LIVE IT DOWN.

BY ELLA WHEELER WILCOX.

Has your life a bitter sorrow?
Live it down.
Think about a bright to-morrow;—
Live it down.
You will find it never pays
Just to sit, wet-eyed, and gaze
On the grave of vanished days;
Live it down.

Is disgrace your galling burden?
Live it down.
You can win a brave heart's guerdon;
Live it down.
Make your life so free from blame
That the lustre of your fame
Shall hide all the olden shame;
Live it down.

Has your heart a secret trouble?
Live it down.
Useless griefs will make it double,
Live it down.
Do not water it with tears—
Do not feed it with your fears—
Do not nurse it through the years—
Live it down.

Have you made some awful error?
Live it down.
Do not hide your face in terror;
Live it down.
Look the world square in the eyes;
Go ahead as one who tries
To be honored ere he dies;
Live it down.

THE HOME.

For Sisters.

Some years ago, as I sat on the piazza of a summer hotel, I noticed among the crowd, a party of young people; two or three pretty girls, and as many bright young men, all "waiting for the mail."

"Oh, dear!" said the prettiest of the girls, impatiently, "Why don't they hurry? Are you expecting a letter, Mr. Allison?' and she turned to a tall youth standing near.

He smiled.

"I'll get one surely," he said. "It's my day. Just this particular letter always comes. Nell is awfully good; she's my sister, you know; and no fellow ever had a better one."

The pretty girl laughed, saying as he received his letter, "Harry would think he was blessed if I wrote once a year."

Gradually the others drifted away; but Frank Allison kept his place, scanning eagerly the closely-written sheets, now and again laughing quietly. Finally he slipped the letter into his pocket, and, rising, saw me.

"Good morning, Miss Williams," he said, cordially; for he always had a pleasant word for us older people.

"Good news?" I questioned, smiling.

"My sister's letters always bring good news," he answered. "She writes such jolly letters."

And, unfolding this one, he read me scraps of it—bright nothings, with here and there a little sentence, full of sisterly love and earnestness. There was a steady light in his eyes as, half apologizing for "boring me," he looked up and said quietly, "Miss Williams, if I ever make anything of a man, it will be sister Nell's doing."

And, as I looked at him, I felt strongly what a mighty power "Sister Nell" held in her hands—just a woman's hands, like yours, dear girls, and perhaps no stronger or better; but it made me wonder how many girls stop to consider how they are using their influence over these boys, growing so fast toward manhood, unworthy or noble, as the sisters choose.

There is but one way, dear girls; begin at once, while they are still the little boys of the home circle, ready to come to "sister" with everything. Let them feel that you love them. These great, honest boy hearts are both tender and loyal; and if you stand by these lads now, while they are still neither boys nor men, while they are awkward and heedless, they will remember it when they become the courteous, polished gentlemen you desire to see them. Do not snub them; nothing hurts a loving boy-soul more than a snub and nothing more effectually closes the boy-heart than thoughtless ridicule.

Have patience, girls—that gentle patience whose perfect work will surely win the smiles of the Master who grants to all who do the Father's will that we should be his "sisters;" and for the sake of the great Elder Brother, who dignified with His divine touch these earthly relationships, shall we not be more tender, more patient, more loving, with these sensitive, great-hearted lads who call us "sister," and remember the wise man who said, "Shall the woman who guards not a brother be lightly trusted with husband or son?"—*Congregationalist.*

How to Climb Stairs.

A professional athlete has said there is a knack in climbing stairs easily that but few can learn. "To throw the body forward," he affirms, "bending at the hips, more than doubles the work. The weight of the body is a load that the muscles of the legs and loins must carry, and they carry it easily if the centre of gravity is kept directly above them. Bending forward imposes on the muscles of the trunk the annecessary task of holding the load from pitching forward. This is like carrying a load at arm's length instead of on the shoulder or on the head, as many Europeans carry burdens. Athletes lift enormous weights by bringing the strain on the pelvic arch and legs, keeping their backs straight."

The gentleman, in closing, gives this advice to stair climbers: "Do not lean forward. Do not hurry. Do not spring from stair to stair. Step firmly, leisurely and keep erect."

We think stair climbing is not the only climbing where this advice may be used to advantage. A boy beginning to mount the stairs of manhood will find, if he looks at the matter closely, that there is a "knack," indeed, in climbing. To lean forward toward the grovelling things of earth more than doubles the load. Instead, do as above advised:—"Keep the centre of gravity directly above you, do not hurry, step firmly and leisurely, and keep erect."

Christmas dinners and New Year's calls are over, but how much greater at Christmas tide would have been the enjoyment if all had known of King's Dyspepsia Cure and the instant relief it brings to an over loaded stomach, indigestion or dyspepsia in any form.—K. D. C. sold by all Druggists.

THE FARM.

— C. B. Coy, Presque Isle, claims to have raised 738 bushels of the Dakota red potatoes on a single acre. F. Scriggin of the same town raised 537 bushels on an acre, 67 of which were small ones, leaving 470 bushels market potatoes to the acre.

— HEALTH NOTES.—Sir William Gull says that when fagged out by professional work he recruits his strength by eating raisins, and not by drinking wine or brandy. Another good saying from the same source: A pint of warm water taken on an empty stomach in the morning, is the safest and surest of all remedies for habitual constipation. It dissolves the fecal matter and stimulates peristalic action, thereby giving a normal action without pain. If the tongue is coated, squeeze a lemon into the water and drink without sweetening.

— Recent experiments at the New York Agricultural Station at Geneva, show that the total fertilising value of the solid and liquid manure produced by a herd of dairy cows is equal to 40 per cent. of the market value of the food consumed, and that the liquid manure is worth just 61 per cent. of the total value of the manure produced. If, therefore, as found at the New York Station the cost for a year of food for a dairy cow is $52, the value of the manure produced is $36.40. Sixty-one per cent. of this is $22.20, the value of the liquid manure. Multiply the latter figure by 50, the number of animals in a good-sized dairy, and the annual value of the liquid manure foots up to $1,110. Farmers may thus get some idea of the amount of fertilizer that goes to waste by not having a tank to receive the liquid voidings from the stables.

—It has been ascertained by the Dominion experiment farm at Ottawa, that a wheat can be imported from the northern climates of Russia equal in quality to the Red Fife & No. 1, but which will ripen ten days or two weeks earlier. From present indications this wheat will in time supersede the Fife variety altogether in Canada, for, from its early maturity, it will escape the frosts of the latter part of August, which the Fife seldom does. Other interesting experiments have been made with Russian fruit trees, and the Dominion minister of agriculture now feels satisfied that an apple tree can be introduced in the North west which will bear fruit equal in every way to that grown in Ontario. The farm is also experimenting with various kinds of barley, especially with a view to sale in the British markets, and has discovered that some twenty varieties of this grain can be grown in Canada which take first rank in the English market.

English Gooseberries and Mildew.

A writer in the *Canadian Horticulturist* claims to have completely overcome the tendency to mildew in the growth of the English gooseberry in this country, and gives a large list of sorts, with the sizes he obtains by his method, which is? First, to select a heavy or clay soil, check overbearing, generously prune, so that air can play around every part of the bush, and every few years (he states eight,) give each bush an absolute rest from growing any fruit, to recuperate, and prevent exhaustion, which induces mildew. His experience with the Crown Bob, Whitesmith, Red Warrington, and Ocean Wave, has been for fifteen years. He is in favor of training the bushes to a single stem of about eight inches from the surface of the ground to where they branch out. He has tried stems fifteen inches high, but found the plants were not so vigorous in growth, did not bear so heavily, and were not so long lived. The nearer the ground, while securing a free circulation of air under the branches, the better. Another writer in the same journal, besides nearly the same advice, adds: I dig about the bushes every spring, and apply a coat of ashes immediately underneath them every second year; and for size and thriftiness of bush, for heavy bearing, and for the size and perfection of the fruit, several experts have told me that my garden excelled anything they had seen.

TEMPERANCE.

Analysis of the Forces Against Prohibition.

Recently we referred to some of these forces in the discussion of the lost battle in Pennsylvania, but now design a closer analysis.

1. Liquor-dealers and their dependents. This includes all distillers, brewers, wholesalers, saloon keepers, bar-tenders, the majority of hotel proprietors, a considerable proportion of grocers dealing in liquors, and many druggists, and, speaking generally, all their employes. A few persons connected with the trade would be glad to see the whole business abolished, but we believe the number too insignificant to materially modify the general statement. To these must be added the multitude of lawyers in their pay; for these distillers, brewers, and the larger saloon and hotel proprietors are severally in close relation to one or more lawyers.

2. The majority of drunkards are opposed to prohibition. It is common to say that if a chance be given to them they will vote in favor of closing the saloon. This is true of some, but only of those who desire to reform, which includes, as we have reason to believe, but the minority. The confessions and promises of a poor wretch recovering from a spree, or just turned out of a situation, or being appealed to by a pious woman, or begging for help, do not always or generally indicate his real desire. The majority of them like the saloon, its company, light and warmth, jokes, pools, political and other talks, as well as its drinks, though many reformers do not seem to understand it. Besides, the saloon-keepers have a retinue of campfollowers in debt to them whose appetites compel subservience to them.

3. A large majority of those moderate drinkers who drink at *bars*, and resort to such places for business purposes, are opposed to prohibition.

4. The immense preponderance of those who do not patronize saloons, but keep liquors in their houses and use them either habitually on their tables or set them before guests on special occasions, are opposed to any form of prohibition which will make it difficult for them to procure supplies. There are some of these who are so impressed with the evils of the saloon as to be willing to annihilate the whole traffic, but their number is too small, and the personal moral effect of their use of intoxicating beverages too debilitating to count for much in the struggle.

5. Most foreigners from the continent of Europe, particularly Germans (not including Methodist Germans, who are total abstainers, and other evangelical Germans accepting the American Christian view of this subject, and opposed to the sale of liquor), Ausfrians, French, Italians, are opposed to it, as are most of the Roman Catholic Irish, though there is an increasing number in its favor. Jews who drink, but are seldom drunkards, are as a class not in favor of prohibition. Swedes are divided upon the question, as are the English, Welsh, and Scotch, of whom probably the majority as yet would prefer some form of license.

6. Almost all politicians, "the workers," the "heelers," those who manage the "boys," and those whose names, when mentioned, whatever their station, set the boys "to whooping." A few of these practice total abstinence personally, but are opposed to prohibition. It was a saying of Mike Walsh, a member of Congress, that "Grog-shops were the nurseries of Democracy," but in many of the wards of this and other cities they play the same roles for the Republican party.

7. Most young men, except those under special Christian influence, are either hostile or indifferent to prohibition. It is a tendency of young men to be for some years indifferent to such questions. It is only when their minds, under the influence of religious emotion, or particular circumstances affecting their own lives, naturally pursue the reflections from which genuine reforms arise that they ally themselves with them.

8. Many who do not believe in the possibility of enforcing prohibition oppose it on that ground. This includes many advocates of high-license, who, believing that the effect of the enactment of prohibition would be free rum, choose any form of license in preference to that.

9. Many who would naturally favor prohibition, and have at times done so, have been alienated by the complication of it with other questions, and the bitterness, extravagance, personalties, and departure from truth of some of its advocates in the press and on the platform. Of these, many do not vote, and others vote against it. We do not justify but describe the situation.

From the first of these classes no recruits are to be expected; from the second and third none whose habits are not first reformed. The fourth will furnish few to absolute prohibition until they are convinced of the imperative duty of self-denial for the sake of the cause—a work in which much may be hoped if it be wisely conducted. But little can be done with foreigners till they shall be led to adopt total abstinence principles. The "politicians" can only be reached by the pressure of increasing prohibition sentiment among voters, and at present little is to be hoped for from them. The seventh class, that of young men, is the most hopeful, except the evil disposed; they need light and earnest appeals from sources which they respect. To reach those who do not believe in the possibility of enforcing prohibition, it is necessary to demonstrate it with increasing effectiveness in the States where it is now the law.

The votes *for* prohibition have been cast by total abstainers, reformed drunkards, members of churches, young men under their influence, persons who have friends, fathers, or sons addicted to the use of liquor, and those who, perceiving the growing power of the liquor traffic, are filled with fear lest it should prove the ruin of the nation.—*N. Y. Christian Advocate.*

— The young man who wastes his nights in drinking, in dancing, in card-playing, in anything that draws upon the nerve-forces and robs him of recuperative sleep, is worth less and less all through the day. Young men sometimes become drunkards in efforts to keep up their nerve force. Permit a small bit of biography: It is thirty-eight years ago since I became a clerk in a large store in Philadelphia, and among the young men of the day was one that was pointed out to me as the one I was to imitate if I intended to succeed. He had a large income from his position in the store; he commanded a salary of $900 a year for singing in a famous Episcopal church, and besides, he was wonderfully popular in all kinds of company, because he could sing, and because he was a gentleman. His business required a great deal of nerve force, and singing in the evenings and on the Sabbath, and being in society constantly, his nerve force was diminished. He soon began to smoke excessively. When asked why he did it, he said he had a "gone feeling" all the time when he didn't smoke. About eleven o'clock in the morning he began to go out and drink a single glass of brandy; he drank it alone, simply for stimulus to sustain him in his practice of declaring a dividend out of the principal, instead of out of the interest of his physical bank. To wind up his sad career, that young man died at thirty-six a drunkard, and for four years before he died, he spent his evenings singing in lager beer saloons, to be paid by drinks and by gifts, and he broke his mother's heart, who adhered to him, as a mother will, when everybody else despised him. He never meant to be a drunkard, but he made himself one by trying to be everything else and also a successful salesman.—*Rev. Dr. J. M. Bulkley.*

A Short Sermon.

The witty and eccentric Dean Swift was, on some occasion, requested to preach a short charity sermon in St. Patrick's cathedral, Dublin. With this request he complied in the following style:—

"My dear brethren, I have been requested to preach a charity sermon, and have thought it my duty to comply with the request. My text is "Man."

1st. Man's ingress into the world is
Naked and bare,
2nd. His progress through the world is
Sorrow and care.
3rd. His egress out of the world is
The Lord knows where.
You will do well there, if you do well here;
I can tell you no more if I preach a whole year.

Now my dear brethren, down with the dust!

The Right Spirit.

Certain discontented souls never weary of telling the world that in the United States "the poor are growing poorer and the rich are growing richer." That is true in some cases, and in other cases the rich are becoming poor and the poor are getting rich. Not a few of the rich men among us began life with nothing. If those who rise to wealth and power could only learn to respect their less fortunate neighbors as fellow-men, and if those who never rise or having risen fall again into poverty, could only keep their self-respect, there would be little trouble. The snobs on the one hand and the cynics on the other make most of the trouble between the rich and the poor. Manhood is more than money, and genuine courtesy is a jewel which outshines the diamond.

Christine Nilsson was once entertained at the house of a retired American millionaire. A company of distinguished guests assembled to meet her. On entering the dining-room she dropped the arm of her host and seized the hand of the butler and engaged him in conversation, while the whole company looked on in amazement. When seated at the table she said: "That man is the son of a kind old nobleman on whose estate my father worked as a day laborer when we were children. Fortune has smiled on me, while it has frowned on my old playmate." The son of a nobleman in the position of a servant may seem to have fallen grievously, but if he retained every quality of true manhood he lost little. The thoughtfulness and charity and kindness of Christine Nilsson were worth more than all the wealth and honor she ever won.

We are glad to believe that the silly prejudice against and contempt for manual labor are disappearing from among intelligent people. Many thoroughly educated men are now herding sheep and raising grain in Dakota and Texas. It is not a man's occupation but his character which gives him his true place in life.

Speak Kindly.

A young woman had gone out walking. She forgot to take her purse with her, and had no money in her pocket. Presently she met a little girl with a basket on her arm.

"Please, miss, will you buy something from my basket?" said the little girl, showing a variety of book-marks, watch-cases, needle-books, etc.

"I'm sorry I can't buy anything to-day," said the young woman. "I haven't any money with me. Your things look very pretty." She stopped a moment and spoke a few kind words to the little girl, and then as she passed she said again, "I'm sorry I can't buy anything from you to-day."

"O miss! said the little girl, "you've done me just as much good as if you had. Most persons that I meet say 'Get away with you!' but you have spoken so kindly and gently to me, and I feel a heap better."

That was "considering the poor." How little it costs to do that! Let us learn to speak kindly and gently to the poor and suffering. If we have nothing else to give, let us at least give them our sympathy.—*Philadelphia Presbyterian.*

— Dr. Talmage, writing to the *New York Observer*, describes a certain class of people whose name is legion, and whose presence in any church or community means trouble. Read what he says, and if the description should happen to fit you, don't get mad about it, but set a firm resolution to reform at once:

There are some persons who are very much alarmed about the small faults of others, and have no alarm about their own great transgressions. There are in every community and in every church watch-dogs who feel called upon to keep their eyes on others and growl. They are full of suspicions. They wonder if that man is not dishonest, if that man is not unclean, if there is not something wrong about the other man. They are always the first to hear of anything wrong. Vultures are always the first to smell carrion. They are self-appointed detectives. I lay this down as a rule, without any exception, that those people who have the most faults themselves are most merciless in their watching of others. From scalp of head to sole of foot they are full of jealousies and hypercriticisms. They spend their life-time in hunting for musk-rats and mud-turtles, instead of hunting for Rocky Mountain eagles, always for something mean instead of something grand. They look at their neighbors' imperfections through a microscope, and look at their own imperfections through a telescope upside down. Twenty faults of their own do not hurt them so much as one fault of somebody else.

— PARTING AT A THEATRE.—Many years ago I stood on the anniversary platform with a minister of Christ who made this remarkable statement: "Thirty years ago two young men started out in the evening to attend the Park Theatre, New York, where a play was to be acted in which the cause of religion was to be placed in a ridiculous and hypocritical light. They came to the steps. The consciences of both smote them. One started to go home, but returned again to the door, and yet had not courage to enter, and finally departed. But the other young man entered the pit of the theatre. It was the turning-point in the history of those two young men. The man who entered was caught in the whirl of temptation. He sank deeper and deeper in infamy; he was lost. That other young man was saved, and he now stands before you to bless God that for twenty years he has been permitted to preach the gospel."—*Talmage.*

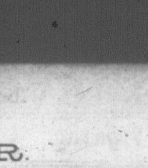
ST. ANDREWS, N. B., 4th Oct., 1889.

MESSRS. BROWN BROS. & Co.:—

Being very much reduced by sickness and almost given up for a dead man, I commenced taking your

PUTTNER'S EMULSION.

After taking it a very short time, my health began to improve, and the longer I used it, the better my health became. After being laid aside for nearly a year, I last summer performed the hardest summer's work I ever did, having often to go with only one meal a day. I attribute the saving of my life to PUTTNER'S EMULSION. EMERY E. MURPHY, Livery Stable Keeper.



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It requires no milk in preparation, and is very effective in the prevention of

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Ziemssen's Cyclopædia of the Practice of Medicine, Vol. VII., says: "IN CASES OF CHOLERA INFANTUM NESTLE'S MILK FOOD IS ALONE TO BE RECOMMENDED. Because the gastro-intestinal disorders to which infants are so subject are provided for by presenting only the nourishing properties of cow's milk in a digestible form. Cow's milk produces a coagulated mass of curd and cheese, which the immature gastric juice is utterly UNABLE TO DISPOSE OF."

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LOWER ECONOMY, Sept. 4th, 1889.

C. GATES, SON & Co.—Dear Sirs: I was troubled for a long time with a very bad feeling, like a craving, at my stomach, and had no appetite. Used Beef, Iron and Wine, but it made it worse. Got a bottle of your

Life of Man Bitters,

and it helped me at once. I can recommend it to any one similarly troubled.—Very truly,

MCKINLAY CORBITT.

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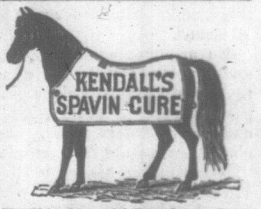

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Yours truly, A. H. GILSEY, Manager Troy Laundry Stables.

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SEARCH

IN

Old trunks and closets for letters, receipts, &c., dated between 1847 and 1869, and you will find old STAMPS, for which I will pay cash. Will give from 1 cent to $1.00 each for New Brunswick and Nova Scotia stamps. These are a few prices:

N. S. 1d. ..... 15c. each.
N. B. or N. S. 3d. ..... 15c. "
N. B. or N. S. 6d. ..... 50c. "
N. B. or N. S. 1s. ..... $7.00 "

Send what others you find for prices. Stamps left on the original envelopes or letters are worth more; also 5d., 6d., 7d., or 1s. values, used for 3d.—MUST BE on original envelopes. Stamps not wanted will be returned.

Address, H. L. HART, care MESSENGER AND VISITOR, ST. JOHN, N. B.

SALESMEN WANTED AT ONCE.—Our goods are well known to be good and to sell on sight. Our goods by sample to the wholesale and retail trade. We are the largest manufacturers in our line in the world. Liberal salary paid. Permanent position. Money advanced for wages, advertising, etc. For full particulars, address, Centennial Mfg. Co., Chicago, Ill., or Cincinnati, O.