

WORK JUST AFTER EATING.

Tension of Mental Effort Following a Meal Sometimes Disastrous.

(Journal of American Medical Association.)

It has long been known that a man is not at his best for hard mental work directly after a hearty meal, but the real dangers of work under such conditions are perhaps hardly appreciated. The tension is increased not only in the arteries of the body, but also in all probability in those of the brain, and this makes it easy for a weakened point to give way.

We recently have had a striking instance of death from apoplexy occurring in a prominent physician while making an after dinner speech, and the notable death of William Windom a few years ago, under similar circumstances, will be remembered; and still other cases might be mentioned. The dangers from this cause have not been recognized, but when we remember that these public banquets involve a pretty hard ingestion of food and a consequent rise of blood pressure, it need not be wondered at that sudden deaths from apoplexy during after dinner speeches are often recorded.

Apoplexy is a well known possibility of mental strain; the weak point may be unknown to the subject himself and not revealed by any objective symptoms. The individual may have passed a life insurance examination successfully only a short time before, as is reported to have been the case with the physician referred to, but the special stress becomes too strong for some point of weakness, and the result is fatal. It is not work, whether mental or physical, that kills. Intellectual workers, as a rule, are among the longer lived, but special stress under certain circumstances, such as post-convivial occasions, when the normal tendency to rise of blood pressure in the peripheral circulation is most marked, may be disastrous.

Whittaker Wright.

In speaking of Whittaker Wright who committed suicide on January 26th, after being sentenced to seven years imprisonment for fraud, the New York Post says:—

No man who examines his career can resist the conclusion that he was guilty, first of dishonesty, secondly of being caught. He obtained money for what was worth little or nothing, and he was overtaken by the detectives from Scotland Yard. In the point of essential morality, however, his case differs in no respect from that of the promoters of the Shipbuilding Trust—to take one striking modern instance. That buccannery cruise into the sea of public credit began with a prospectus which, like Wright's, was stuffed with lies. The capital, as in Wright's companies, contained much water; that is, paper certificates, entitling the holders to their portion of nothing. The promoters were, as in Wright's corporations, to receive a lion's share; and hard and fast agreements were drawn to enable the insiders to pocket their profits and clear out early in the game. The Shipbuilding Trust, like the London and Globe Company, relied upon the names of men who were supposed to embody our highest commercial ideals. But there is one vast difference between the case of Wright and some of our leaders of high finance: he was amenable to the severe English Companies' law. He transgressed it he paid the penalty; and a thousand preachers will use his fate as a text. Our transgressors of the same moral law walk the free air, lavish in their philanthropies, lauded from the pulpits as exemplars for our youth."

Is Mexico Next.

The New York Post sees the thing this way:—

It is stated that Capt. Patrick Garrick, collector of customs at El Paso, has bought 3,000,000 acres of land in Mexico for cattle purposes. This is a good or bad piece of news, according as one happens to be a friend or foe of humanity. Senator Spooner said, the other day, that a sufficient reason for seizing the Isthmus was that American capital was invested there. But that is nothing to the hundreds of millions we have invested in Mexico in railroads, mines, ranches, plantations, and other ways. Certainly, there is no Latin-American country where we have so much at stake financially. The fact that President Diaz is getting on in years must, therefore, be a source of great uneasiness to those who do not take "large" views of things. When he is gone, Mexico may lapse into its former political chaos. Then, of course, there would be no reason why Mexican independence should be respected. It may be an open question whether trade should follow the flag; but there is no doubt at all that the flag should follow trade. The interests of humanity may not require us to take Mexico by eminent domain just at present; but when, after Diaz, we actually want that portion of the earth, the work of starting a revolution will be a mere detail.

Generous.

That's the seventh time you've watered that plant today, Maria, and the florist said twice a week would be enough."

"Yes, I know, John, but I can't bear to be so stingy when water is so cheap."—New York Evening Journal.

Canadian Cheese Popular in South Africa.

"Commercial Intelligence" of Dec. 23rd, 1903, says that:—"Mr. G. Valder, the Commercial Agent of New South Wales in South Africa, has sent home a detailed report of the trade in cheese. The Gouda, or flat Dutch, is, he says, the kind preferred, the sale of Edam, or Bound Dutch, being very small in comparison. These cheeses usually weigh from 9 to 12 lbs. each, and this size seems to be preferred, although he saw one good brand the cheeses of which weighed 18 lbs. each. These are all packed four cheeses in a case and in one layer. Dutch cream cheeses of about 2 lbs. in weight packed in the same way but with a larger number in a case, are also imported; but the sale is not large.

I have heard that it is the intention of our cheese makers to attempt the manufacture of Dutch cheese; and provided it can be turned out equal in quality to the article imported from Holland, there would be a good prospect of a big trade for it here. Canadian cheese is very popular throughout South Africa, being of good even quality and keeping well. Much of the cheese imported from England is Canadian. Each cheese, which usually weighs from 60 to 70 lbs., is packed separately in bentwood cases; and each case is sewn in strong sacking. This method of packing has also proved very satisfactory. Prices of late for this cheese have varied from 10s. to 1s., i. e., 7d. to 9d. net. It might also be advisable for our cheese makers to consider the question of putting up cheese in tins for export to this market. Of late a considerable trade has been done in tinned Dutch cheese. This class is usually put up in 12 oz. tins.

Coloured cheese is generally preferred. For Cheddar cheese, Mr. Valder recommends sending cheeses of from 20 to 30 pounds in weight in preference to the larger sizes. The only complaint that he could hear of regarding Canadian cheese was that the size was too large for most of the storekeepers."

CANADA VS. NEW ZEALAND BUTLER.

Canadian butter suffers to some extent by comparison with that from New Zealand, Mr. J. A. Ruddick, Chief of the Dairy Division, Ottawa, says the comparison is really not a fair one, because New Zealand butter is all grass butter, and it arrives fresh in Great Britain during our winter season, so that any Canadian butter which comes into direct competition with it must necessarily be winter made or held summer stock. New Zealand butter, however, has a reputation in England for keeping quality, and it will be of interest to Canadians to learn how that reputation has been acquired.

In the first place having no natural ice, the majority of the creameries are equipped with mechanical refrigerating machines. Their creamery refrigerators are kept fairly cold, but they have no refrigerator cars such as we have. The secret of their success is that butter is shipped from the creameries twice a week to cold storage, where it is immediately placed in a chamber at ten degrees and held there until forwarded to England. It must be at least four full days in store before it is shipped, to give time for thorough freezing to the centre of the package. Although the butter is sometimes carried several hundred miles to the London steamer, its temperature must be below the freezing point of water; otherwise it will be refused and sent to cold storage to be refrozen. The temperature in the chambers of the steamer is about 10 degrees. It is placed in the steamer with the frozen mutton, which must be kept at a low temperature. It is easy to understand that butter handled in such a manner, although it is two months old when it reaches the market, will have more life in it than some of our butter which has been held two or three weeks in a creamery at a temperature of 40 to 50 degrees. If our creamery owners and patrons expect to compete with the Danes, who are so close to the market, and with the New Zealanders, who employ such low temperatures almost from the day their butter is made, it is time they were making a more serious effort to improve matters at their end.

Novelties in Dress.

(Philadelphia Public Ledger.)

The shower-proof or rain veil is a novelty worth considering. It is said to be not only pretty and becoming, but to afford a practical protection for the hat over which it is thrown.

Everything is rain-proofed nowadays, even gloves. Chemical treatment has been found to render kid impervious to rain without impairing its softness and pliability.

High boots are coming in, and certainly afford good protection from the elements. The popular height is ten inches, and the shoes come in both black and tan calfskin.

The variety of umbrella handles is constantly increasing, and there no end to the new and pretty novelties. One attracting unusual attention is in the form of a unique little powder box, with a mirror in the top; at other times this receptacle is used for a change purse. The handle is of porcelain, with a miniature painting for decoration. Natural wood handles also seem to be favored at present. These are often metal trimmed or studded with jewels.

TOO LITTLE BLOOD.

Is the Cause of Most of the Misery in Everyday Life—Improve the Blood and Disease Will Not Exist.

Among the many thousands who testify to the value of Dr. Williams' Pink Pills as a blood and nerve tonic is Miss Mary Jackson, Normandale, Ont., who says:—"I have used Dr. Williams' Pink Pills and have derived such great benefit from them that I consider it my duty to let others know their worth. For upwards of three years I suffered from anaemia, and grew so weak that I could scarcely walk about the house. I had no color in my face, my lips and gums were bloodless, I lost all ambition, suffered from headaches and dizziness, and fell away in weight until I weighed only ninety-four pounds. I doctored a great deal, but it did not seem to do me much good. I was then advised to try Dr. Williams' Pink Pills and before I had taken them ten days I felt better and my people could see a change in me. I continued using the pills for some weeks and am now in the very best of health. Every depressing symptom has passed away and I have gained fourteen pounds in weight. I think there is no medicine can equal Dr. Williams' Pink Pills and I strongly recommend them to all weak and ailing girls."

Miss Jackson's experience should bring hope to all the weak, and ailing girls and women. What those pills have done for her they will do for others. Every dose adds tone and vigor to the blood and nerves, brings a glow of health to sallow cheeks, a sparkle to the eyes and a ruby redness to pallid lips. No other medicines has done so much to bring comfort and health to weak girls and women. If you are ailing give the pills a fair trial and new health and strength will be yours. Do not accept any pink colored substitute: the genuine pills always have the full name "Dr. Williams' Pink Pills for Pale People" printed on the wrapper around every box. Sold by medicine dealers everywhere, or by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

Some Georgia Sayings.

You'll never get on the sunny side by waiting for the world to turn round.

Men who live in the stars generally think it's a hard world when they come tumbling down.

There is any quantity of gold in the land, but some folks enjoy it most when the other fellow digs it.—Atlanta Constitution.

The Exchange Habit.

"I took back those socks that wouldn't fit Willie."

"The ones you said you'd change?"

"Yes. And that odious Jim Crampton waited on me. He asked me how long I had kept the socks, and I answered about two weeks. And what do you think he said?"

"Give it up."

"He said I ought to change 'em oftener."

—Cleveland Plain Dealer.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & Co., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

BORN.

BEDELL.—On Monday, Feb. 1st, to the wife of L. Berton Bedell, a son.

MARRIED.

ROSE-McININCH.—At Woodstock, N. B., January 28th, 1904, by Ven. Archdeacon Neales, Roy Frederick Rose, of Calais, Maine, and Sadie Bernice, only daughter of John McIninch, Esq., of Woodstock.

DIED.

BROPHY.—At Woodstock, January 27th, Kiern Brophy, aged 72 years. (Boston and Chicago papers please copy.)

SAUNDERS.—At Florenceville, on Monday, Feb. 1st, Mr. John L. Saunders. He leaves a wife to mourn her loss.

BAKER.—At Woodstock, on Monday, Feb. 1st, of typhoid fever, Ralph A. Baker, youngest son of Mr. and Mrs. Woodbury Baker, in the 15th year of his age. [Bangor and Boston papers please copy.]

Resolution of Condolence.

At the regular meeting of Court King Richard 3065 I. O. F., held on January 25th the following resolution of condolence was unanimously passed.

Moved by Lewellyn Smith seconded by Oliver Miller whereas it has pleased an all wise providence to remove by death, Gladys, daughter of Bro. Cook Wheeler, a member of Court King Richard 3065 be it

RESOLVED, while bowing to the will of almighty God who doeth all things for the best, we wish to extend to our bereaved brother and family our heartfelt sympathy and condolence in this hour of their affliction and pray that God will comfort and console them.

RESOLVED that a copy of this resolution be presented to the father and family of deceased, and sent to THE DISPATCH for publication.

J. V. KEARNEY, Rec. Sec'y.

Butter Paper for sale at this office.

Do You Want to Save?

If so do not fail to attend our

GREAT CLOTHING SALE.

It is exactly what we say it is.

The GREATEST BARGAINS in Ready-to-wear Clothing ever offered in this Town or County.

Oak Hall.

B. B. Manzer.

The Royal Bank of Canada

INCORPORATED 1869

Savings Bank Department

Capital and Reserves

\$6,192,705

Total Assets

\$25,100,000

General Business Transacted

Drafts and Letters of Credit issued

Correspondence solicited

Buy Imperial Bread. R. E. HOLYOKE.

The Children's Carnival.

The largest crowd ever seen in the rink gathered in on Saturday night to see the children's carnival.

The figures on the ice were arrayed in beautiful original and comical costumes and made a sight worth seeing.

The names and characters handed in at the box office are as follows:—

Mildred Balmair, Scotch Lassie.
Bobbie Dunbar and Cheesley Stevens, Gold Dust Twins.
Rita Ellsworth, Daughter of the Regiment.
Jessie Young, Grandmother Jenkins.
Percy Dixon, Jockey.
Sadie Cox, Town Nurse.
Madeline Davies, Yellow Butterfly.
Billie Blake and Frank Embleton, Mr. and Mrs. Rabbitt Shaw.
Clyde Camber, Handsome Costume.
Ralph Street, Happy Hooligan.
Gordon Bailey, Cream of Wheat.
Wendell Jones, Romeo.
Guy Brown and Scott Clark, Lovers.
Gertrude Jones, Folly.
Stewart Bailey, Clown.
Stella McFarlane, Red Riding Hood.
Grace Young, Queen of Hearts.
Charlie Jones, Old Colonel Gentleman.
Edith Dalline, Scotch Lassie.
Hallie Hayden, Mellins Food.

The prizes were awarded as follows among the girls:—

Handsome—Minerva McQuarrie, Woodland Nymph, \$5.00.
Original—Marjorie Dimock, Pappoose, \$2.00.
Comical—Jessie Young, Grandmother, \$1.50.
Among the boys:—
Handsome—Wendell Jones, Romeo, \$3.00.
Original—Ralph Hayden, Butterfly, \$2.00.
Comical—Douglas Winslow, clown, \$1.50.

The judges were George Mitchell, Guy Arnold, Harry Jones and George L. Palmer. There were a large number of skaters in costume who did not give in their names at the door.

A Weighty Pig.

What is undoubtedly the heaviest porker seen in the market for years attracted attention this morning. It weighed 595 pounds and was raised at Woodstock, Carleton County. Messrs. O'Neil Bros are the owners of this monster. When it is taken into consideration that the average weight of a pig coming to the market is about 250 lbs., some idea may be obtained of the present weighty one—Globe.

SEALED TENDERS

MARKED

"Tender for Lumber for Woodstock Highway Bridge," Carleton Co., N. B., will be received at the Department of Public Works, Fredericton, N. B., until

Friday, 12th Day of February next, at noon.

The specification to be seen at Public Works Department, Fredericton, and at the office of Mr. W. P. Jones, M. P. P., Woodstock, N. B. Each tender must be accompanied by a certified Bank cheque or cash, for an amount equal to five per cent. of the tender, (would prefer not receiving P. O. Orders), which will be forfeited if the party tendering declines to enter into contract when called upon. Should the tender be not accepted the deposit will be returned. Two good sureties must be named in each tender. Not obliged to accept lowest or any tender. Contractors in tendering shall state an average price per M. Ft. B. M., for which they will supply all the spruce as per bill. The entire amount of material to be delivered on or before the 15th day of march, 1904.

C. H. LABILLOIS, Chief Commissioner.

Public Works Department, Fredericton, N. B., January, 1904.

CANADIAN PACIFIC

TOURIST CARS

Every Thursday from Montreal. Every Tuesday and Saturday from North Bay.

NO CHANGE OF CARS MONTREAL TO VANCOUVER, TRAVERSING THE GREAT CANADIAN NORTH WEST. The Finest Mountain Scenery on the Continent.

LOWEST RATES APPLY.

Canadian Pacific Service is Up-to-Date.

WORLD'S FAIR, ST. LOUIS.

Opens May 1st, Closes December 1st, 1904. C. B. FOSTER, D. P. A., C. F. E., ST. JOHN, N. B.