

washed or picked out when the animals are bedded up, and the shoes are allowed to remain on till they are thin to the breaking point. The constant pressure of an iron shoe on the naturally expanding foot is bound to produce corns. And is it not invariably caused than cured. Thrush is caused either by standing on foul litter or by undue paring of the frog, etc.; its presence may always be considered as an indication of bad stable management. It would seem that any one accustomed to horses might have learned the elementary facts that they should be watered before feeding and not after (or colic may ensue), that dusty oats are injurious and that the hours of feeding should be as regular as possible. No standard stable is without a grain sieve in daily use. One rarely, if ever, sees one on a farm. The cost of a sieve is trifling. Hayracks are often placed over the unfortunate animal's head, so that they must perforce feed in a position which is only natural to giraffes, and their eyes are liable to be injured by falling seeds, and the said racks are left stuffed full of hay from morning till night, so when horses are resting they may gorge for hours and if they are poor doers they will, on the contrary, get disgusted by seeing food perpetually in front of them, whereas they would welcome their three or four feeds a day in moderate and regular supplies.

A tickling cough, from any cause, is quickly stopped by Dr. Shoop's Cough Cure. And it is so thoroughly harmless and safe, that Dr. Shoop tells mothers everywhere to give it without hesitation even to very young babies. The wholesome green leaves and tender stems of a lunghealing mountainous shrub, furnish the curative properties to Dr. Shoop's Cough Cure. It calms the cough, and heals the sore and sensitive bronchial membranes. No opium, no chloroform, nothing harsh used to injure or suppress. Simply a resinous plant extract, that helps to heal aching lungs. The Spaniards call this shrub which the Doctor uses, "The Sacred Herb." Demand Dr. Shoop's. Take no other. Sold by all dealers.

The Benefits of Walking.

Walking calls forth an amount of energy far beyond what is generally supposed, and therefore it ranks as one of the best forms of physical exercise. As a spell in the open air, amidst ever-changing scenery, walking contrasts favorably with the exercises common to a stuffy gymnasium. Moreover, walking demands an extra effort on the part of the very organs which contribute more than all the rest of the enjoyment of life, writes Dr. Joseph Carter, in Pearson's Weekly.

If every person under 60 (children included) walked six miles a day their health would feel the benefit. Such a walk should never occasion unnecessary fatigue.

Now, as to the actual benefits that walking effects, and the peculiar advantage to which the exercise gives rise. In the first place, the temperature of the body is sufficiently raised to cause a more rapid interchange in the contractile tissues. This means that, by

these quickened changes, the muscles are more abundantly supplied with nutriment from the blood, and their waste products by various channels more quickly dispersed.

Then, with regard to respiration, this, of course, is accelerated, and breathing becomes much deeper. Consequently, a larger volume of oxygen is absorbed by the blood, and oxygen, it will be remembered, is of far more importance than our daily food.

Next we look to the skin: the millions of pores being widely opened, the increased perspiration carries out of the body a larger quantity of effete matter than would otherwise escape. Digestion, also, is so markedly improved by walking that the appetite is sharpened for a subsequent meal, and the food is taken with a keener relish.

Then, as everybody knows, the circulation of the blood is accelerated, so that every nook and corner of the body receives an extra quantity of nutriment. Lastly, the organs of excretion are stimulated by walking, so that a larger quantity of refuse is eliminated by the natural channels. The few facts thus briefly enumerated should of themselves suffice to encourage the practice of walking. But more has yet beneficial all round, but it is especially so with regard to the liver; consequently, we find that persons accustomed to regular walking exercises rarely need to complain of "a torpid liver." And then, beyond all this, the more complete inflation of the lungs due to walking occasions a more perfect supply of gaseous food. The actual gain of oxygen, and the increased dispersion of carbonic acid, are very nearly doubled by the exercise.

Moreover, seeing that walking is physical exertion in the open air, it secures an important advantage over all forms of indoor exercises. One can imagine what must be the effect produced by increased respirations in a vitiated atmosphere. Even in one's own room the impurities of the air are considerable; but within the confines of a gymnasium, containing emanations from a score or more athletes, the impurities must be enormously increased.

Under such circumstances, instead of doubling the amount of oxygen inhaled we would take in more carbonic acid, breathing in second-hand air again and again. On the contrary, by taking our exercise out of doors, the expired and foul air is carried off by the atmosphere instead of re-entering our lungs and poisoning the blood.

A Good Liniment.

When you need a good reliable liniment try Chamberlain's Pain Balm. It has no superior for sprains and swellings. A piece of flannel slightly dampened with Pain Balm is superior to a plaster for lame back or pains in the side or chest. It also relieves rheumatic pains and makes sleep and rest possible. For sale by all dealers.



Chamberlain's Cough Remedy

A Safe Medicine for Children.

In buying a cough medicine for children, never be afraid to buy Chamberlain's COUGH REMEDY. There is no danger from it, and relief is always sure to follow. It is intended especially for coughs, colds, croup and whooping cough, and is the best medicine in the world for these diseases. It is not only a certain cure for croup, but, when given as soon as the croupy cough appears, will prevent the attack. Whooping cough is not dangerous when this remedy is given as directed. It contains no opium or other harmful drugs, and may be given as confidently to a baby as to an adult.

THAT BILIOUS FEELING

IS CURED BY

Mother Seigel's Syrup, which acts directly on the liver and stomach, quickly restoring them to healthy natural action, and thus it cures biliousness and indigestion.

MOTHER SEIGEL'S SYRUP

Sold Everywhere

Garibaldi's Wooing.

The whole life of the great Italian liberator Garibaldi, was one of romantic adventure; but nothing else in it was more romantic than his wooing, which is described in his own narrative. He had been driven from Italy in 1836 and landed in South America, where he joined the struggle then being carried on by several small states against the Empire of Brazil. He had with him many devoted comrades, whom he loved with his whole heart. One day, however, he was shipwrecked on the Brazilian coast of Santa Catharina, and several of his dearest friends were drowned in getting to shore. The survivors at once joined the local army, led a successful attack on Laguna, and were hailed as liberators. Garibaldi was made chief of the captured Brazilian fleet. He paced up and down the deck of his flag-ship, but in no victor's mood. The loss of so many friends had filled him with melancholy, and he began to feel his loneliness. His mind turned to a natural remedy. He determined to seek a bride among these people who idolized him.

"The loss of Luigi, Edoardo and others of my countrymen," he wrote in his own story, "left me utterly isolated. I felt quite alone in the world. I needed a human heart to love me, one that I could always keep near me. I felt that unless I found one at once life would become intolerable."

"By chance I cast my eyes toward the houses of the Barra, a hill on the South side of the entrance to the lagoon, where a few simple and picturesque dwellings were visible. Outside one of these, by means of my telescope, I espied a young woman; and forthwith I gave orders for my boat to be got out, as I wished to go ashore."

This girl was Anita Riberas, eighteen years old, a young woman of unusual beauty, of great bodily strength and endurance, and of an unusually fine type of intellect; as romantic as Garibaldi, and as untiring as he in her labors for liberty.

"I landed," says Garibaldi, and making for the houses where I expected to find the object of my excursion, I had just given up hopes of seeing her again, when I met an inhabitant of the place whose acquaintance I had made soon after our arrival. He invited me to take coffee in his house.

"We entered, and the first person who met my eyes was the damsel who attracted me ashore. We both remained enraptured and silent, gazing on one another like two people who met not for the first time, and who seek in each others' faces something that will make it easier to recall a forgotten past. At last I greeted her with the words, in Italian, 'Thou oughtest to be mine.'

"My insolence was magnetic. I had formed a tie, pronounced a decree, which death alone could annul."

The young woman was at that time betrothed by her father to a wealthy suitor, whom she had refused to marry. As her father and the suitor were determined, however, and she had no option, the arrival of Garibaldi must have been extremely welcome. In a moment she had given her life to him.

Her father refusing to change her destiny, Garibaldi came ashore with a small party a few nights later and carried her away by force,—with her entire consent,—and they were married at another port.

Later, when he was fighting for Uruguayan independence, she rode with him through privation and starvation over the prairies; and on one march, while they rode together he carried their three months' old son in a handkerchief slung round his neck.

Never were man and wife more passionately devoted to each other than these two; and when, in the terrible retreat from Rome in 1849, she succumbed to fever and died in a hut in the marshes of the Po delta, it seemed to the soldier that not only the light of Italy but the light of life itself had gone out.

Care of Horses' Feet.

The ignorance which obtains among many farmers with regard to horses is quite astonishing when one remembers that from early boyhood they have been brought up to tend animals. Why do so many farm horses suffer from feet lameness? And it is not invariably caused either by corns or thrush? The horses feet on most farms are so little cared for that it is quite the exception if they are even

Cure Cholera Morbus
Green or over-ripe fruit will cause it — Johnson's Anodyne Liniment will cure it. An infallible remedy for all similar disorders—cramps, colic, diarrhoea, etc. A few half-teaspoonful doses of

JOHNSON'S ANODYNE LINIMENT

will quickly relieve the most severe cases. It's just as sure in curing sore throat, coughs, colds, grip, bronchitis, tonsillitis, and kindred respiratory troubles. If you have a cut, a burn, a bruise or other external ache or pain, a free application of the liniment will reduce the inflammation and drive out the pain quicker than anything else. Keep a bottle in your medicine chest for emergencies.

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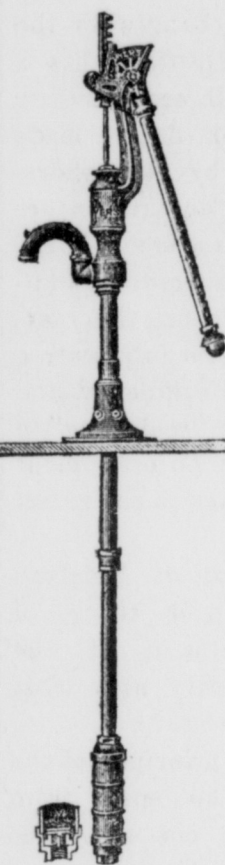
Are coming upon us when the wise father and mother will look about for some means to keep the young people at home.

Nothing will do this more effectually than a musical instrument, a Violin, an Organ, or a Piano. I heartily recommend to your notice the renowned Goulay Piano. Won't you come and have a talk with me about the matter.

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With Cog Gear and Roller Bearing Attachments with Adjustable Base and Wrought Steel Handle. Has Patent Glass Valve Seat and Poppet Valve.

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Household Furniture For Sale.

The subscriber offers at private sale all his Household Furniture, consisting of 1 Parlor Suit, 3 Bedroom Suits, Carpets, Rugs, Mirrors, Curtains, Chairs, Dining Table, also Farming Tools, consisting of Farm Waggon high and low axle, Long Sled, set of Bob Sleds, new Rubber Tire Waggon, Express Waggon, Hay Rake, Farmer's Boiler, Cream Separator, Platform Scales, Chains also one 3-year-old Colt, and a Farm containing 112 acres. For further particulars apply to GEORGE C. WATSON, Jacksonville. Oct 24-4i,

Collectors Notice.

Rate payers in Parish of Brighton (front district) are hereby notified that all taxes unpaid by or on the 20th day of November next ensuing will be placed with a magistrate for collection.

JUDSON CURRIE, Collector for front district. Hartland, N. B., October 21st, 1907.

DEEDS, Mortgages and Bills of Sale for sale at this office.