

**Position of the Head in Sleep.**

Custom has imposed the use of the bolster and the pillow, but it does not of necessity follow that they are advantageous or conducive to sound sleep. Physiologically, we are entitled to entertain a doubt, seeing that physiologists are still unable to state authoritatively whether the brain in sleep is congested or anemic. The general experience is that the lower the head the deeper the sleep, and vice versa. Apart from morbid conditions which render it impossible to some persons to sleep with the head low, conditions which vary and infinitely from the mere preference for a thick bolster to positive physical causes, and, positively, physiological conformation, render the head-low position in bed intolerable to some. It is urged against the use of these supporters that they inflict a constrained position of the neck, which interferes with the passage of blood to and from the brain, and contracts the thorax. On the other hand, unless one lies on the back it is obvious that the neck must be uncomfortably curved in the absence of a pillow, far more so than would result from even a very thick bolster. On the whole, it would seem that in order to obtain sleep as deep and reposeful as possible, we ought to aim at having the head as low as is consistent with actual comfort. To submit to absolute discomfort in view of a problematical and much disputed advantage is not an experiment that will commend itself to the majority of mankind.—Medical Press.

**Paine's Celery Compound**  
Cures Sick People and Makes Them Feel Young Again.

**A CURED MAN SAYS:**  
"I FEEL JUST AS BRIGHT AND YOUNG AS A BOY."

After Many Failures With Physicians and Medicines, Mr. McGruer Was Saved By **PAIN'S CELERY COMPOUND.**

All the combined powers on earth cannot stem the tide of truth that sweeps over this Dominion of ours in regard to the curing and life-restoring virtues of Paine's Celery Compound. The thousands cured year after year send such strong and convincing letters of testimony that the most hardened skeptics are forced to admit that Paine's Celery Compound does possess medical powers unknown to other medicines.

The following letter from Mr. A. R. McGruer, Dixon's Corners, Ont., assures you that no matter how desperate your case may be, Paine's Celery Compound will do more for you than you can possibly hope for. Mr. Gruer says:

"Some time ago my condition of health was alarming, and I suffered very much. I was laid up three days out of every week, and I often said to my friends that it would be better if it was the Lord's will that I should be called away. Three of the best doctors attended me, but could not relieve me in any way. It was then I was advised to use Paine's Celery Compound, which brought relief at once. After using this great remedy I find myself a new man, and feel just as bright as a boy of eighteen years. I think Paine's Celery Compound is the greatest medicine in the world."

**Sunday Closing in France.**

A very remarkable demonstration took place recently at Nimes. About 1,000 shopkeepers' assistants and employes marched the streets in the ancient city, bearing banners with the inscription, "Buy nothing on Sundays." Many of the shops were closed, and those that were open were respectfully summoned to follow the good example. Nearly all of them gave a favorable response by putting up their shutters at once. It is notable that not a single disorderly incident occurred. The Sunday closing movement in France has of late made enormous strides, and its effect may be seen even in Paris itself.

**At the Change of Life**

This trying period in woman's life usually comes between the ages of forty and fifty years and is marked by irritability, headache, dizziness, irregular monthly, fitful appetite, forebodings of evil, palpitation of the heart and constipation. Dr. Chase's Nerve Food is above all a woman's medicine because it helps her safely through this trying period. It enriches the blood, strengthens the nerves, regulates the functions of the feminine organs and tones and invigorates the whole body.

**Qualifications of Sea Captains.**

On some of the foreign steamship lines the captains are naval officers, and, in case of war, would retain their commands. On the German steamers the officers must first serve a year or so in the Naval Reserve. On the French lines each member of the crew must serve for a time on a vessel of war. On the majority of ships, however, the officers are men of the sea who have fought their way up, step by step, entirely by merit, and not at all by favor. On the American lines, even after a man has reached the rank of captain, he must pass a rigid examination every five years.

Vaseline makes the best dressing for russet shoes.

**United States School Histories.**

American school histories are accused of instilling of England. In former days they did. But with regard to those most in vogue, at least, the charge at present is unfounded. They give too much space to war, as most historians do; and it happens that the only foreign wars of any consequence in the history of the United States have been with England. On one point only American school books and American historians generally continue to cherish a notion which is false and injurious to Great Britain. They call the reckless and disastrous war of 1812 the second war of independence, and says it finally liberated America from the insolent domination of England. There was no attempt at domination, insolent or otherwise on England's part. She was engaged in a struggle for her own life and the independence of all nations, in which she ought to have had the sympathy of the American Republic. Her hope of success lay in her ability to distress her enemy at sea, with which the American neutral trade interfered; and she sorely needed all her seamen, many of whom had been tempted by Americans to desert in port. She was wrong in regard to the Order-in-Council, still more in regard to the impressments. But it was by necessity of war, not by love of domination, in that case that she was impelled. Clay and the filibustering politicians of the west wanted a war for their own political objects, and they looked confidently for the conquest of Canada, which proved not so easy as they thought. Instead of an increase of liberty the country fell under the military domination of Jackson, with results which Clay had the pleasure of witnessing, and under which his country suffers at this hour.—A Bystander in Toronto Sun.

**A HEALTH POLICY**

Mr. Sabin insures himself against the ravages of Indigestion and Dyspepsia. Dr. Von Stan's Pineapple Tablets is a safe "Policy" to carry. They prevent and cure, act quickly and a convenient "vest pocket" prescription.

"After trying nearly everything the Materia Medica recommended for Indigestion, I find Dr. Von Stan's Pineapple Tablets to be the only absolute specific for this most distressing ailment. It certainly has proved so in my case. I give you authority to quote me if it will lighten some other poor sufferer's burden."—James T. Sabin, Secretary of Vermont Mutual Fire Insurance Company, Montpelier, Vt. 60 tablets, 35 cts. 32 Sold by Garden Bros.

**Extenuating Circumstances.**

The British soldier is a first-class fighting man, but now and then his mental attributes make us smile. Numerous anecdotes are told of the simplicity of his ideas, and the following is, perhaps, one of the best:

A gunner in one of the campaigns in Egypt was serving his piece, when he was surrounded so closely by Arabs that he had to use his rammer as a club. He repulsed the enemy and saved his gun at the expense of a broken rammer, and for his bravery he was selected for the Victoria Cross.

When summoned before the board of officers the soldier thought it was for the breach of discipline in having broken the rammer, and before a word could be said he spoke up and volunteered a plea of "guilty, with extenuating circumstances."

There was a broad smile on the face of the board, but the soldier got the Cross.

**He's Got It Right In The Head.**

That's where Catarrh always sticks, until it strikes down into the lungs, then it's Consumption. Summer is coming, that's the time to cure Catarrh. The weather, sunshine, dry air, are all favourable. Catarrh will not cure itself. The favourable conditions above mentioned enable Catarrh to do its work in one quarter of the time. It always cures, but it cures more quickly now than any other season of the year. Your druggist or doctor will tell you what a good thing Catarrh is. 25c. and \$1.00.

The Department of Agriculture has received from Mr. A. B. Elderkin, Canadian Live Stock Commissioner at the Pan-American, a report of the winnings of Canadian cattle at Buffalo. The following is a comparative statement of the value of prizes in each class:—

	Canada.	U. S.
Shorthorns,.....	\$1,001.60	\$418.00
Herefords,.....	355.00	740.00
Aberdeen Angus,....	72.50	480.00
Galloways,.....	197.50	247.50
Fat cattle,.....	110.00	.....
Guernseys,.....	130.00	710.00
French-Canadian,....	402.50	127.00
Ayrshires,.....	430.00	130.00
Holsteins,.....	412.00	930.00
Total,.....	\$3,111.10	\$3,813.40

In the center of Africa the fame of Pain-Killer has spread. The natives use it to cure cuts, wounds and sprains, as well as bowel complaints. Avoid substitutes, there's only one Pain-Killer, Perry Davis'. 25c and 50c.

The sweetest revenge you can take is to prove that your enemy was mistaken in judging you harshly. Do him a service, though he has done you an injury, and thus killing a foe by making him a friend. It is a hard lesson to learn, but it is worth learning.—Rev. Geo. H. Hepworth.

**In the Clutch Of Consumption.**



Don't neglect that persistent hacking cough till you find yourself in the clutch of Consumption. It's an easy matter to stop it now by taking

**DR. WOOD'S NORWAY PINE SYRUP.**

This pleasant remedy heals and soothes the lungs and bronchial tubes, and cures lingering and chronic coughs when other remedies fail.

Mr. W. P. Cann, writing from Morpeth, Ont., says: "I honestly believe I would have died of consumption only for Dr. Wood's Norway Pine Syrup. I have used it for years and consider it has no equal for severe colds and throat troubles."

**Devotion to Duty.**

In devotion to duty you have the great secret of life; for, important and precious as is the cultivation of your intelligence, and bringing of all your powers of thought and action up to the highest level that your several gifts permit, there is one thing in which the pearl of great price the treasure in life and the security in death, is laid open to you all alike, be your attainments more or less limited, be your talents more or less conspicuous. If you have devotion to duty for the guide of your daily course, nothing can ultimately go wrong.—Gladstone.

**Don't Be Selfish.**

Some people seem to be here in the world just on their guard all the while, always so afraid of doing wrong that they never do anything really right. They do not add to the world's moral force; as the man who, by constant watchfulness over his own health, just keeps himself from dying, contributes nothing to the world's vitality. All merely negative purity has something of the taint of the impurity that it resists. The effort not to be frivolous is frivolous itself. The effort not to be selfish is very apt to be only another form of selfishness.—Phillips Brooks.

**SHIP "HARD AGROUND"**

A distressing skin disease had well nigh wrecked his good ship "Health," but Dr. Agnew's Ointment came to the rescue and it's timely aid relieved the distress and brought him safe to land.

C. H. Howard, a prominent steamboat man, of Rangeley, Maine, writes:—"Enclosed find thirty-five cents for a box of Dr. Agnew's Ointment. I bought a box in Portland recently for a distressing case of skin disease, and it did me so much good that I want to try another box. It is the only remedy that has ever given me any relief and I believe it will cure me." 35 cts. 31 Sold by Garden Bros.

Mr. Cecil Rhodes, who has just entered on his forty-ninth year, has one little-known weakness—collecting old cookery books. Of these he has a very remarkable and valuable collection, acquired in the course of some five or six years. There are books, however, which even a millionaire cannot buy, and when visiting England shortly before the outbreak of the war in South Africa he kept a secretary busy for several months at the British Museum copying and translating some of the very wonderful old Latin cookery books which have their place in the national collections.

**Digestion Without a Stomach**

The fact that people live and digest food after the stomach has been removed proves that the important part of digestion takes place in the intestines. Hence it comes that Dr. Chase's Kidney-Liver Pills are so wonderfully successful in curing chronic indigestion and dyspepsia. They act directly on the kidneys, liver and intestines, making them healthy active, and vigorous, and so insure perfect digestion and prompt removal of poisonous waste matter.

Professor Starr, the American authority on anthropology, is an Iroquois Indian—by adoption. Professor Starr is an enthusiast in his chosen field of study and research—that of anthropology—and when he wants to understand an alien race he adopts the simple method of going among them and living their life for a period, so far as he can do so. A year ago he went among the Iroquois, and not only learnt much of their history, but formed a strong attachment for these industrious and intelligent descendants of a tribe famed for their strength, bravery, and prowess. When adopted by the tribe Professor Starr was given the name of Hai-yat-ha, which, being interpreted, means, "The wisest speaker in the council."

When baking sponge cake always have a steady oven, and do not open the door for the first twenty minutes.

Stem Wind.

**A WATCH FREE.**

Stem Set.

To introduce **DR. PICKARD'S TONIC PILLS**, for making blood for pale people, Liver and Kidney Diseases, Nervous Diseases, Nervous Debility, etc., we will give free a Beautiful Open Face Watch, stem wind, stem set. The regular price of these pills is 50c. per box, or 7 boxes for \$3.00. Send this amount and you will receive 7 boxes of the best tonic pills on the market, and this beautiful time piece; or write for particulars.

The Dr. Pickard Pill Co.,  
11 and 13 Front Street, East, Toronto, Ont.

This is a genuine offer.

**Parchment Butter Paper**

is a specialty with us. We can give it to you in large size 24x36 inches, for tub linings or, in printed or unprinted wrappers for one or two pound prints. This paper is the very best on the market and we buy it in such quantities that we can sell it as cheaply as any of fine in the province.

**THE DISPATCH,**

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**All the New and the Beautiful**

Patterns in Wall Paper are now on exhibition at our store. We have a greater variety than ever before.

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**"The O.L." Emulsion**  
of Cod Liver Oil  
Will GIVE YOU AN APPETITE! TONE YOUR NERVES! MAKE YOU STRONG! MAKE YOU WELL!  
Dr. Burgess, Med. Supt. of the Prot. Hospital for Insane, Montreal, prescribes it constantly and gives us permission to use his name.  
Miss Clark, Supt. Grace Hospital, Toronto, writes they have also used it with the best results.  
50c. and \$1.00 Bottles.  
DAVIS & LAWRENCE CO., Limited.

**FALL ROBES.**  
Plush, Seal  
—AND—  
Shawl Robes.

Balance of **SUMMER ROBES** will be sold at a Reduction.

**ATHERTON BROS.**  
Harness Makers,  
King Street, Woodstock.

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The Business COLLEGE.  
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and SHORTHAND INSTITUTE.

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**CHOICE FAMILY FLOUR FOR SALE**

AT THE  
Bristol Roller Mills,  
From \$3 to \$4.50 per barrel.

**G.A. BRITTAIN & SON**  
ERISTOL.

July 31—3m

**It's a strong Statement**

but a straight fact, when we say that the greatest help to the live grocer and general storekeeper in Canada is

**"The Canadian Grocer."**

You cannot read it without getting some valuable information. Spend a cent for a post card and send for a sample copy and be convinced.

The MacLean Pub. Co., Limited  
TORONTO MONTREAL

**FOR SALE.**

The good will, Furniture, Plate, Dishes, etc., of the Hotel Tobique, at Plaster Rock, all in first-class condition having been in use less than a year. Everything needed to start in business at once. A good patronage already established. Satisfactory arrangements can be made for renting the house. This hotel is in a growing part of the country and at the door of the best hunting and fishing district in New Brunswick, and a good patronage is assured. For particulars apply  
W. F. BOYER,  
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**LIVERY AND HACK STABLE,**  
H. E. & Jas. W. Gallagher, Props

Outfits for commercial travellers. Coaches in ab-  
tendance at arrival of trains. All kinds of Livery  
Teams to let at Reasonable Rates.  
A First-Class Harse in connection.

Emerald Street, - Woodstock, N. B.

**Canadian Pacific Railway**

In effect June 10th 1901.

DEPARTURES—Eastern Standard Time.  
(QUEEN STREET STATION).  
6.00 A. MIXED—Week days—for McAdam Jct  
M. St. Stephen, St. Andrew, Fredericton,  
Saint John, Bangor, Portland and Boston.  
7.05 A. MIXED—Week days—for Aroostook  
M. Junction, Presque Isle, etc.  
11.28 A. EXPRESS—Week days—for Presque  
M. Isle, Edmundston, and all points  
North.  
3.05 P. MIXED—Week days—for Bath and  
M. intermediate points.  
3.40 P. MIXED—Week days—for Frederic-  
M. ton, etc., via Gibson Branch.  
4.40 P. EXPRESS—Week days—for Saint  
M. Stephen, (Saint Andrews, after July  
4th); Fredericton, St. John, Vanceboro, Quebec  
(via Megantic), Sherbrooke, Montreal, and all  
points West, Northwest, and on Pacific Coast;  
Bangor, Portland, Boston, etc. Palace Sleeper Mc-  
Adam Jct. to Montreal. Palace Sleeper McAdam  
Jct. to Lewis (opposite Quebec). Pullman Sleeper  
McAdam Jct. to Boston.  
9.10 P. MIXED—Week days—for Debec June  
M. tion and Houlton.  
ARRIVALS.  
10.00 A. M.—MIXED—Week days, from Mc-  
Adam Junction.  
11.28 A. M.—EXPRESS—Week days, from Saint  
John, St. Stephen, St. Andrews, Boston, Montreal,  
etc.  
12.20 P. M.—MIXED—Week days, from Frederic-  
ton, etc., via Gibson Branch.  
2.10 P. M.—MIXED—Week days, from Presque  
Isle.  
4.40 P. M.—EXPRESS—Week days, from Presque  
Isle, Caribou, Edmundston, etc.  
5.50 P. M.—MIXED—Week days, from Houlton.  
9.10 P. M.—MIXED—Week days, from Bath, etc.  
11.05 P. M.—MIXED—Week days, from St. John,  
St. Stephen, Portland, Boston, etc.  
A. J. HEATH, D. P. A., St. John.