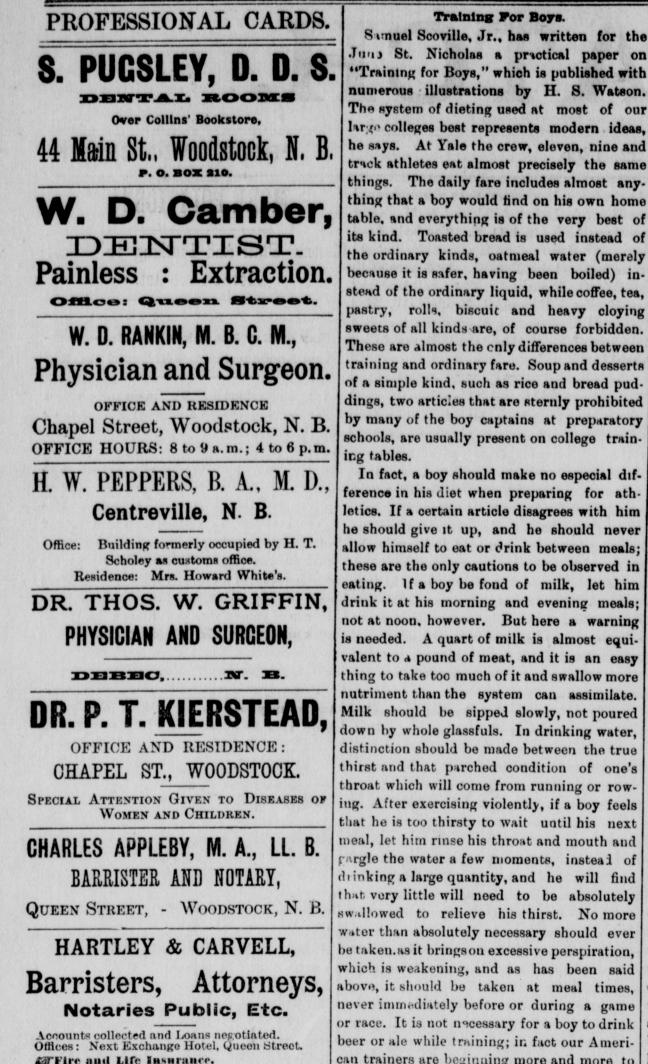
THE DISPATCH

The

...

CHARM OF



Training For Boys.

Samuel Scoville, Jr., has written for the Juna St. Nicholas a practical paper on "Training for Boys," which is published with numerous illustrations by H. S. Watson. The system of dieting used at most of our

Not in the Features so much as in the Grace and Vitality of a Healthy Body -- Dr. A. W. Chase's Nerve and

There's a certain charm of beauty in the graceful, elastic movement and clear complexion of a healthy woman in which the fea-

Blood Pills make Women Beautiful.

tures do not play an important part. The pale, sallow complexion and dull leaden color of the skin, dark circles under the eyes, headaches, pains in the back and sides, dull eyes, weakness, nervousness, despondency and low spirits are symptoms of weak, watery blood and improperly nourished nerves. No woman can be beautiful until the blood

is enriched and the nerves strengthened. Dr. . W. Chase's Nerve Food is a food for the blood and nerves.

Dr. A. W. Chase's Nerve Food restores the energy and strength to a run-down system. Note your weight before using them, and the increase week by week as the brightness re-turns to the eyes, the color to the cheeks and the form rounds out with firm, healthy flesh, the natural result of rich, pure blood and a healthy nervous system.

Face cut and facsimile signature of Dr. A. W. Chase on every box of the genuine. 50c. a box, all dealers, or Edmanson, Bates & Co., Toronto.

speak, and no hard physical or mental work these are the only cautions to be observed in should be taken before fresh fuel, in the eating. If a boy be fond of milk, let him shape of a hearty meal, be added. A good way to start the day is to drink a pint of fresh, cool water upon rising; this washes out stomach, stimulates the digestive organs, and usually prevents one from feeling thirsty between meals.

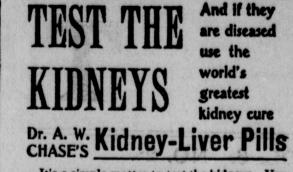
It is common for a boy to become overtrained, or "stale," as it called, but it may sometimes happen that under the direction of a too enthusiastic captain, or urged on by his own ambition, he may overwork himself and become overtrained. The symptoms are a general feeling of listlessness, loss of apthat he is too thirsty to wait until his next petite and weight, the inability to sleep. meal, let him rinse his throat and mouth and The surest sign is the loss of weight. A boys weight is the barometer by which he drinking a large quantity, and he will find should keep track of his condition, and when that very little will need to be absolutely in training he should weigh himself, stripped swallowed to relieve his thirst. No more once a day at the same hour. After he gets water than absolutely necessary should ever into good condition his weight should not vary a half pound. If, after he has been in which is weakening, and as has been said training for some weeks, his weight suddenly more spicy to tell evil of some fellow sinner commences to go down, something is the than good. Well! it hath always been so, never immediately before or during a game matter and probably he is overtrained. It is and there is nothing new under the sun. I or race. It is not necessary for a boy to drink a difficult thing to get an overtrained athlete | really think a good deal of the female gossip beer or ale while training; in fact our Ameri- back into condition again. In the first place is not malicious. Perhaps they don't care can trainers are beginning more and more to he should stop all work entirely and change for reading anything except their Bible and so inclined and eat any thing that he wants. The writer remembers one team on which a diet that he especially wanted. The overtrained individual reflected for a moment, and finally said simply, "Ice Cream!" And during about a week that athletic pet constantly regaled himself on ice cream and ice of the most luxurious description, to the disgust of his healthy team mates, they betheir sole desert.



"It's the devil for any one to tell me a secret, for it is sure to come out inprint."-HAZLITT.

It is rather a striking incident that the petitions which come before the town council asking for relief from excessive taxation, almost always are by those of what may be termed the property owning class. The every day man seldom lifts up his voice against the taxation which the assessors levy. It may be that the assessors have sympathy with the poorer people in the community, and tax them as lightly as possible. If this be so, it is to their everlasting credit. We cannot all live in opulence, as a devotee of of the nouveaux riches once said. There must be some poor, some who have a hard time figuring on the ways and means to provide food for the little ones. Such is the case in every community, and there is not even the usual exception, which is supposed to accompany every rule. It is a peculiar trait in human nature, that the wealthier a man becomes, the stingier he becomes. And so it is, that we often hear of a long petition being presented to the town council, by some well-to-do' mortal, who loses his sleep, six nights in the week, because his taxes are fifty cents higher this year than last.

Charity that "thinketh no evil" is a rare accomplishment. It is really hard to be charitable. I consider it as hard for the ordinary woman to refrain from inventing or at least repeating scandal, as it is for the ordinary man to refrain from getting drunk, or from playing a little game with a cent limit, or from playing dominoes-another name for cards. Whispering goes on among our fair friends, and why is it that it seems



It's a simple matter to test the kidneys. You need not consult a doctor. By asking yourself three questions you can determine whether or

not your kidneys are deranged. First : "Have you backache, or weak, lame

Second : "Do you have difficulty in urinating or a too frequent desire to urinate?" Third : "Are there deposits like brick dust

in the urine after it has stood for twenty-four hours?

In its earlier stages kidney disease is readily cured by a few boxes of Dr. Chase's Kiney Liver Pills, a preparation which has made Dr. Chase famous throughout the world for his wonderful cures of diseases of the kidneys.

If you have kidney disease you can take Dr. Chase's Kidney-Liver Pills with perfect confid-ence that what has proved an absolute cure in so many thousands of cases will not fail you.

So long as the cells of the kidneys are not completely wasted away, as in the last stages of Bright's disease, Dr. Chase's Kidney-Liver Pills will give them new vigor and strength and make them strong, healthy and active. One pill a dose, 25c. a box, at all dealers, or Edmanson, Bates & Ca., Toronte.

House Painting, Decorating, Alabastine, Frescoing. Marbling, Gilding.

All kinds of Exterior and Interior Work.

TURNER & FIELDS. Orders left at W. F. Dibblee & Sons or at the Town Hall promptly attended to.

> BRISTOL WOODWORKING FACTORY,

Having Repaired and Replaced Machinery, is ready to do First-Class Work at lowest possible prices.

DOORS SASH MOULDINGS, HOUSE FINISH SHEATHING ETC.,

F. B. CARVELL. J. C. HARTLEY. STEPHEN B. APPLEBY, O. C. BARRISTER - AT - LAW Solicitor, Notary Public, Etc., **REFEREE - IN - EQUITY.** QUEEN STREET, WOODSTOCK, N. B

WOOL MATS, GRASS MATS.

For Carriages. Summer Horse Blankets, Summes Lap Robes and Dusters, Axle Grease, Curry Combs,

Whips, Lashes,

Fancy Harness Trimmings.

All the Summer Styles in the Harness and House Furnishing lines.

ATHERTON BROS. King Street,

Woodstock. General House

Finishing.

DOORS, WINDOWS. MOULDINGS. FLOORING. SHFATHING. SCHOOL DESKS, CHURCH WORK.

James E. Barter & Co.

Tobacco, especially sigarettes, should be forbidden. It is possible for a man to smoke a pipe or cigar and succeed in athletics, though he is considerably handicapped; but the boy that cannot go without cigarettes had better keep himself entirely out of athletic sports. The next factor in training-sleep-is far more important than diet. Too much emphasis, especially in the case of boys, cannot be laid on the necessity of obtaining all the sleep possible. A famous sprinter, who one year utterly dissapointed all his friends ing forced to sustain life on rice pudding as friends and college by failing in most of his races and who had become overtrained. said to the writer afterward that he attributed his poor showing entirely to the fact that, because of certain extra course of study, he had not been able to obtain the necessary amount of sleep. Every boy when in training should be in bed by ten o'clock and rise at 7. If he is not accustomed to such hours --and most boys, alas, are not-he will probably at first be troubled by not being able to fall asleep at once, or, more commonly by waking in the morning an hour or so earlier than usual. However, let him presevere in well-doing, and gradually the ability to put in nine solid hours of good, refreshing sleep will come to him. If the food builds up the muscles, it is sleep that steadies the nerves and gives a boy that feeling of confidence and coolness at critical movements which so often saves a game. Under no circumstances should an athlete do any sleeping in the daytime; it tends to make him logy and listless, and is discouraged by all trainers.

rule off ale from their training tables.

In regard to the kind and amount of excise necessary in training, that depends to much on the kind of athletics for which a boy is training, and on the boy himself, to admit of much generalization.

In any kind of athletics, the greatest care should be taken not to overdo matters at first. As the trainer at Yale used to say, "You can't go too easy the first week." Any overstraining before the body is built up a little may cause a permanent injury. In football, full halves should not be played during the first week; a track athlete should indulge in sundry long, easy joge; a tennis player should not play more than one or two hard sets a day; and like caution should be observed in all the other branches of athletics. The time of day when the exercise should be taken is really a matter of slight importance. The morning is probably the best time to train, though nine athletes out of ten do their work in the afternoon, and many noted English atbletes take their exercise after dark.

No work harder than a short, brisk walk

Some few days change of this sort wil prove sufficient, and the work should of course be made a little lighter for some time after resuming duty.

Before. After Wood's Phosphodine, The Great English Remedy. Sold and recommended by all druggists in Canada. Only reli able medicine discovered. Siz packages guaranteed to cure all forms of Sexual Weakness, all effects of abuse or excess, Mental Worry, Excessive use of To-bacco Opium or Stimulants. Mailed on receipt of price, one package \$1, six, \$5. One will please six will cure. Pamphiets free to any address. The Wood Company, Windsor Ont.

Ka Woods Phosphodine s sold in Woodstock by Garden Bros. Druggists.

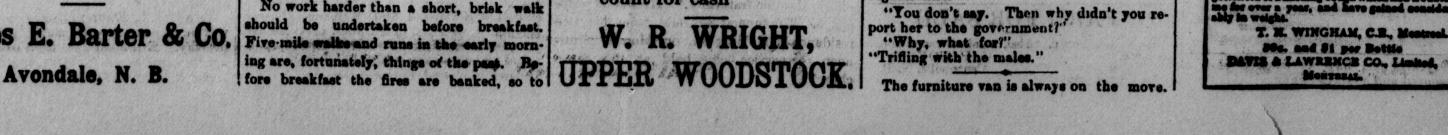


f you want to get scrength and purity you wil d our stock of Drugs the best in the vicinity. Our ugs are bought with the greatest care, and we to pains that none but Pure Drugs reach our lives. McKeen's Quinine Iron and Wine and Keen's Compound Extract of Sarsaparilla, in and Blood Remedy, are confidently recom-inded to the public for spring disorders.

CHAS. MCKEEN, Druggist, Woodstock FRESH

GROCERIES.

Of all kinds. Prices away down, and a Liberal Discount for cash



his diet. Instead of working on track or the latest novel, and the mind must have field, let him stay at home and read, if he is diversity. And, more than this, if it gives the good creatures pleasure why object? I am sure men lie and slander each other at man became overtrained. The trainer im- election times, and at times when there are mediately inquired if there was any article of no elections. And, so if the good ladies wish to have a quiet little talk-well, we can't help it, anyway.

It is almost surprising that there should be objection in England to the raising of a statue of Cromwell. He was a great man, and even sympathisers with Charles I. must admit that he was utterly unreliable, and had grossly abused his high station. Cromwell made the name of England feared and dreaded. She was great under his regime. He served his generation. After his death his methods were found unworkable, and the people gladly welcomed the legitimate king. Cromwell at least taught a lesson to all English monarchs, since, that they had duties to perform for which the people will call them to account.

STAIR WORK.

Prices to suit the times. Estimates given. Orders promptly executed. Write or call.

> JOHN J. HAYWARD, BRISTOL, N. B.

NOTICE-

The undermentioned non resident rate payers of School District No. 19¹/₂ Parish of Brighton County of Carleton, are hereby notified to pay their re-spective rates as set opposite their names, together with the cost of advertising (\$2.00) to the Secre-tary of School District No. 19¹/₂ within two months from this dote otherwise the read from this date, otherwise the real estate of said rate payers will be sold to pay the amount of taxes advertising etc.

The New Brunswick Railway Company

Secretary to Trustees, Cloverdale, Carleton County August 28th 1899.

Charles Parker,

THE IMP.

A Popularity That Increases With Mighty Strides. Diamond Dyes First in All **Points That Make** Perfection.

Notwithstanding the fact that imitation and crude package dyes and soap-grease dyes are before the public seeking recognition, the

fame and popularity of the Diamond Dyes increases with mighty strides. Those who have the misfortune to try any of the inferior dyes sold by some dealers know well how deceptive they prove. The users are utterly disheartened and disappoint-ed. Their work with these common dyes

form and honest results when used in the mansion or cottage. Bright, clear and brilliant colors are always obtained on all kinds of goods—all wool, all cotton or mixed goods—when the plain directions are followed. Do not be deceived by any dealer when he offers you something just as good as the Dia-mond Dres. There are no other dres in the mond Dyes. There are no other dyes in the world that can equal the "Diamond"; no others that can so successfully make old things new .

Proved Guilty.

"That pretty young postmistress of the village where we spent the summer was a regular flirt."

