

DO YOU FEEL TIRED IN THE MORNING?

Does Sleep not bring Refreshment?

Do you feel wretched, mean and miserable in the mornings—as tired as when you went to bed? It's a serious condition—too serious to neglect, and unless you have the heart and nervous system strengthened and the blood enriched by



Milburn's Heart and Nerve Pills, collapse is a most certain to ensure. Mr. Fred. H. Graham, a well-known young man of Barrie, Ont., says:—"I have had a great deal of trouble with my heart for four years. I was easily agitated and my excitement caused my heart to throb violently. I had dizziness and shortness of breath, and often arose in the mornings feeling as tired as when I went to bed. I was terribly nervous. Milburn's Heart and Nerve Pills have done wonders for me. They have restored my heart to regular healthy action, giving me back sound restful sleep, and making my nervous system strong and vigorous."

Milburn's Heart and Nerve Pills are 50c. a box or 3 for \$1.25 at all druggists or by mail. The T. Milburn Co., Limited, Toronto, Ont.

FOR SALE.

1 pair Matched Grey Horses, suitable for farm team; 1 good Driving Horse, color Bay; all 7 years old; also, 1 New Express Waggon.

W. R. WRIGHT,
Upper Woodstock.

CURE ALL YOUR PAINS WITH
Pain-Killer.
A Medicine Chest in Itself.
Simple, Safe and Quick Cure for
**CRAMPS, DIARRHOEA, COUGHS,
COLDS, RHEUMATISM,
NEURALGIA.**
25 and 50 cent Bottles.
BEWARE OF IMITATIONS.
BUY ONLY THE GENUINE.
PERRY DAVIS'

CHARLES P. PARKER,
Painter & Grainer,
PAPER HANGER, SIGN PAINTER, &C.

Hard Wood Finishing, Pine Wood Finishing in its natural color, or painted in tints to suit. Also, Staining Graining, Marbling, Kalsomining, etc.

First-class work—lowest prices.
Shop and Residence:
Richmond Street, Woodstock, N. B.

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

All kinds of Exterior and Interior Work.
TURNER & FIELDS.
Orders left at W. F. Dibble & Sons or at the Town Hall promptly attended to.

**Prescriptions
Carefully
Compounded**

—FROM—
PURE DRUGS
CHAS. McKEEN,
DRUGGIST,
Main Street, Woodstock.

The Prevention of Tuberculosis.

Philadelphia Medical Journal.
At the Munich meeting of the Tuberculosis Commission, held under the auspices of the German Naturforscher and Aerzte-Versammlung, Italo-Tonta of Milan summarized in an admirable way the regulations which should be established by the authorities for the prevention of tuberculosis. These regulations are so concisely and clearly stated that they might well be embodied in a tract and scattered broadcast through the world. They are as follows:

(1.) The periodic disinfection of all localities much frequented by the public, especially rooms in which many individuals congregate, such as schools, society rooms, churches, cafes, restaurants, hotels, orphanages, barracks, libraries, convents, hospitals, dispensaries, stores, tramway and railway cars, and cabs. (2.) The prohibition of spitting on the floors in rooms and public conveyances; the placing of cuspidors in parks and other public places, and in vehicles of transportation. (3.) The establishment of special playgrounds for children in order to avoid their playing in localities which phthisical patients might visit. (4.) The disinfection and whitewashing of rooms where a case of phthisis or a death from the disease has occurred. (5.) The annual medical inspection of persons frequenting schools, academies, offices, factories, etc. Any case found should be reported to the authorities. (6.) The establishment of people's sanatoriums. (7.) The hygienic instruction of the tuberculous, so that they may be able to protect themselves and those coming in contact with them. (8.) The isolation of the phthisical cases in military and general hospitals—if possible, the erection of separate pavilions. (9.) The prohibition of the bathing of tuberculous with healthy persons; the establishment of separate bath-houses for the former, under medical supervision. (10.) The prohibition of all tuberculous individuals from the schools and their transfer to colonies in the country, when they may be treated. (11.) The formation of committees with the object of sending the children of poor persons that are suffering with tuberculosis, or that have died of that disease, to the country, in order to remove them from the infected houses. The children of rich families should also be removed from their homes for a certain length of time. (12.) The improvement of hygienic and dietetic conditions of the poorer classes, by the erection of public kitchens, wayfarers' lodges, bath-houses, etc. (13.) Philanthropists should make it their object to improve the nutrition and hygiene of individuals in poor families in which tuberculosis has occurred. (13a.) The linen of tuberculous persons must be disinfected before being brought into contact with the linen of others. (14.) The marriage of very young persons whose appearance suggests that they are inclined to tuberculosis should be opposed. Persons in whose sputum bacilli are present should be prohibited from marrying. (15.) The compulsory periodic examination of domestic animals which might become tuberculous. (16.) The monthly inspection of stables; supervision of the hygiene of the kitchen of milking and milk vessels; scrupulous care in creameries. (17a.) The supervision of markets and abattoirs. (17b.) The erection of stations at the borders of countries for the inspection of imported animals. (18.) Strict regulations regarding the products of factories. (19.) The giving of weekly lessons in hygiene at all public schools. (20.) Each child at school must have its own drinking cup and its own towel. School children should not kiss each other. (21.) Instructions to second-hand dealers in books, clothing, etc., to have their wares disinfected. Disinfection of library books, as well as of objects that serve for school or general use, must also be performed at certain intervals.

It may not be possible to carry out all the suggestions contained herein, but they form a very excellent guide for modern sanitary efforts.

Kidney Disease and Backache

Mr Patrick J. McLaughlin, Beauharnois, Que., states:—"I was troubled with kidney disease and dyspepsia for 20 years and have been that I could not sleep at nights and suffered terrible agony. I tried all sorts of medicines but got no relief until I began using Dr. Chase's Kidney-Liver Pills. They made a new man of me and the old troubles seem to be driven out of my system." One pill a dose, 25 cents a box.

The Painfulness of Death.

From "The Gospel According to Darwin," by Dr. Woods Hutchinson: There need be no shrinking dread of the "pangs of dissolution," the "final agony," for such things have little existence save in disordered imaginations. Ask any physician whose head is silvered over with gray, and he will tell you that while disease is often painful, death itself is gentle, painless, natural, like the fading of a flower or the falling of a leaf. It is literally true that there is a time to die as well as to live, and when that time comes the event is not only tolerable, but like other natural processes, desirable, every fibre of our tired, worn-out being demands it. The overwhelming majority of such records of authentic "last words" as we possess re-echo the saying of Charles II. on his deathbed: "If this be dying, nothing can

IS BABY CUTTING TEETH?

Watch him carefully.—On the first indication of Diarrhoea give Dr. Fowler's Extract of Wild Strawberry.



Hot weather comes hard on babies, especially those cutting teeth. The little form soon wastes and fades away when diarrhoea or cholera infantum seizes upon it. As you love your child, mother, and wish to save his life, give him Dr. Fowler's Extract of Wild Strawberry. There is no other remedy so safe to give to children and none so effective. Mrs. Chas. Smith, Shoal Lake, Man., says: "I think Dr. Fowler's Extract of Wild Strawberry is the best medicine that was ever made for diarrhoea, dysentery and summer complaint. It is the best thing to give children when they are teething. I have always used it in our own family and it has never yet failed."

be easier." Even in such an extreme case as death under the fangs of wild beasts, all those who have gone very near the Valley of the Shadow from this cause unite in testifying, incredible as it may seem, that after the first shock of the attack there is absolutely no sensation of pain. For instance, Livingstone, upon one occasion was pounced upon by a lion, which felled him to the ground, and, making his teeth meet in his shoulder, dragged him a considerable distance into the jungle before his followers could come to his assistance. Livingstone asserts most positively that he was perfectly conscious of what was happening when he was being carried, could hear the cries of his friends, and wondered how long it would take them to reach him, but that he felt no pain or fear whatever, nothing but a strange, drowsy, dreamy sensation. And yet his shoulder was so severely injured that he never fully recovered the use of it, and his body was identified after death by the scars. Sir Samuel Baker reports a similar experience with a bear which he had wounded. The great brute felled him by a stunning blow from its paw, and he was aroused to consciousness by it crunching the bones of his hand; it continued the process up his arm, and had almost reached the shoulder before the rescuing party could reach him, and yet Sir Samuel declares that he felt no pain whatever, and that his only sensation was one of intense resentment against the beast for seeming to enjoy the taste of him so much. Nor are these by any means exceptional instances, as many other such reports could be collected, and it is almost an axiom with surgeons that the severer the injury the less the pain. Many a man has received his death-wound and never knew it until his strength began to fail.

Don't suffer from toothache when a ten cent bottle of Dr. Low's Toothache Gum will cure it quickly without blistering your lips or cheeks.

Just For Fun.

"I hear," remarked Nanny Goat, "that your made that beautiful goat from Riley-town look like thirty cents."

"I guess not," declared the victorious Bills. "I'm the one that looks like thirty cents, for I'm the best butter. The very lowest oleo quotation about fits him."

Do you believe that Lusher really saw a sea serpent on his last yachting trip. I have no doubt of it at all. I was with him when he was purchasing his supplies.

"She's a strong advocate of the temperance cause, isn't she?"

"Yes indeed. She never even entertains a doubt, because doubts are so often dissipated."

This, said the funeral director, is the very latest in caskets. What do you think or it? Well said the cigar man from the next door after a long study of the article, I'd hate to be seen dead in it.

Stranger—Is that a deep well you are digging?
Larry—Shure, sor, if it gets much deeper O'll rint it to th' government to hurry soldiers through to Chiny.

Fable of the Small Bird.

Once upon a time there was a bantam rooster with immense opinion of himself, and as he stood in the barn-yard he said;

"I will make a stir in the world. I will attract attention."

Wherefore he began to crow lustily, although he had nothing much to crow about.

Now it happened that far above the bantam a hawk was wheeling in the circumambient air. The hawk had not seen the bantam, owing to the latter's diminutive proportions, but when the bantam crowed the hawk heard and in about 43 seconds had his claws full and was contentedly winging his flight homeward, while all was still below.

Moral.—It is not a profitable thing to try to make a noise in the world without a reasonable excuse.

PAIN-KILLER is the best, safest and surest remedy for cramps, colic and diarrhoea. As a liniment for wounds and sprains it is unequalled. Avoid substitutes, there's but one Pain-Killer, Perry Davis'. 25c and 50c.

DAILY LIFE IN CHINA.

Interesting Details of the Customs and Usages in Vogue.

In an article on the Chinese daily life Joseph King Goodrich gives some interesting details of the customs and usages in vogue in China. Accordingly to his narrative the Chinese believe in early rising, and begin their workday several hours earlier than Europeans or Americans. In this particular the high officials set a good example, for they hold audiences and transact business at daylight. The street kitchens which may be seen in any Chinese town do business at all hours of the day and night, and had become well established institutions several thousand years before the Americans owl restaurant was thought of.

The Chinaman rises early possibly because his sleeping apartment offers few attractions. The rooms, even in the homes of the wealthy are usual dark and poorly ventilated, and are like inside cupboards. The bed is usually a canopied, elaborate affair, heavy and beautifully carved and this piece of furniture is often handed down from father to son through many generations. But there is nothing elaborate about the bed covering. In place of a mattress there is a mat, and the covering is the occupant's clothing, or possibly a wadded quilt. Extra clothing is provided for cold weather, and in the north, where the weather is extremely cold, the carved wood bedstead is not used. Inside the house of every well-to-do citizens, and in the inns, there are divans of masonry beneath which there are fireplaces, and on these divans the people sleep, and the fire is utilized for cooking purposes.

There are no pillows in Chinese beds. They have instead hollow square frames of rattan or bamboo, or blocks of wood fashioned so that they fit the nape of neck and support the head when lying on the side. People who have used these substitutes for pillows say they are much more comfortable than soft, hot feather or hair pillows, especially in warm weather. These substitutes for pillows are used even by those people who have rooms furnished with modern tables and other European furniture.

The Chinese have no use for bathrooms or bathing paraphernalia. Their toilet is quickly made, and is not begun until nearly all the garments to be worn have been put on.

Itching Piles

Mr O P St John, Dominion Inspector of Steamboats, 246 Shaw street, Toronto, writes: "I suffered for nine years with itching piles. After trying many remedies in vain, I began to use Dr. Chase's Ointment and it has entirely cured me." More people have been cured of piles by using Dr. Chase's Ointment than by all other treatments combined. It never fails to cure piles.

Not Worth Explaining.

"Jonas, what does 16 to 1 mean?"
"Martha, it is too hot weather to go deeply into such a senseless passing phase of political agitation. Taken by and large, however, it means 16 votes for McKinley to one for Bryan in November."—Indianapolis Journal.

Croup, the dread of every mother, is instantly relieved by Bentley's Liniment.

NOTICE.

All persons indebted to the Estate of the late Randolph K. Jones are hereby required to make immediate payment to the undersigned.

Dated the 25th day of June A. D. 1900.

STEPHEN B. APPELEY
Receiver of the Estate of Randolph K. Jones.



DEPARTMENT OF RAILWAYS AND CANALS, CANADA.

PRINCE EDWARD ISLAND RAILWAY.

NOTICE TO CONTRACTORS.

SEALED TENDERS addressed to the undersigned and endorsed "Tender for Bridge over the Hillsboro River," will be received at this office until 16 o'clock (4 p. m.) on Friday 10th day of August, 1900, for the construction of the Substructure of a combined Highway and Railway Bridge over the Hillsboro River at Charlottetown, Prince Edward Island.

Plans and specifications of the work can be seen on and after the 9th day of July, 1900, at the office of the Superintendent of the Prince Edward Island Railway at Charlottetown, and the Chief Engineer of the Intercolonial Railway at Moncton.

Printed forms of Tender can also be obtained at the places mentioned.

In the case of firms there must be attached to the tender the actual signatures of the full name, the nature of the occupation, and residence of each member of the firm, and further, an accepted bank cheque on a chartered bank of the Dominion of Canada for the sum of \$20,000 must accompany the tender.

The accepted bank cheque must be endorsed over to the Honourable the Minister of Railways and Canals, and will be forfeited if the party tendering declines entering into contract for the work at the rates and on the terms stated in the offer submitted.

The accepted bank cheque thus sent in will be returned to the respective parties whose tenders are not accepted.

The Department does not bind itself to accept the lowest or any tender.

By order,
L. K. JONES,
Secretary Dept. Ry. & Canals,
Ottawa, 5th July, 1900.

Newspapers inserting this advertisement without authority from the Department will not be paid for it.

"I Can Eat What I Like."

Many people suffer terribly with pain in the stomach after every mouthful they eat.

Dyspepsia and indigestion keep them in constant misery.

After trying the hundred and one new-fangled remedies without much benefit, why not use the old reliable Burdock Blood Bitters and obtain a perfect and permanent cure?

Here is a case in point:

"I was troubled with indigestion and dyspepsia for three or four years, and tried almost every doctor round here and different dyspepsia remedies, but got little relief. "I then started using Burdock Blood Bitters, and when I had finished the second bottle I was almost well, but continued taking it until I had completed the third bottle, when I was perfectly well. Before taking B.B.B. I could scarcely eat anything without having a pain in my stomach. Now I eat whatever I like without causing me the least discomfort." — MRS. THOMAS CLARK, Brussels, Ont.



Canada's International Exhibition.

ST. JOHN, N. B.

OPENS SEPT. 10TH.

CLOSES SEPT. 19TH.

Additions have been made to the Live Stock prizes, and a Buttermaking Competition and exhibit of cheese making provided for.

Amusements will this year be more than ever a prominent feature, including many unique and startling novelties.

Very cheap fares and special excursions on all railways and steamers. Exhibits on several of the main lines will be carried practically free. Full particulars advertised later.

Exhibitors desiring space in the buildings or on the grounds should make early enquiry, and for sales and special privileges immediate application should be made.

Premium lists and entry forms will be sent on application to
CHAS. A. EVERETT,
Manager and Secretary.
D. J. McLAUCHLIN, President.

HOTELS

QUEEN HOTEL,

J. W. SMITH, Proprietor.

St. Stephen, - - - N. B.

Opposite Post Office, two minute's walk from C. P. R. Depot.
Newly Painted and Renovated, most convenient Hotel in St. Stephen for Commercial Men.
\$1.50 PER DAY.

VICTORIA HOTEL,

Carleton Street, - - Woodstock, N. B.

T. J. BOYER, Proprietor.

Within a stone throw of Queen Street Station, overlooking the St. John River. Sample rooms in Opera House Block and in hotel.
Terms \$1.50 per day.

Queen Hotel,

J. A. EDWARDS, - - Proprietor.

QUEEN STREET,
FREDERICTON, - N. B.

VICTORIA HOTEL,

ST. JOHN, N. B.

D. W. McCORMICK, - Proprietor

JUNCTION HOUSE,

Newburg Junction.

Meals on arrival of all trains First-class fare.

R. B. OWENS, Proprietor

LOOK HERE FRIEND!

Do you have pains about the chest and sides, and sometimes in the back? Do you feel dull and sleepy? Does your mouth have a bad taste, especially in the morning? Is your appetite poor? Is there a feeling like a heavy load upon the stomach? Sometimes a faint, all-gone sensation at the pit of the stomach, which food does not satisfy? Are your eyes sunken? Do your hands and feet become cold and feel clammy? Is there a giddiness, a sort of whirling sensation in the head when rising up suddenly? Are the whites of your eyes tinged with yellow? Is your urine scanty and high colored? Does it deposit a sediment after standing? If you suffer from any of these symptoms,

USE SMITH'S CHAMOMILE PILLS.

Prepared only by FRANK SMITH,

St. Stephen, N. B.

Price 25 cents; five boxes \$1. If not kept by your local dealers a box will be sent by mail on receipt of price.