

MOTHER, SISTER AND BROTHER

Died of Consumption, but this Linden lady used Psychine and is strong and well

"My mother, brother and sister died of consumption," says Ella M. Cove, of Linden, N.S., "and I myself suffered for two years from a distressing cough and weak lungs. I suppose I inherited a tendency in this direction?"

"But thank God I used Psychine and it built me right up. My lungs are now strong. I enjoy splendid health, and I owe it all to Psychine."

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Life in Eastern Canada—Its Advantages And Pleasures—What Can we do to Make it More Attractive.

This Essay, written by Janie Tattersall, took first prize at the Exhibition held in September.

Many years ago Voltaire, with an ignorance which he rarely showed, said that the French territory in Canada was not worth fighting for, because after all the country consisted only of "a few acres of snow." But his satire would have been directed in another channel had he been able to realize what the land, of which he spoke so disparagingly, was destined to become.

The last half century has wrought wonderful changes in the development of Canada—an industrial and commercial development that promises to surpass the world's record.

With its unparalleled resources and possibilities our Empire of the North promises within the next fifty years to rival the United States, and "will be able to furnish the world with bread with the same certainty with which for two hundred years its vast territory furnished the world with fur."

Modern Canada's development began with the completion of that king of railroads, the great Canadian Pacific, which stretching across the continent connected the east with the west and opened up to the world the vast interior. And today from the crowded cities of the motherland, from the United States and from every country of Europe, thousands are seeking a wilder life and larger returns in the great west of our land.

At this eventful period in our history, it behooves us who are growing up in Eastern Canada, instead of becoming invaded by the same restless spirit and turning our faces westward, to consider more earnestly life in these Eastern provinces, its advantages and pleasures, and what we can do to make it more attractive.

With its Federal system of Government, a healthful climate—honest heat in summer and honest cold in winter—with a rich, fertile soil, with beautifully situated lands carved into fine farms, their orchards, meadows and corn fields bright and golden under the unflinching August sun, with excellent railway communication and water transportation, free schools and religious liberty, with healthy and thickly settled towns and rural districts, with great cities, rivers and lakes, with an enterprising, energetic and contented people, Eastern Canada certainly affords all the comforts and requisites of domestic, family life. And who with heart, muscle and brains would not consider his lot a happy one east in such a country and among such a people!

Agriculture is the corner stone of Canadian industries. All the Eastern Provinces are more or less agricultural. We find grain and fruit-growing, dairying, poultry and stock raising, however, to be the chief departments of this work in which the people are engaged. And not only has nature fitted Canada to be a great agricultural nation, but her mines, her forests, her streams and her waterfalls destine her to stand in the front rank of the manufacturing countries of the world. The Maritime Provinces, Quebec and Ontario now manufacture nearly all the common articles and machines they use. Millions of dollars are invested in manufacturing and millions too are paid every year to those who work in the factories and work shops there.

Nature has also destined Canada to be a great producing country. We find her ranking as one of the chief lumber producing countries of the world. Of her three great forest regions we will mention but one, the Eastern, reaching from Ontario to the Atlantic. The forests of this district are almost

inexhaustible and the great lumber trade is an important industry in all the eastern provinces with one exception.

The mineral resources of this great country are like her forests, all but inexhaustible. Silver, oil, nickel, copper, petroleum, gold, antimony and gypsum are found in the above mentioned provinces.

Thousands of the people of Eastern Canada are engaged in the fisheries, for of the world's great fisheries those of the Dominion are the greatest and the most varied. Mention might be made of the salmon, the lobster and oyster industries as perhaps the most remarkable of the many fishing enterprises carried on.

During the past year Canada's foreign trade as well as her exports have shown a remarkable increase.

And now we touch upon a most important feature in the growth and development of the country, namely the great railway systems of Canada, which form a net-work of lines reaching from the Atlantic to the Pacific. Of the Canadian Pacific, by far the greatest of these systems, we have before spoken but mention must be made of two other important railways, the Intercolonial and the Grand Trunk. It is hoped that the extension of the Canadian Northern will make a third transcontinental line.

In the sister provinces of Nova Scotia and New Brunswick, once part of the old province of Acadia, we find a busy people engaged in manufacturing, lumbering, fishing and mining. The coal deposit at the head of Grand Lake in New Brunswick is most valuable, as are also the granite quarries of the province. Nova Scotia is rich in geological formations and has with a little gold great fields of coal. Its coal and iron mines give employment to many men. St. John, the largest city and the commercial centre of New Brunswick is situated at the mouth of the St. John river. It has a population of forty-one thousand and also a fine harbor open for navigation all the year round. Farther up the river is Fredericton, the capital, a delightful little city, its principal streets ornamented with magnificent willow trees. St. Andrews on Passamaquoddy Bay, Campbellton in the Bay of Fundy and Dalhousie on Bay Chaleur, are pleasant summer resorts. Woodstock with over three thousand inhabitants, is a third town on the St. John. A fine farming country surrounds it. It has a woollen mill and also lumber mills.

Halifax, the capital of Nova Scotia and its only city, is strongly fortified. It has a population of over forty thousand, is the chief station of the British North Atlantic squadron and is also a station for imperial troops. Like St. John it has a fine harbor open all the year round. The winter sports of tobogganing and skating, are carried on here with great zest. Two or three hours distance by rail from Halifax, is the valley rendered familiar to us by the genius of Longfellow. Annapolis, the Port Royal of the French and the oldest town in Nova Scotia is full of his toric interest.

At the other side of the Straits of Northumberland lies Prince Edward Island, famous for its horses and oats. Here in summer the fresh breezes from the ocean insure coolness and the long stretches of white sand give excellent places for bathing. Charlottetown, the capital, Summerside and Georgetown are busy towns.

In the wealthy and populous province of Ontario, agriculture has received great care and attention, and wonderful success has been attained. The special influence of soil and climate, the excellent means of transportation both by rail and water, together with skilful management have secured results in advance of those in the other Eastern Provinces. Most interesting of all to the sportsman is the supply of game, fish and birds. Some of the best duck shooting in the world may be enjoyed along the northern shores of the Great Lakes.

The beaver, the animal which has been adopted as a national crest for Canada is found here. On the Canadian Union Jack he is seen at work, wreathed with a circle of maple leaves. Toronto, the Queen City with a population of over two hundred thousand is the capital and the second city in size in the Dominion. Ottawa, the seat of the Dominion Government is the second largest city in Ontario. And lastly we turn to the old province of Quebec. Here we find everything that makes a country beautiful, together with a thoroughly loyal and contented people—loyal to a government which respects the old treaties that in the day of the conquest of the province secured to the French race,

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their laws their institutions and their language. The French Canadians are a happy hardy and enduring people and being less restless than the people of our stock, the exodus to the west, which has been so remarkable in the other provinces is less noticeable here. For the pleasure seeker or traveller there are many places to visit, celebrated in song and story.

Historic old Quebec, over whose citadel the white flag with the golden lilies once floated, is now the capital of the province and the second city in population.

Montreal in wealth and commercial importance ranks first among Canadian cities. There is bustle and activity in her streets and animation prevails in all her thoroughfares. Her many churches, fine hotels and beautiful residences denote the district inhabited by the wealthy. Here too are vast structures devoted by the Roman Catholic church to the use of nuns. Madlle Lajeunesse, known to the musical world as Madam Albani was trained in the largest of these, the Villa Maria.

The winter carnival at Montreal is enjoyed by many strangers. Lacrosse too is played and should be witnessed by anyone desiring to see the national game.

We have glanced at life in Eastern Canada and this glance has sufficed to show us wherein lie her advantages and pleasures—undoubtedly in her rich fertile soil, her religious privileges, beautifully situated lands, good government and great railway systems, in her manufactures, her institutions of learning, in her great rivers and lakes teeming with fish for the sportsman, her great cities, where the boys and girls from the farm who will not become farmers, instead of going to the United States to find work in the factories of her great cities, may have the inducement and the opportunities offered them to remain in their own country; in her mineral wealth and agricultural production, in her resources of every kind, for are not her mines, her forests, her seas, her farms and factories all attracting labor and enterprise from every part of the globe? Does she not offer a healthful climate, comfortable homes and a citizenship as broad and free as her great dominions themselves? Then too has she not all the raw materials for the world's great industries, opportunities for the young and the greatest and best market for the productions of the country? Then again what an advantage to the country are the improvements in her water transportation facilities as well as the improvements made by deepening the channel and improving the waterways in the St. Lawrence. But most advantageous of all, is her splendid position in the Empire and the world of commerce. She lies between the East and the West. She will hold the commercial supremacy in times of peace and should she be called upon to take up arms, what a position will be hers!

And now arises the question what may be done to make these provinces more attractive? A prominent gentleman of an energetic and progressive little town in New Brunswick was recently overheard to say that he regretted the untidy appearance of the streets of his town, the lawns and private grounds not presenting the appearance generally of being as well cared for as they might. A tin can he said which he had noticed on the Main street early in the season was still to be seen there. And from a letter in a recent issue of a paper published in the same town we quote the following:—"I have noticed that when a citizen leaves town a number of people get together and make a demonstration about it. He is feted and made much of, a presentation is tendered him and a magnificent long-winded address. Instead of lavishing all your good will on one who is going away to cast his lot in another town, why not save some of it for the fellow who after looking over the land in other parts of the country comes back here and says this is the place for him? The thought occurs to me that this must be a good place to leave. The only people who seem to be popular are the people who are going away. We never hear of a banquet being given to any one who intends to stay here."

The above points out the way in which at least one town might be made more attractive and it may possibly afford others food for reflection.

But may not we, the boys and girls of today, the men and women of tomorrow do much more to add to the attractions of this fair land? Not indeed by depopulating it but by becoming part and parcel of it, in other words good citizens and useful members of society. By making practical use of the knowledge gained in her institutions along whatever line our talents or inclinations lie and thus benefitting not only ourselves but the country at large. By further developing her resources, mineral and agricultural and thus beckoning settlers to her shores. By recognizing the fact that the future of Canada depends upon the policy adopted by her statesmen and determining that when that day arrives when we shall have a voice in the affairs of the nation we will send to represent us, wise legislatures, men who will be true to the trust imposed in them, men who in their moral and political life are pure and healthy, and who will strengthen the ties between our provinces and the Empire and best develop our industries and resources.

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FERROL combines Iron and Phosphorus with the oil, and no other emulsion contains these ingredients, although it is well known that they should always be administered together, as each is the complement of the other.

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By resolving too, to favor that policy alone, that will secure to our own people and to those who settle in our borders the full benefit of this coming development. And have we not reason to hope that as the remarkable national evolution of Japan marked the genius of the last half of the nineteenth century, so will the development not only of Western but of eastern Canada mark the progress of the first half of the twentieth?

A new day is coming and for Canada that day has just dawned. No other country contains such great resources of natural wealth ready to be developed. Be it ours to make the most of this goodly heritage.

A poet familiar to us all tells us: "There's the marble, there's the chisel, Take it, work it at thy will, Thou alone must shape thy future, May God give thee strength and skill."

PAINS!

For Society Folk.

People of fashion do things sometimes that cause pains in the stomach and aches in the kidneys. Hard work and hard pleasure have pretty nearly the same results. A sour stomach, a bad breath and pains about the heart and head are caused by gases from the stomach. Hutch cures them quickly. You take one when you feel badly. Three at night to move the bowels next morning, then one after each meal and your trouble will go away. It is nature's own remedy for pain. They are chocolate coated and contain nothing that is injurious. There is nothing like Hutch in the world. It's a doctor for ten cents. At your druggist.

Presence of Mind.

After the railway accident: "Did yer get compensation, Bill?" "Yus; five pounds me and five pounds the missus." "Why, I didn't know a she wor 'urt." "She wasn't, but I had the presence of mind to fetch 'er one on the 'ead with me boo."—Tatler.

Within a few months the United States will have 2,500 Chinese coolies working on the Panama Canal. They will be brought across the ocean by contract, and will be subject to rigid medical inspection before leaving China for Panama. They are being brought in under precisely same conditions that govern the importation of contract labor into the Transvaal mines.



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Sanders' Pleasure.

Mr. Simons did not rise from his chair behind the air-tight stove in the sitting-room when his wife hurried in and told him that Abel Sanders was in the kitchen and wanted to see him.

"What d'you let him in for?" he asked reproachfully.

"He wants to buy a hoss, that's why," replied Mrs. Simms. "You'd have made a great to-do if I hadn't."

"No, I wouldn't," Mr. Simons said, as he reluctantly rose. "I know Sanders' size. I can't do business with him. He wants a cheap hoss. And I ain't got anything I can sell less than fourteen dollars."