

THE WOODSTOCK DISPATCH. ISSUED WEDNESDAY

From the office, 46 Queen Street, Woodstock, N.B.

Subscription price \$1.00 per year. Advertising rates made known on application. P. O. Box E. Telephone.

CHARLES APPELBY & T. CARL L. KETCHUM. Editors and Proprietors

WOODSTOCK, N. B., SEPT. 29, 1897.

THINK ABOUT THIS.

We are overgoverned. We have a costly dominion government, and still more costly local governments.

The Montreal Star says:—"Why should not a political movement be started in Canada advocating certain definite economies?

Such as— The reduction of the membership of the Dominion Parliament by one-half.

The cutting in two of each Provincial Legislature in the same way.

The union of the three maritime Legislatures in one.

The striking of certain specified portfolios from the list of each Cabinet, Federal and Provincial.

Perhaps biennial sessions of the Provincial Legislatures."

Is there any particular reason why the reforms suggested by the Star should not be made?

Would the country suffer by the reduction in members and in expenses? Let the intelligent citizen answer for himself.

It is an opportune time to advocate such reforms. A liberal government is in power at Ottawa. Before the last general election a conservative government was at Ottawa, and liberal governments in the provinces. During the old regime there was a sort of guerilla warfare between the dominion and provincial governments. The liberals were "provincial rights" men, while conservatives stood for the dignities of the federal government. You could not get a liberal to consider the question of cutting down provincial expenses, for he was suspicious that you were an intriguing Tory. But, now, that matters have changed at Ottawa, these suspicions have disappeared.

Biennial sessions for local legislatures ought to do. Maine, our neighboring state, gets on this way, and we all know that under the United States constitution, the state has more power than the province, under our constitution.

If Maine can get along with biennial sessions of the legislature why not New Brunswick?

Please answer, representatives from Carleton County.

The framers of Confederation had a good excuse for burdening us with this multiform government. Confederation was a necessity, and it could not have been carried, if the provinces had not been left with the semblance, at least, of their old authority. But the fathers of Confederation, probably foresaw that their descendants would have sufficient wisdom to cut down expenses.

It is a good time now to lop off the mouldering branches.

COUNTY COUNCIL.

The fact that elections for the County Council only take place every two years is a good reason why the electors should make choice of fit and proper persons to represent them. When a councillor is once elected, he knows that he is in clover for two years, anyway, and is apt to become exceedingly independent. A county councillor like all other representatives, is a much more lofty individual than a candidate for the county council. Under the present law a candidate must be nominated on Monday the 4th of Oct.—next Monday. The election will take place on the 12th. A candidate for the town must be possessed of \$300 worth of real estate, or of a leasehold interest in land of \$600, above encumbrances. In the parishes the qualification is \$300 real estate.

Now, with regard to voters. It is necessary in order to vote that a man shall be of age, a British subject, and be assessed on \$100 personal property or income, or on \$100 on both personal property and income, or on real estate of any amount. At one time a man could not vote unless he had paid his taxes, but that provision has been abolished, and it is not now necessary that he pay his taxes before he votes.

The newspapers, so far have not been burdened with the costs of the candidates. Candidates are economical. They prefer a free loan to a paid card. In this, they are not unlike the general public which is very much in favor of free advertising. If a man went to an hotel and after paying for his dinner asked that a cigar be thrown in, the proprietor would be surprised, but the advertiser in the newspaper makes a contract for his space, and then wants about as much more free, in the way of locals.

So, the county councillor is not extraordinary. Like everybody else, he wants to get as much as he can and give as little in return.

Some new blood would not be a bad thing

in the council. Our young men should come to the front. One way or other the annual debate in the council on temperance might be dispensed with. It has been pretty well thrashed out. If the council is bound to deal with morals, why not have a whack at some other subject?

THE DISPATCH will publish the cards of any aspiring candidates at reasonable rates, but, rather than see no election, it will announce, free, the names of gentlemen desirous of serving their Queen and country, in the county council of Carleton.

GOOD FOR THE HEALTH.

You Should do Much Talking, Shouting, Singing, Crying, Sighing and Yawning.

Talking, shouting, singing, laughing, crying, sighing, yawning, all have a pronounced physiological effect upon the human body which is distinctly beneficial.

The man who talks much, the little child who shouts all day in glee over trivial amusements, the young woman song bird who makes herself obnoxious to the other tenants of a flat house, the fat man who laughs vociferously until his sides tremble, the maid who sobs, and the woman who weeps as if her heart would break, the bored individual who yawns, all do so in response to an inward demand for the expulsion of a certain nervous energy which would find vent in no other way.

Such is the interesting theory of Dr. Harry Campbell of England, who has written a book on "The Therapeutical Aspects of Talking, Shouting, Singing, Laughing, Crying, Sighing and Yawning." He proves his theory in a very plausible way. These several respiratory movements, he says, have wide-reaching effects. They not only lead the flow of air to and from the lungs, but they profoundly influence the circulation of the blood. They also affect the function of the abdominal and pelvic viscera by rhythmically compressing and displacing them.

Talking, says Dr. Campbell, is not only good exercise for the mind, but for the body as well. In fact, persons who do much talking in their business or profession, such as lawyers and politicians, can dispense with other exercise. For in talking they not only expend much neuro-muscular energy, but they experience active respiratory movements. Dr. Campbell believes that talking is conducive to longevity. It is also beneficial in heart disease.

According to Dr. Campbell the psychic accompaniment of shouting is essentially emotional. Emotion is not only expressed, but sustained, and, indeed, intensified by it. Thus the shouting of children at play, itself the outcome of exuberant emotion and pent-up neuro-muscular energy, enhances the emotional outburst.

A further effect of shouting is to dull sensibility, the emotional exaltation which it provokes and the voluminous discharge of inducing a corresponding depression in the sensorial sphere. It is on this principle that groaning, and still more the shriek of acute agony bring relief.

On the other hand, the shouting and gesticulation which accompany an outburst of passion act physiologically by relieving nerve tension, so that even swearing may not be without its physiological justification. Passionate outbursts are generally succeeded by a period of good behavior, and, it may be, improved health. One frequently notices this in children. It is possible that the outbursts of irritability observed in disease, as, for instance, in gout, have their physiological as well as their pathological aspect.

Singing, like shouting, is more emotional than intellectual, the degree of emotion called forth depending upon the extent to which the individual throws himself into the spirit of the song. If the theme of the song be joyous the proper rendering of it is highly stimulating.

From the medical standpoint singing is a most important exercise, both by virtue of its influence on the emotions, on the respiratory movements and on the development of the lungs. The good, average health enjoyed by professional singers is in large measure attributable to the mere exercise of their calling. Such therapeutic importance does Dr. Campbell attach to singing that he recommends it wherever opportunity affords. It is especially useful in defective chest development and in chronic heart disease.

RIGHT FROM THE MINES.

Family Ties may be Broken in the Grand Rush for Gold, but What's Wealth Without Health—Dr. Agnew's Catarrhal Powder is a Wonderful Cure—It Never Fails to Relieve in Ten Minutes.

Fred Lawrie, of Trail Creek, B. C., writes:—"I have used two bottles of Dr. Agnew's Catarrhal Powder, and have been wonderfully helped. I can recommend it very highly to all sufferers from Catarrh." And here is another:—Mr. B. L. Egan, Easton, Pa., says:—"When I read that Dr. Agnew's Catarrhal Powder would relieve Catarrh in 10 minutes, I must say I was far from being convinced of the fact. I decided to try it. I purchased a bottle. A single puff of the powder through the blower afforded instantaneous relief." Sold by Garden Bro.

Small boy dashed breathless into a merchant's office. "Is the gov'nor in?" "Yes; what do you want?" "Must see him myself; most particular." "But you can't; he's engaged." "Must see him inmejit; most partickler." The boy's impertunity got him in. "Well, boy, what do you want?" "D'yer want a office boy, sir?" "You impudent young rascal! No we've got one." "No, you ain't, sir; he's just bin run over in Cheapside." Buy engaged.

Myth of the Term Eldorado.

El Dorado is the term now heard on every side in connection with the placer mines of the Klondike region. Its derivation is of interest. In the fifteenth century it was rumored that there existed in the northern part of South America a city of great wealth

DR CHASE'S CATARRH CURE. Nothing equal to it for clearing the head and cleansing the air passages. Gives instant relief for cold in the head. Cures incipient Catarrh in a few days; Chronic Catarrh in one to three months. A specific for Hay Fever. MR. JAS. SPENCE, CLACHAN, ONT., writes: "I had been a sufferer from Catarrh for 15 years. I spent lots of money and tried several doctors, also a Catarrh Specialist in London, Ont. At last I was directed by the advertisements and testimonials I read to try Dr. Chase's Catarrh Cure. I used 3 boxes, and a complete cure was effected." Price, complete with blower, 25 Cts. Sold by all dealers, or Edmiston, Bates & Co., Toronto, Ont.

called Manoa, whose king, by name El Dorado, was periodically smeared with oil or balsam and was then powdered with gold dust, until his whole body had a gilded appearance. It was said that on these occasions he threw gold, emeralds and other precious metals and gems into a sacred lake, in which he afterwards bathed.

Beginning in 1532 the Spaniards sent many large expeditions in search of this phantom city, and most of them ended disastrously, hundreds of lives being lost. One explorer, Orellano, averred that he found El Dorado in his voyage down the Amazon in 1540. This was disproved, but the search was continued down to the eighteenth century. Some of the results were the conquest and settlement of New Granada, the making known to the world of the mountain region of Venezuela, the discovery of the noble rivers the Orinoco and the Amazon, and the exploration of the vast forests west of the Andes. About the end of the sixteenth century an English expedition either sent out by or under the personal leadership of Raleigh, penetrated into Guiana, thereby obtaining a claim on that country which has resulted in the acquirement of the modern British colony of that name.

It has been supposed that the origin of this fable arose from the early celebration of a tribe of Indians near Bogota, whose chief was on these occasions gilded with gold dust, but this ceremony was never witnessed by the Spaniards, and the story may simply be another version of the El Dorado myth.

The name El Dorado was commonly used to describe the city or country which was the object of the search, but a later usage of the term has been its figurative application with regard to any region of more than common richness. El Dorado County, in California, was the scene of the famous gold finds of '49 and since then the expression has been used to describe many gold camps.

Watts: "Don't you think that the man who knows when to stop talking is about as wise as they can get?" Potts: "About, but not quite." The greatest brain is in the possession of the man who knows when not to begin."

Lady (after about twenty-five minutes' cross examination): "Now tell me, constable, what is the strap under your chin for?" London Constable: "Well, mum, that's to rest my jaw on when it gets tired answering silly questions."

FREDERICTON The Business COLLEGE. W. J. OSBORNE PRINCIPAL. GET ACQUAINTED WITH US

By writing for Catalogue containing FULL INFORMATION, which will be sent FREE on any address with specimens of penmanship fresh from the pen of the principal.

W. J. OSBORNE, Principal. Fredericton, N. B., Box 385.

ELECTION OF COUNTY COUNCILLORS

The election of county councillors will be held on Tuesday the 12th day of October next. Twenty days notice of time and place of holding election to be given by Parish Clerks by posting in three most public places in Parish. Nomination of candidates to be filed with Parish Clerks before six o'clock P. M. on Monday the 4th October. Parish Clerks to post names of Candidates in three of most public places in each polling district on 7th October. The Parish Clerks and District Clerks to act as Chairman unless they refuse to serve when chairman to be chosen by electors. Collectors of Rates are required to furnish Parish Clerk with list of Electors ten days before election. Dated Sept. 9th 1897.

R. K. JONES, Sec. Treasurer.

TURNER & FIELDS, Painters and Decorators.

Fresco Painting, Graining, Marbling, Sign Painting, Paper Hanging, Gilding, &c. Hardwood Finishing a Specialty. Orders left with W. F. Dibblee & Son, will be promptly attended to.

WELL! WELL! WELL!

This is the usual exclamation when stepping into the Crockery Room in the rear part of our store.

JUST RECEIVED:

Beautiful Glass Sets, Dinner, Tea and Toilet Sets, in great variety.

C. M. SHERWOOD & BRO.

4 Main Street, Woodstock.

AVOID FREQUENT REPAIRS.

If your watch or clock gets out of order and you take it to a watchmaker, be sure that the work is done so thoroughly that it will not have to be done over again. Best way to be sure is to go to

H. V. DALLING, Blue Front Jewelry Store.

Agent N. B. Telephone Co., C. P. R. Telegraph Co. Official inspector of time pieces on the C. P. R.

Marriage Licenses and Wedding Rings.

AUTUMN OPENED

ON SEPTEMBER 1ST, and you are probably commencing to think of buying something in keeping with the season. Our PICKLING VINEGAR (nothing better), CIDER VINEGAR, PICKLING SPICES, FRUIT JARS, TOMATO JARS. Our stock in all lines is complete. Give us a call.

NOBLE & TRAFTON, 63 Main Street.

Telephone 42-2.

I OFTEN WONDER. If a fellow thinks he can't be well dressed without a very expensive suit of clothes on. Don't you know that it does not require so much cash as good taste to dress a man. Take a piece of cloth selected with a proper regard to a man's complexion and form, give it to a tailor of judgment, and you will have just what you need to set you off. I have the Largest Stock of Cloths in town, and I am the tailor of judgment. Come to me and I will apply the principles of art and good taste toward decorating your person. W. B. NICHOLSON.

School Books

Are now in order. My stock is now complete. Slates, Pencils, Paper, Scribblers. Everything scholars need. Finest lines of Stationery. All the Latest and Best Novels.

New Canadian History for use in schools. W. H. EVERETT, Woodstock.

WILL ADOPT THE CASH SYSTEM.

We have decided to close our books after Oct. 1st, 1897. Goods will then be sold for cash only. No goods will be allowed out on approbation unless paid for, and the money will be refunded on return of the goods. We have looked the credit system carefully over, and are fully convinced that by adhering strictly to the cash system we can sell very much lower. We will have no bad debts, no book-keeper to pay, no books to buy, no safe wanted, no time lost in collecting accounts, and by doing business for cash, we will have ready money to buy goods for spot cash and thus save large amounts on discounts, which will enable us to sell at the very closest possible prices, and give customers the benefit of all the savings. Those who are in need of Fall and Winter Dress Goods will do well to examine our close prices and see that we mean what we say.

McMANUS BROS.