with her clean white apron! My sister,
incorporate this in the list of your daily
christian duties! If possible lay down for
a few minutes each day on the bed or
lounge; if you but "lose yourself" it will
prove a rest.

Taking your sewing or mending into
the cool parlor of a hot afternoon (do
not mind the litter), when you will see

READ THE NEXT
COLUMN ARTICLE.

new things, or on the porch, or under
the shade of the maples, but don't "hive"
yourself in the very identical corner,
in the same armchair, to look out of the
very same window pane that you have
for the last twenty or thirty years! Let
your work lie in your lap while you
take from the stand, which I trust you al-
ways have handy with a few choice books
and papers, and read a soulful, inspiring
poem, a humorous article, or the ever
varying news of the day. Take the
children for a drive or walk, run into the
home of a congenial friend for a few
moments and take in an occasional picnic
or excursion. If a mother with children
about you, devote a part of the evening,
at least, to social enjoyment with them;
let your voice mingle with theirs in mer-
riment and song; retouch the organ or
piano for their pleasure, and be assured
the memory and influence of such an
evening will be deeper and more hal-
lowed to them than if spent in making
them the most elaborate and beautiful
garments that must "perish with the
using," while you will certainly renew
your youthful feelings by forgetting for
the time, the cares and burdens of ma-
turity years. We must take the most of
life as it passes—take our toll of rest and
pleasure, as we grind at our daily tasks
or we will never get it.—Good Housekeep-

ing.

Drinking Ice Water.

That cool refreshing drink in warm
weather is delicious is undeniable.
That drinking ice water copious draughts
when a person is overheated is injurious
not to say dangerous is also undeniable.
But that the free drinking of water in
some form in hot weather must be avoid-
ed, is undeniable, and is one of the greatest
popular errors extant. When a person is
perspiring freely from every pore, a vast
amount of water is drawn from the body,
which must be re-supplied, or great in-
jury is being done the physical health,
and the foundation of some of the worst
forms of kidney disease is being slowly,
but surely laid. Why someone will ex-
claim, that is just what causes kidney
trouble, drinking water freely which con-
tains so much lime. Wrong again! So
long as the water is freely carried
through the system, and converted in its
passage to the naturally acid reaction of

the urine and perspiration, no danger can
occur, by deposits of urine or lime in
the kidneys and bladder; because they re-
main perfectly in solution, and are car-
ried out of the body instead of remaining
in it. Literally they are washed out of
the body, by the copious draughts of
water, (that most perfect of all known so-
lvents) same as a series of pipes are
"flushed" with water to clean them.

Do not drink ice cold water, but pure
cool water, a little lemon juice will im-
prove its effectiveness. Plain soda water
with a little acid is also excellent.

If from drinking too much ice-water
you have stomach cramps, or are "water
logged," as it is called, or are attacked
with Cholera Morbus, Summer com-
plaint, Diarrhoea or Dysentery, do not
resort to alcoholic stimulating drinks,
which irritate rather than soothe and allay
the inflammation which has caused the
trouble; but adopt the practice of taking
just before retiring, during July and Aug-
ust, one teaspoonful of Johnson's An-
odyne Liniment in a little sweetened water,
which will prevent all such attacks and
ill effects from ice water. In fact a little
paupiet sent free to anyone, by J. S.
Johnson & Co., Boston, Mass., contains
a vast amount of information, about
treating those summer troubles, with
Johnson's Anodyne Liniment. It is
marvelous how many complaints this
old fashioned remedy will prevent or cure.

Story of "Annie Laurie."

The famous song that is sung by all
singers of the present day, I am informed,
is a mystery as to the author. I was
told on the next farm to James Laurie
Annie Laurie's father. I was personally
acquainted with both her and her father,
and also with the author of the song.
Knowing these facts, I have been request-
ed by my friends to give the public the
benefit of my knowledge, which I have
consented to do. Annie was born in 1827,
and was about seventeen years old when
the incident occurred which gave rise to
the song bearing her name. James Lau-
rie, Annie's father, was a farmer, who
lived and owned a very large farm called
Thragstown, in Dumfriesshire, Scotland.
He hired a great deal of help, and among
those he employed was a man by the
name of Wallace to act as farmhand, and
while in his employ, Wallace fell in love
with Annie Laurie, which fact her father
soon learned, and forthwith discharged him.
He went to his home, which was in Max-
wellton, and was taken sick the very night
he reached there, and the next morning,
when Annie Laurie heard of it, she came
to his bedside and waited on him until
he died, and on his deathbed he composed
the song entitled "Annie Laurie."—Cor-
respondence to Chicago Herald.

PEOPLE GENERALLY BELIEVE that
if the blood is pure, the health will be
good. The purity of the blood is
guaranteed only when the kidneys are
naturally active. The fluids may flow
freely, and yet the kidneys fail to keep
the blood clean. This will be indicated
if you have Malaria, Stomach
Troubles, Rheumatism, Salt Rheum, Scrofu-
la, Skin Diseases, Impotency, Headaches, Lame
Back, Neuralgia, Carbuncles and Boils, Ab-
scesses, Weak Eyes, Nervousness, Poor Appetite, and
in women Female Troubles.
These disorders show that your blood
is full of uric, kidney, acid poison,
and you can never get
well until you clean out the blood
with the only recognized scientific blood
tonic.

"Warner's Safe Cure."

Continued from First Page.

"You have not forgotten the letter I
wrote you before I went to Portland,
Hepzibah? The letter and the question
I asked in it twelve years ago?" Mr Stack-
pole entreated in a tone tender and trem-
ulous, holding fast her hand in dread
lest she should vanish once more.

"Sir?"
"Oh, Hepzibah! it was only this even-
ing I got your answer."
"Mr Stackpole!"
"Only this evening, Hepzibah! After
twelve years' waiting! Yes, it came at
last; I have it—here it is!"

"Your precious letter, Hepzibah! It
has been lying all these years in sister
Lucy's writing-desk. Fred Tracy brought
me the desk yesterday, and just before
coming here to-night I opened it and
looked over the contents. Away in
one corner, slipped carelessly into an old
package of papers, was this, with the seal
unbroken."

"Lucy must have taken it out of the
office," stammered Hepey.
"Yes, I suppose so, and in her careless-
ness she looked it into her desk and forgot
it. It must have come while I was at
Island Pond. It was so like Lucy, the
dear, headless child!"

Hepzibah's face was full of amaze;
but there was also a tender light in it,
very sweet to Hiram Stackpole's eyes.
"I am going to repeat that old ques-
tion to-night," said he softly, "and I shall
hold you to the same answer, Hepzi-
bah."

"The same answer," repeated she, half
unconsciously.
The same question and the same an-
swer. And the years that had come be-
tween were like a tale when it is told.
Then the full moon, looking in at the
open window, shone again upon the one
bit of Eden that was shut outside
the garden with the first lovers.

"Miss Dillon did think better of it,"
and went down again presently," but this
time she did not stand by the
crushed curtain alone.

"You did not prepare me to find your
friend Miss Dillon so pretty," said some-
body to Mrs Pond; "so much animation
of face and manner."

"She is quite beautiful, I think," re-
plied Mrs Pond, turning to look at her.
"But really I had not observed it be-
fore," added she to herself.

And really she had not had the reason
before. A change had come over Hep-
zibah. The look of patient pain had
faded away from her gentle face, and in
its place was the radiant peacefulness of
a crowned martyr.

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POWDER—40s, 50s, 60s, Best 70s.
YOUNG HYSOON—30s, 40s, 50s, 60s,
Best 70s.
SCENTED ORANGE PEKOE—60s
Best 70s.
BASKET FIRED JAPAN—40s, 50s,
Best 60s.
UNCOLORED JAPAN—40s, 50s, Best
60s.

COFFEES,
JAMAICA—20s, 25s, 30s.
JAVA—35s, 40s.
MOCHA AND JAVA—40s.

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Try a Bottle, price 25 cents. Sold by
Dealers and Druggists.

"I have used Seavey's East India Lin-
iment, and would say for Colds, Cramps
and Sore Throat, it has no equal. I
immediately applied MINARD'S LIN-
IMENT freely and in 15 hours could
use my leg again as well as ever."

JONATHAN WYANDEN,
Bridgewater, N. S.
Don't be Fooled.—When you require
a worm-expeller ask for CHOKROKE
VERMIFUGE and take no other. It
is always reliable and easy to take.

R. W. EATON
Has in stock a very large assortment
Stationery, School Books,
Bibles, etc., also a
choice lot of Fancy Goods,
PICTURE & LITHO MOLDING.
His stock of BOOK PAPER, comprising
the choicest patterns ever shown here,
will be complete next week. His prices
are the lowest in the County.
Kentville, March 5th, 1888.
N. B.—Frames made at short notice
and cheap for cash.

Mr Robertson, manager of the Joggins
raft, has interviewed the minister of Jus-
tice and minister of customs in reference
to the recent seizure of stolen wire. It
is understood that the wire will be released
on payment of duty, no fine being im-
posed. The timber comprising the raft
will be subject to an export duty of 5s
per thousand feet.

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Best 60s.
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SCENTED ORANGE PEKOE—60s
Best 70s.
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LEWIS RICE,
PHOTO * & * CRAYON * ARTIST,
WOLFVILLE, N. S.,

Will be prepared to make negatives and show proofs
until further notice one week each month, beginning
first Monday.