

**This and That**

**AFTERWARD.**

There's never a storm so wild  
But after it follows a calm;  
There's never a hurt so great  
But somewhere's provided a balm  
There's never a night so dark  
But after it follows the dawn.  
There's never a shadow falls  
But after it follows the light;  
There's never a sorrow comes  
But after it comes delight.  
There's never a sky so gray  
But after it follows the blue;  
There's never a false friend found  
But later you'll find a true.  
There's never a heart that breaks  
But after a while it will heal;  
There's never a moan of pain  
But after a laughter peel.  
There's never a sin so black  
But forgiveness is found at last;  
There's never a weary day  
But some time 'twill all be past;  
There's never a night so dark  
But after it follows the dawn.

**LEGEND OF THE SACKS.**

There is an ancient legend that tells of an old man who was in the habit of traveling from place to place with a sack hanging on his back and another in front of him. In the one behind he tossed all the kind deeds of his friends, where they were quite hid from view; and he soon forgot all about them. In the front one hanging around his neck under his chin, he popped all the sins which the people he knew committed; and these he was in the habit of turning over and looking at, as he walked along day by day.

One day, to his surprise, he met a man wearing, just like himself, a sack in front and one behind. He went up to him and began feeling his sack. "What have you got there, my friend?" he said, giving the sack in front a good poke.

"Stop! Do not do that!" cried the other; you will spoil my good things."

"What things?" asked Number One.

"Why, my good deeds," answered Number Two. "I keep them all in front of me, where I can always see them, and take them out and air them. See, here is the half dollar I put in the plate last Sunday, and the shawl I gave to the beggar girl, and the mittens I gave to the crippled boy, and the penny I gave to the organ grinder; and here is even the benevolent smile I bestowed on the crossing sweeper at my own door and—"

"And what is the sack behind you?" asked the traveler, who thought his companion's good deeds would never come to an end.

"Tut, tut," said Number Two. There is nothing I care to look at there. That sack holds what I call my little mistakes."

"It seem to me that your sack of mistakes is fuller than the other," said Number One.

Number Two frowned. He had never thought that although he had put what he called his mistakes out of sight, every one else could see them. An angry reply was

**A TUG OF WAR.**

**Coffee Put's Up a Grand Fight.**

Among the best of judges of good things in the food line, is the grocery-man or his wife. They know why many of their customers purchase certain foods.

The wife of a groceryman in Carthage, New York, says:—"I have always been a lover of coffee, and therefore drank a great deal of it. About a year and a half ago, I became convinced that it was the cause of my headaches and torpid liver, and resolved to give it up, although the resolution caused no small struggle, but Postum came to the rescue. From that time on, coffee has never found a place on our table, except for company, and then we always feel a dull headache throughout the day for having indulged.

When I gave up coffee and commenced the use of Postum I was an habitual sufferer from headache. I now find myself entirely free from it, and what is more, have regained my clear complexion which I supposed was gone forever.

I never lose an opportunity to speak in favor of Postum, and have induced many families to give it a trial, and they are invariably pleased with it." Name given by Postum Co., Battle Creek, Mich.

on his lips, when happily a third traveler, also carrying two sacks overtook them.

The first two men at once pounced upon the stranger, each apparently eager to speak first.

"What do you carry in your sacks?" cried one.

"Let us see your goods," said the other. "With all my heart," said the stranger; for I have a goodly assortment, and I like to show them. This sack," said he, pointing to the one hanging in front of him, is full of good deeds of others."

"Your sack looks nearly touching the ground. It must be a pretty heavy weight to carry," observed Number One.

"That's your mistake," replied the stranger. "The weight is only such as sails are to a ship, or wings to an eagle. It helps me onward."

"Well, your sack behind you can be of little good to you," said Number Two; "it appears to be empty, and I see it has a great hole in the bottom of it."

"I did it on purpose," said the stranger; "for all the evil I hear of people I put in there, and it falls through and is lost. So you see I have no weight to drag me down backward." —Selected.

**KEEP YOUNG.**

The middle-aged woman needs to keep a sharp lookout upon herself. There is danger of standing still mentally, of leaning at thirty or forty upon very brittle opinions and ideas formed at twenty years of age. Too many girls stop short in their education when they leave school. Life is one long course of education. It is never wise to adopt the notion that one can stop learning. Every day has its lessons.

Men "stay young" longer than women. Perhaps it is because a man twenty-one years old knows that he knows nothing—in the world's opinion, anyway. He is just preparing to run a race over a course untied by his feet, though trodden by millions of others. He steadies himself, looks about him, and reflects that if he is to keep in the race he must have his eyes wide open all the time, and learn how to run as he goes.

The young woman usually considers that with her college diploma in hand strenuous mental application and effort come to an end. With the young man school and college are preparations only for the activities and achievements of maturity. The phenomenally brilliant undergraduate is seldom heard of again—man or woman. Too early development is not a favorable augury. The great school is the school of life, with a course of study covering three-score years and ten. It is those who are recognized forces during the last half of this schooling who are of account in the world.—Woman's Home Companion.

**A MATTER OF BUSINESS.**

Competition in business has been a chief factor in promoting sobriety. The temperate man is inefficient in every line of effort, and he goes by the board. The drinker is not as good a man in the store, shop, factory, or office. Business needs clear heads. A man to be useful must have his wits about him. The drinking man is apt to be fuddled, can't be trusted in emergency, and consequently is at a disadvantage as against the sober man. All men now know this. Men stay sober and forego the bowl simply because they must do so or fall behind in the race.

Men have better sense than they had in the old drinking days. They know, for instance, that it isn't safe to be drunk in a town through which electric cars are darting like shuttles in a loom. They know it's dangerous to be fuddled in a factory filled with machinery into which they may fall, or with which they may become fatally entangled. Public opinion has contempt for the man who is not himself, simply because that condition bespeaks his inefficiency and lack of self-control and judgment.

They become sober by the exercise of their reasoning faculties upon conditions, and only those are total abstainers who do not like alcohol, or who, liking it, realize that they cannot take it in moderation.—St. Louis Mirror.

Please note that the "Messenger and Visitor" will be sent to new subscribers from this date to January 1, 1904, for one dollar and fifty cents paid in advance.

**A TEST EXPERIMENT.**

**Peculiar Power Possessed by a New Medicine.**

Of new discoveries there is no end, but one of the most recent, most remarkable and one which will prove invaluable to thousands of people, is a discovery which it is believed will take the place of all other remedies for the cure of those common and obstinate diseases, dyspepsia and stomach troubles. This discovery is not loudly advertised, secret patent medicine, but is a scientific combination of wholesome, perfectly harmless vegetable essences, fruit salts, pure pepsin and bismuth.



These remedies are combined in lozenge form, pleasant to take, and will preserve their good qualities indefinitely, whereas all liquid medicines rapidly lose whatever good qualities they may have had as soon as uncorked and exposed to the air.

This preparation is called Stuart's Dyspepsia Tablets and it is claimed that one of these tablets or lozenges will digest from 300 to 3,000 times its own weight of meat, eggs and other wholesome food. And this claim has been proven by actual experiment in the following manner: A hard boiled egg cut into small pieces was placed in a bottle containing warm water heated to ninety-eight degrees (or blood heat.) one of these tablets was then placed in the bottle and the proper temperature maintained for three hours and a half, at the end of which time the egg was as completely digested as it would have been in a healthy stomach. This experiment was undertaken to demonstrate that what it would do in the bottle it would also do in the stomach, hence its unquestionable value in the cure of dyspepsia and weak digestion. Very few people are free from some form of indigestion but scarcely two will have the same symptoms. Some will suffer most from distress after eating, bloating from gas in the stomach and bowels, others have acid dyspepsia or heartburn, others palpitation or headaches, sleeplessness, pain in chest and under shoulder blades, extreme nervousness as in nervous dyspepsia, but they all have same cause, failure to properly digest what is eaten. The stomach must have rest and assistance, and Stuart's Dyspepsia Tablets give it both, by digesting the food for it and in a short time it is restored to its normal action and vigor. At same time the Tablets are so harmless that a child can take them with benefit. This new preparation has already made many astonishing cures, as for instance, the following:

After using only one package of Stuart's Dyspepsia Tablets I have received such great and unexpected benefit that I wish to express my sincere gratitude. In fact it has been six months since I took the package and I have not had one particle of distress or difficulty since. And all this in the face of the fact that the best doctors I consulted told me my case was Chronic Dyspepsia and absolutely incurable as I had suffered twenty five years. I distributed half a dozen packages among my friends here who are very anxious to try this remedy.

Mrs. Sarah A. Skeels, Lynnville, Jasper Co., Mo. Stuart's Dyspepsia Tablets are sold by druggists everywhere at 50 cents for full sized packages.

The executive board of the Canadian Pacific Railway has decided to put into operation at once a system of superannuation for its old employees. The employees number nearly 30,000. At its annual meeting in 1901, the directorate was authorized to set aside \$250,000 to form the nucleus of a superannuation fund and arrange a basis for its application. Mr. Marconi, backed by New York, Montreal and London, Eng., capitalists, is seeking incorporation in Ontario for company with \$1,000,000 capital to establish wireless telegraphy throughout Canada.

**Where Did He Go?**

A young man travelled over 260 miles; paid his own travelling expenses; obtained information from several schools; inspected one; refused free tuition and other enticing inducements; "Because," said he, "I can afford time for only one course of business training, and that must be the best obtainable."

He is now studying at the MARITIME BUSINESS COLLEGE, Halifax, N. S. KAULBACH & SCHURMAN, Chartered Accountants

**WANTED.**

A lady who would be willing to assist with house work and the care of two small children, to come in as one of the family; a good comfortable home for the right person. Apply B. W. C., P. O. Box 27, St. John, N. B., stating particulars about yourself and salary expected.



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