

The Source of Health,

STRENGTH AND VITALITY IS THE FOOD SYSTEM.

Dr. Chase's Nerve Food.

ENSURES PERFECT DIGESTION AND ASSIMILATION.

It matters little how much food you eat so long as the digestive system is not in condition to convert it into blood and nerve force.

When the nervous energy is consumed by disease or by excessive mental or physical exertion the nerves and muscles which control digestion are unable to do their work and the food is allowed to ferment and become a burden instead of a benefit to the system.

Dr. Chase's Nerve Food is the Most Rational Treatment for Indigestion and Dyspepsia That Was Ever Conceived.

By forming new blood and creating new nerve force it strengthens and invigorates the nerves and muscles which control the flow of gastric juices and the contracting motion of the stomach which is necessary to digestion.

It would be impossible for any treatment to go more directly to the cause of trouble.

While revitalizing and re-energizing the principle organ of digestion—the stomach—Dr. Chase's Nerve Food also sharpens the appetite, enlivens the action of the liver and has a gentle laxative effect on the bowels.

MRS. E. J. FORSYTH, 62 Elm street, Toronto, says:—"My trouble has been acute indigestion and severe attacks of headache, as well as nervousness, and at times spells of dizziness. After having thoroughly tested Dr. Chase's Nerve Food I can say that it has cured my stomach troubles, and, as a result, the other symptoms have also disappeared. I consider Dr. Chase's Nerve Food the best treatment for indigestion, as well as being a splendid general tonic."

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanston, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

Rural Sanitation.

The solving the problems of sanitation the health officers in cities are learning that they must look beyond their own boundaries if they would protect their municipalities from typhoid and similar diseases. The Medical Record of New York makes some timely and suggestive remarks regarding the annual visitation of typhoid, which that city is now suffering. Except that the figures are a little larger than usual, there is nothing peculiar in the present autumnal epidemic. The city suffers every year from this "vacation typhoid," and it is regarded by The Medical Record as the penalty paid for a foolish trust in "the old oaken bucket." The people go to the woods and the mountains asking for health, and get disease. This is the chief source of typhoid fever, the importation of the bacillus in the bodies of its victims, but there is doubtless some brought in with milk and salads. In whatever way it comes, it is from the country, and is never city-bred. This is said to be as true of every city as it is of New York, hence if cities would do away with typhoid fever they must initiate the work of sanitation in the country.

The filtration of the water supply is advocated as an excellent safeguard, and expensive as it is, it would well repay many cities to install a filtration plant. The boiling of water will undoubtedly kill all the contained microbes—the good with the bad unfortunately—but if this method is to be effectual all the water, that for bathing and dish-washing as well as for drinking, must be treated. But when all this has been done salads and other vegetables eaten raw may carry infection, and milk cans and bottles may be washed in infected water or the milk may be diluted with it. Cities are then at the mercy of the country, and must demand of the country, a sanitary reform. This idea is taken up in a paper published by the Connecticut State Board of Health. As the commercial and several relationships between the city and country grow closer, the common danger from insanitary conditions must increase. Precautions in the city will be of little use unless supplemented by equal care in country districts. The need of the hour is a more active and enlightened public opinion that will take form in comprehensive laws and regulations.

Her Friends.

Among the prisoners taken into a Southern police court the other day was an old colored woman who had been arrested for failure to provide tags for her two dogs. When questioned by the court she answered that she was old and poor, and had not been able to get money for the license tax.

"But you know that it is against the law for dogs to go without tags," the judge reminded her, "and I shall have to sentence you."

"I know it," she interrupted, humbly. "I couldn't help it."

"Unless," the judge continued, "the dogs are sent to the pound. In that case you will be dismissed."

But the old woman looked at him, her wrinkled face full of distress. "I can't do that, I can't!" she cried. And then she told her story. Her dogs were her only friends, her only protection. They were such beautiful dogs, and one was named for her husband, and the other one was so knowing and could stand on his hind legs, just like a man! She could not let anything happen to her dogs! She would go to prison herself instead.

There was nothing to do but accept her decision. The judge reluctantly pronounced sentence—six dollars' fine or nine days in the workhouse, and when the session was over she marched quietly with the other prisoners out to the van. Nobody had the heart to tell her that before she came out of the workhouse her dogs would probably be dead; or if not, that she would undoubtedly be arrested again. After all, something might happen. In a police court even more than in other places, sufficient unto the day is the evil thereof.

Something did happen. A newspaper reporter got hold of the story, and it came out in that night's paper. It was told very badly, not "worked up" at all; but the public is quick to read between the lines, and before the next morning the money for the old "auntie's" release and the tax for her dogs had been offered many times over. She who had thought her dogs her only friends suddenly found a score of warm hearts at the service of her need.

It is a pretty story and a not uncommon one. It is safe to say that no case of need is ever made known to the public that help is not immediately and eagerly offered. But reporters are not always at hand, and sometimes the friendless ones come to our very door. Are we as quick to see them then, or do we wait for others to point the way to us?

Not the Engineer's Fault.

"It always makes me mad when I read an account of a railroad collision and see it attributed to the carelessness of the engineer," said F. P. Burke, an old throttle man of the Erie Road. "You can always bet that in 999 cases out of 1000 the accident is due to somebody else's carelessness. There is just about that proportion of engineers who are careless, in my opinion. I know that some people are great believers in the old saying that familiarity breeds contempt, but it doesn't hold good in the case of a man who runs an engine. He's right up there at the front; hemmed in on all sides and sure to be the first to be crushed if anything gets in the way, or a switch is misplaced. He has, maybe, a wife and little ones at home, and anyhow, he knows he is responsible for lots of people behind him, who have wives and babies, too. No, sir, don't you believe all you read about careless engineers. It's always easy to shove blame off on a dead man—and that's what we generally are when an accident occurs."

Burton Holmes, the lecturer, says that the Indians of Alaska regard white men and canned goods so closely associated that they are nearly synonymous. Wherever the white man is seen canned meats, fruits and vegetables can be found.

When Mr. Holmes visited Alaska recently he carried with him a phonograph, and it was exhibited to an old chief, who never had seen a talking machine before. When the machine was started and the sound of human voice came from the trumpet, the Indian was very much interested. He listened gravely for a time, then approached and peered into the trumpet.

When the machine had finished its cylinder and stopped the Indian pointed at and remarked: "Huh! Him canned whiteman."

Deman Thompson is beloved by the young members of his company, especially the little tots that figure in the scenes of The Old Homestead. During a recent New York engagement he wanted to compliment a little fairy on her work, and said: "You've done so well I'd like to give you a big kiss." "Oh Mister Thompson," answered the fairly, horrified, "you mustn't, really. Auntie doesn't believe in kissing." "Never mind, dear," replied Mr. Thompson. "I'm not kissing auntie."

Bright's Disease comes from Neglected Kidneys

Every case of Kidney Trouble leads to dread Bright's Disease if repeatedly neglected. A slight cold—a strain—or injudicious eating, affects the kidneys. They fail to do their work properly. The blood becomes filled with Uric Acid. This poisons the whole system, causing pain in the back and limbs, headaches, blurred sight, tired "dragged out feeling," weakness, heart fluttering and finally chronic Bright's Disease.

"Sun" Kidney Pills



check Kidney Troubles at any stage, and never fail to cure. They are a certain protection against Diabetes and Bright's Disease, give instant relief from the pain, build up the whole system.

ALL DEALERS. 50c A BOX.

We Paid \$100,000

For Liquozone, Yet We Give You a 50c. Bottle Free.

We paid \$100,000 for the American rights to Liquozone; the highest price ever paid for similar rights on any scientific discovery. We did this after testing the product for two years, through physicians and hospitals, in this country and others. We cured all kinds of germ diseases with it—thousands of the most difficult cases obtainable. We proved that in germ troubles it always accomplishes what medicine cannot do. Now we ask you to try it—try it at our expense. Test it as we did; see what it does. Then you will use it always, as we do, and as millions of others do. You will use it, not only to get well, but to keep well. And it will save nearly all of your sickness.

Kills Inside Germs.

Liquozone is not made by compounding drugs, nor is there alcohol in it. Its virtues are derived solely from gas—largely oxygen gas—by a process requiring immense apparatus and 14 days' time. This process has, for more than 20 years, been the constant subject of scientific and chemical research. The result is a liquid that does what oxygen does. It is a nerve food and blood food—the most helpful thing in the world to you. Its effects are exhilarating, vitalizing, purifying. Yet it is a germicide so certain that we publish on every bottle an offer of \$1,000 for a disease germ that it cannot kill.

The reason is that germs are vegetables; and Liquozone—like an excess of oxygen—is deadly to vegetable matter.

There lies the great value of Liquozone. It is the only way known to kill germs in the body without killing the tissues, too. Any drug that kills germs is a poison, and it cannot be taken internally. Medicine is almost helpless in any germ disease. It is this fact that gives Liquozone its worth to humanity. And that worth is so great that we have spent over one million dollars to supply the first bottle free to each sick one we learned of.

Germ Diseases.

These are the known germ diseases. All that medicine can do for these troubles is to help Nature overcome the germs, and such results are indirect and uncertain. Liquozone attacks the germs, wherever they are. And when the germs which cause a disease are destroyed, the disease must end, and forever. That is inevitable.

Asthma, Abcess—Anemia, Bronchitis, Blood Poison, Bright's Disease, Bowel Troubles, Coughs—Colds, Consumption, Colic—Cramp, Constipation, Cancer—Cancer, Dysentery—Diarrhea, Dandruff—Dropsy, Dyspepsia, Eczema—Erysipelas, Hay Fever—Influenza, Kidney Diseases, La Grippe, Leucorrhea, Liver Troubles, Malaria—Neuralgia, Many Heart Troubles, Piles—Pneumonia, Pleurisy—Quinsy, Rheumatism, Scrofula—Syphilis, Skin Diseases, Stomach Troubles, Throat Troubles, Tuberculosis.

Fever—Gall Stones, Gout—Gout, Gonorrhea—Gleet, Tumors—Ulcers, Varicose, Women's Diseases, All diseases that begin with fever—all inflammation—all catarrh—all contagious diseases—all the results of impure or poisoned blood. In nervous debility Liquozone acts as a vitalizer, accomplishing what no drugs can do.

50c. Bottle Free.

If you need Liquozone, and have never tried it, please send us this coupon. We will then mail you an order on a local druggist for a full-size bottle, and we will pay the druggist ourselves for it. This is our free gift, made to convince you; to show you what Liquozone is, and what it can do. In justice to yourself, please, accept it to-day, for it places you under no obligation whatever.

Liquozone costs 50c. and \$1.

CUT OUT THIS COUPON

for this offer may not appear again. Fill out the blanks and mail it to the Liquid Ozone Co., 408-404 Wabash Ave., Chicago.

My disease is..... I have never tried Liquozone, but if you will supply me a 50c. bottle free I will take it.

1 2 3 4.....

B A Give full address—write plainly

Any physician or hospital not yet using Liquozone will be gladly supplied for a test.

A Subject of Importance.

Years ago a life insurance agent used to be looked upon with great disfavor. People did not like his visits at all. Meantime the sentiment has changed. There are relatively few who do not realize that the insurance man has a message to bear that is worth listening to at least. There may still be very few who go to the insurance companies seeking insurance as they go to stores seeking other commodities (life insurance is a commodity). But very many are ready to buy when the agent comes who is able to make what they consider the best proposition. Quite likely the advertising of the great life companies has had something to do with this. No doubt some of the enormous amount of talking life insurance agents have done during the past fifty years has gone farther than the particular people for whom it was meant, educating the world more and more to a very important part of its duty. Evidently people are now taking an interest in life insurance. At least we may judge so when leading magazines publish articles on it, for usually these publications study the tastes of their readers. For instance, the World's Work is now engaged in publishing a series of five articles on the subject and only a short time ago we read a very interesting and valuable article in the Independent discussing "Income and Family Protection."

A GUARANTEED CURE FOR PILES.

Itching, Blind, Bleeding and Protruding Piles Druggists refund money if PAZO OINTMENT fails to cure any case, no matter of how long standing, in 6 to 14 days. First application gives ease and rest. 50c. If your druggist hasn't it send 50c. in stamps and it will be forwarded post-paid by Paris Medicine Co., St. Louis, Mo.

Just for a Moment.

In the early days in Iowa, writes a correspondent of the Companion, a village school was held in a room of a farm-house. The farmer, Mr. Jennings, told the pupils that they must not molest his bees.

They were obedient children and respected the farmer's rights; moreover, since most of them went barefoot, they were not anxious to stir up trouble in the hives.

One day a little girl went to Mr. Jennings and made this naive and sincere explanation: "Please, Mr. Jennings, my brother Willie stepped on a bee, but it was an accident and he got right off."

A Noiseless Typewriter Needed.

A noiseless typewriter is something devoutly to be wished for. The clatter of the average machine ought to have been a fruitful stimulus to inventors long ago, but typewriter ingenuities seem to have followed other lines rather than that of producing noiseless working, so that the problem is still an open one. Not only is the constant din of the machine nerve straining to others than the operator, but from an engineering point of view it means wear and tear of mechanism and misprint energy—imperfect design and construction—which thoughtful consideration ought to overcome in measureable degree.—Cassier's Magazine.

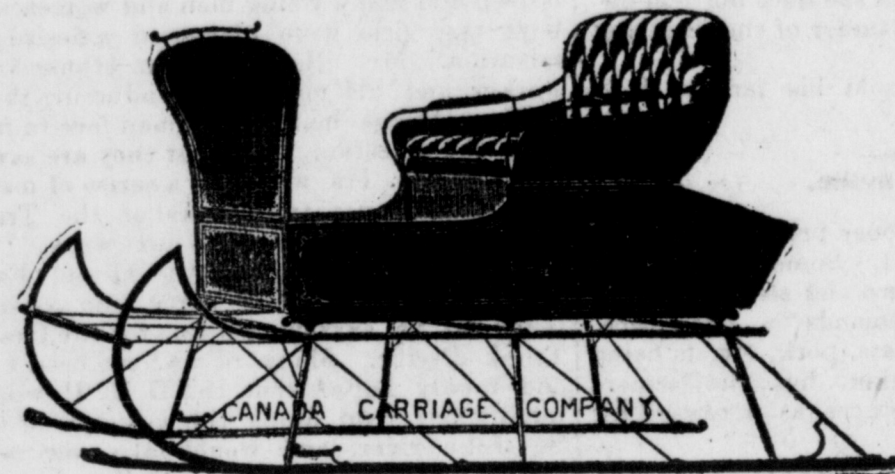
These lines quoted by Lord Minto give good many of the requisites for "an officer and a gentleman." It won't hurt any of us to read them again:

A horseman's gift, the perfect hands, And graceful seat of confidence, The head to reckon and command When danger dulls the coward's sense.

The nerve unshaken by mischance, The care unlessened by success, And modest bearing to enhance The natural charm of manliness.

Hear the Jingle of the Merry Sleigh Bells.

What more delightful this lovely weather and splendid roads than a ride in one of our elegant rigs?

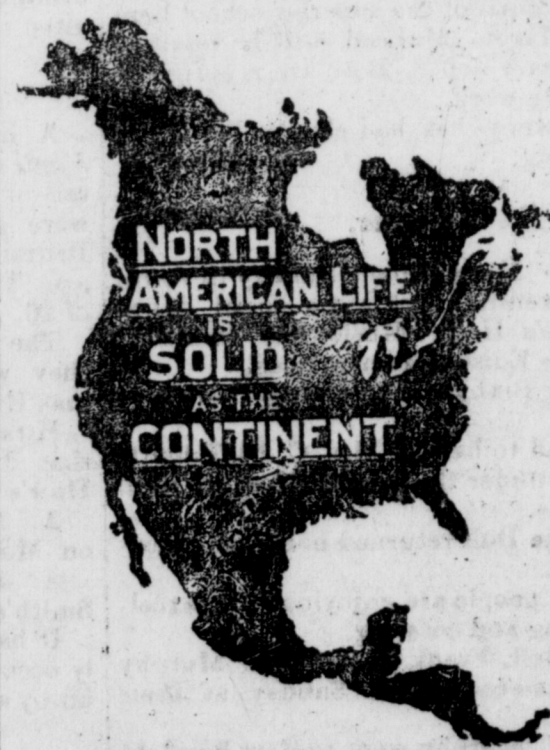


We are showing this season a very fine line of these goods, especially a Dexter Pung. The model is up to date, painting and trimming of the finest, iron work of the best. We are selling them, too, like hot cakes. Call early before they are gone.

We have, too, a splendid assortment of Robes. Also, Fur Coats for men and Fur Jackets for the ladies.

Balmain Bros.

Woodstock, Nov. 30, '04.



The Results

Paid this year on Maturing Endowment Policies

Have not been exceeded by any Canadian or American Life Insurance Company.

WRIGHT & EVERETT,

PROVINCIAL MANAGERS, ST. JOHN, N. B.

A. C. CALDER, Barrister-at-Law

District Agent, Woodstock, N. B.

D. M. CAMPBELL, Inspector,

Woodstock, N. B.



Makes Good Layers

Nothing will make hens of every age and breed lay like Sheridan's Condition Powder. It brings pullets to early laying maturity, carries old hens safely through the moulting season, and keeps them all chipper and busy in the dead of winter when prices are highest. Used successfully for 30 years.

Ask your dealer for it. We send one pkg. 25c; five, \$1.00. Large 2 lb. can, \$1.20; six cans, \$6.00. Sample best poultry paper free.

I. S. JOHNSON & CO., Boston, Mass.

Sheridan's CONDITION Powder

NOTICE.

Having recently installed a Generator, we are prepared to supply power to run factories, water works, etc.

Woodstock Electric Light Co'y, LIMITED.

HOTELS

VICTORIA HOTEL,

ST. JOHN N

D. W. McCORMICK, - Proprietor

JUNCTION HOUSE,

Newburg Junction

Meals on arrival of all trains First-class

R. B. OWENS, Proprietor