

This and That

THE AURORA BOREALIS.

It was a trifle past the afterglow of sunset and the sea was a deep, rich purple, with long-flowing swells. The sky, a fine light turquoise-blue at the horizon, gradually deepened into a rich cobalt, in which a few stars twinkled. A majority of the men were absorbed in various occupations below, when a call of enthusiasm brought all up on deck. At a point low on the southeastern horizon, a faint film had arisen, which quickly, silently had assumed the form of a curtain, waving and mounting upward in two stately columns, past a group of finely-shaped cirro-stratus. In a few seconds it was across the zenith, displaying beautiful pale yellows, greens, and delicate pink and blue lights, with edgings at intervals, of faint purple and red. The columns descended rapidly in ever-varying spirals of perspective, until the avant gards was lost behind the far north-west horizon. We were about off the Danish port of Godthaab, Greenland, a sufficiently southern latitude at this season for the alternation of day and night; and, as the heavens darkened, the stars shone with increasing brightness through the great shimmering veil of light.

The heavens and the sea grew darker, and, the aurora brighter and brighter, in lightning changes of form and color, with the green yellow and blue rays predominating, and the delicate sheen from the aurora's light withering in fiery serpent forms over the face of the moving waters. What impressiveness, what magnificence! It held the soul as in a spell. There was not much talking. Splendid as it was, I afterward witnessed auroras which produced a deeper impression, due doubtless to the presence of the long night of the far North.—The Century.

NO ROOT IN HIMSELF.

It is the habit of some people only to seek spiritual support in times of trouble and difficulty. When the clouds have passed they think no more of the truths that comforted them in sorrow.

Dr. Moule, the Bishop of Durham, in his recently published book, "From Sunday to Sunday," relates the following incident:

"A friend told me the tale, a few years ago, as we paced together the deck of a steamship on the Mediterranean, and talked of the things unseen. The chaplain of a prison, intimate with the nuncio, had to deal with a man condemned to death. He found the man anxious as well he might be; nay, he seemed more than anxious—convicted, spiritually alarmed. The chap-

DOCTOR'S COFFEE.
And His Daughter Matched Him.

Coffee drinking troubled the family of a physician of Grafton, W. Va. who describes the situation briefly:

"Having suffered quite a while from vertigo, palpitation of the heart and many other derangements of the nervous system and finding no relief from usual methods of treatment, I thought to see how much there was in the Postum argument against coffee.

"So I resorted to Postum, cutting off the coffee, and to my surprise and satisfaction have found entire relief from all my sufferings, proving conclusively the baneful effect of coffee and the way to be rid of it.

"I have found Postum completely takes the place of coffee both in flavor and in taste. It is becoming more popular every day with many of our people and is having great demand here.

"My daughter, Mrs. Long, has been a sufferer for a long time from attacks of acute indigestion. By the dismissal of coffee and using Postum in its place she has obtained complete relief.

"I have also heard from many others who have used your Postum very favorable accounts of its good effects.

"I prescribe Postum in place of coffee in a great many cases and I believe that upon its merits Postum will come into general use." Name given by Postum Co., Battle Creek, Mich.

Look for the famous little book "The Road to Wellville," in each pkg.

lain's instructions all bore upon the power of the Redeemer to save to the uttermost; and it seemed as if the message were received and the man were a believer.

"Meanwhile, behind the scenes, the chaplain had come to think that there was ground for appeal from the death-sentence. He placed the matter before the proper authorities with success.

"On his next visit, very cautiously and by way of mere suggestions and surmises, he led the apparently resigned criminal towards the possibility of a commutation. What would he say, how would his repentance stand, if his life were granted him? The answer soon came. Instantly the prisoner divined the position; asked a few decisive questions then threw his Bible across the cell, and civilly thanking the chaplain for his attentions, told him that he had no further need of him nor of his Book."

The Bible, however, was never meant exclusively for the hours of darkness. It has a message for every time and occasion in life, as much for seasons of prosperity and joy as for the night-watchers.

TALK HAPPINESS

Talk happiness!
Not now and then, but every
Blessed day,
Even if you don't believe
The half of what
You say;
There's no room here for him
Who whines as on his
Way he goes:
Remember, son, the world is
Sad enough without
Your woes

Talk happiness each chance
You get—and
Talk it good and strong!
Look for it in
The byways as you grimly
Plod along;
Perhaps it is a stranger now
Whose visit never
Comes;
But talk it! Soon you'll find
That you and Happiness
Are chums.—Ex.

Nova Scotia Fruit Grower's Association.

The annual session of the N. S. F. G. Association were held at Bridgewater Jan. 27th, and 28th and were very largely attended, by eminent specialists from the various provinces by expert fruit growers and horticulturalists and by the good people of Bridgewater. In 1903 the meetings were held at Middleton.

The first session at Bridgewater was well attended and the exhibits were high class. Col. Spurr, President of the association presided, prayer was offered by Rev. Mr. March. Among the leading speakers were: Pres Spurr, who delivered the opening address; Mr. R. W. Starr; Sec. Parker; Mr. Elderkin; Mr. W. A. McKinnon (chief of the fruit Division Ottawa Exp. farm); Mr. McNeil, (vice-president Ontario Association); MacGown, (Exp. Farm Ottawa); Mr. Blair (Exp. Farm Nappan, N. S.); Mr. R. S. Faton, Capt. Allan; Mr. Innes, and Mr. DeWolfe, (Chairman, Kentville Board of Trade).

Various subjects were discussed, including "Varieties," "Packing" and "Shipping," "Marketing and Marketing," "Conserving Soil Moisture," "Orchard Tools and Pruning," "Causes of Failure" and "The Business End of the Orchard."

Mr. R. W. Starr of Wolfville the Horticultural Historian of our province read a very important paper which is to appear in series in "The Maritime Farmer."

Next Year's executive is composed as follows: Mr. Innes, Pres., Mr. Eaton Vice-Pres., Mr. Parker, Sec'y., J. K. Cox, G. C. Milde, C. A. Patriquen, A. C. Starr, and R. L. Messenger. Among the visitors from Wolfville were Prof. and Mrs. Sears, Mr. R. W. Starr, Mr. C. A. Patriquen, Coun. Fitch, Mr. Sherwood, and Mr. R. P. Simonson. A large proportion of the members attended the meetings of the Farmer's Association at Truro.

READING BY FIREFLIES.

In Brazil the fireflies are said to shine so brightly that when the natives are short of candles that they catch a few fireflies and put them in a bottle. The light given out by these flies is bright enough for a person to read by. A firefly gives out more light as he is irritated, and as, of course they do not like being confined in a bottle, they give out their very brightest light when so imprisoned.—Ex.

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

Radway's Pills

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

RADWAYS PILLS

All purely vegetable, mild and reliable. Cause perfect digestion, complete absorption and healthful regularity.

For the Cure of All Disorders of the Stomach, Bowels, Kidneys, Bladder, Nervous Diseases, Piles, Sick Headache and all disorders of the Liver.

Price, 25 cents per box. Sold by all druggists, or sent by mail on receipt of price.

RADWAY & CO., 7 St. HELEN STREET, MONTREAL.

Radway & Co., New York.

Gentlemen—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.

BAPTIST PERIODICALS

Are the **Best Lesson Helps** published. With the thought of constant growth, they were greatly enlarged and improved at the beginning of the year. Prices have also been reduced.

MONTHLIES		LESSON LEAFLETS	
Baptist Superintendent	7 cents	Bible Intermediate	1 cent each
Baptist Teacher	10 "	Primary	1 cent each
	per copy per quarter!	Picture Lessons	2 1/2 cents
		Bible Lesson Pictures	75 cents
			per quarter!
QUARTERLIES		HOME DEPARTMENT SUPPLIES OF ALL KINDS	
Senior	4 cents	Senior H. D. Quarterly	4 cents
Advanced	2 "	Advanced H. D. "	2 "
Intermediate	2 "		per copy per quarter!
Primary	2 "		
Our Story Quarterly (new)	1 1/2 "		
	per copy per quarter!		
ILLUSTRATED PAPERS			
Young People (weekly)	13 cents	per quarter!	50 cents
Boys and Girls (weekly)	5 1/2 "		22 "
Our Little Ones (weekly)	4 1/2 "		18 "
Young Reaper (semi-monthly)	3 "		12 "
Young Reaper (monthly)	2 "		6 "
(The above prices are all for clubs of five or more.)			
Good Work (monthly)	15 cents per year!	In clubs of ten or more, 10 cents per year!	

American Baptist Publication Society
NEW ENGLAND HOUSE, 256 and 258 Washington Street, Boston, Mass.

SOME SIMPLE HOUSEHOLD HINTS.

Flat irons should be washed every week and always kept in a clean, dry place. Few housekeepers use sufficient wax in ironing. Do not allow your irons to become red hot, as they will never again retain the heat.

When winds do blow and there is frost in the air, put handkerchiefs, collars, cuffs and all small articles in the wash to dry in a pillow case. The fabric is spared whipping by the wind, they will freeze dry and be quickly gathered for ironing.

Buy a strip of asbestos cloth at the hardware store, and use small squares to interline your ironholders. Keep a good-sized piece fastened to your ironing board to save the sheet, and lay a square under the table pad where the meat platter rests.

Do not try to sweep an invalid's room, but wring a clean cloth out of cold water to which a few drops of ammonia have been added, and carefully wipe the carpet, matting or floor, turning and rinsing the cloth and changing the water as it gets dirty.

Cheese-cloth or silkoline makes good dusters, and window or box draperies that are no longer fresh and attractive should be cut into squares and neatly hemmed for the purpose. There should be a sufficient number on hand that they may be washed as regularly as the face towels, as they last longer and give more satisfactory service

with frequent washings.

A bride's trousseau includes the wearing apparel (except dresses) and all the household linen necessary for two years. A simple list of the latter includes four table cloths, with four or five dozen napkins; 1 different sizes; twelve sheets with a dozen and a half pillow-cases; two dozen towels; with dish and kitchen towels, doilies, centerpieces, bureau and washstand scarfs and other linen pieces needed about the house.

Teach the boys as well as the girls the proper way to put the bedclothes to air over two hours in the morning, and also occasionally give the boys a lesson in simple cooking by having them help prepare breakfast. The lad who can make a good cup of coffee, broil a steak and serve them will lose nothing of manliness, but may find the knowledge useful in after life.—Ex.

MESSRS C. C. RICHARDS & CO
Gentlemen:—On January last Francis Le Clair, one of the men employed by me, working in the lumber woods, had a tree fall on him crushing him fearfully. He was when found, placed on a sled and taken home, where grave fears were entertained for his recovery, his hips being badly bruised and his body turned black from his ribs to his feet. We used MINARD'S LINIMENT on him freely to deaden the pain, and with the use of three bottles he was completely cured and able to return to his work.

SAUVEUR DUVAL.
Elgin Road, L'Islet Co. Que., May 26th.