

Consumption is less deadly than it used to be.
 Certain relief and usually complete recovery
 will result from the following treatment:
 Hope, rest, fresh air, and—*Scott's*
Emulsion.

ALL DRUGGISTS: 50c. AND \$1.00.



The Miracle of Sunburn.

Has it ever struck you that sunburn is a miracle? Probably not. Yet such is the fact. When you go down to the seashore and bask in the summer sun, the light attacks you fiercely, first reddening your skin, then swelling, blistering, and scorching it. If you kept in the sun long enough and the miracle did not occur, the sunlight would kill you, burning off your skin first and then fiercely attacking the raw flesh.

But the miracle does occur. The skin changes from its pale color to a tan, and up on this tan the sun has no effect. The sun may beat on a tan-colored skin for days, for weeks, for months, but the skin will remain always sound.

And so nature works her miracle. The white skin is suffering, and nature, aware somehow that a tan skin is sunproof, changes the white to tan.

To prove this miracle—to prove that it is not the hardening of the skin, but the change in its color which protects it from sunburn—is an easy matter.

Let a pale person, unused to the sun, stain one side of his face yellow, and, leaving the other side untouched, go out in the bright summer sun for a couple of hours. The one side of his face is no tougher, no more hardened than the other, yet the unstained side will be inflamed, blistered, while the tan-colored one will be quite cool and unharmed.

Sunburn is a miracle, a protection to mankind, as inexplicable and as wonderful as the miracle of how the arctic animals change in the winter from dark coats to snow-white ones.

When Your Health Fails—What Then?

BETTER TO GUARD AGAINST SUCH AN EMERGENCY BY KEEPING VITALITY AT HIGH-WATER MARK BY THE USE OF

Dr. Chase's Nerve Food

Good health is the capital of persons who earn their livelihood with brain and muscle. In these days of strenuous life and keen competition there is no place for tired brains and weak bodies.

Success is for the strong and alert—for those whose blood is rich and whose nerve cells are filled with vigor and energy.

It is not pleasant to contemplate what might happen with failing health and for this reason it is well to heed the first symptoms of nervous exhaustion, such as brain fog, headache, nervous dyspepsia, sleeplessness, failure of memory and loss of power to concentrate the mind.

While Dr. Chase's Nerve Food has succeeded in curing many cases of partial paralysis, locomotor ataxia, and the most severe forms of nervous prostration and exhaustion, it is not well to delay treatment until these stubborn and dangerous diseases set in.

At the slightest indication of waning nerve force begin the use of Dr. Chase's Nerve Food, and with a few weeks' treatment you will be able to restore the vitality of the body to high-water mark, remove the cause of nervous disorders, and prevent serious results.

Miss Mary Leitch, Coulson, Simcoe county, Ont., writes: "When I began the use of Dr. Chase's Nerve Food my nervous system was all run down, and I suffered terribly with nervous headache and sleeplessness. Sometimes I could not sleep for three or four nights in succession. By the use of several boxes of Dr. Chase's Nerve Food these troubles were entirely overcome, and I consider this preparation an excellent nerve tonic."

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.55, at all dealers, or Edmanison, Bates & Co. Toronto.

Redmen of Canada.

Our Indian population is commonly associated in the public mind with the prairies of the Central West, with the forests of the Far North, and with the Pacific Coast of British Columbia. True, these parts contain a majority of Canada's redmen, and yet one-third of our Indians are to be found in the older provinces east of Lake Superior. The total Indian population of Canada is 109,394, of whom 88,680 are treaty Indians, and 20,714 live outside of treaty limits. In this element of population British Columbia leads with 24,997, but the old Province of Ontario comes second with 23,728, which is three times as many as there are in Manitoba, and about twice as many as in Quebec. In the two new prairie provinces of Alberta and Saskatchewan there are 12,937 Indians, and in the

Maritime Provinces 4,164. Last year the total natural increase was 182; by migratory fluctuations there was an increase of 150. The largest increase by births was in Ontario, among the Indians living comfortably on farms.

It is to the Indians of the West that one naturally looks for the wild, free life associated with the wigwam and the chase, but there is comparatively little of that life left—practically none as it exists in the frontier stories of thirty years ago. The Indians now reside on their reserves, no longer can they chase the buffalo over the plains because the buffalo has disappeared, and the prairies are being cut up into farms and crossed here and there by railways. There are no more tribal wars, no more war parties seeking glory in the form of murder, but law and order, of which to the Indian the Mounted Police is the embodiment, are ever present, and must be obeyed. The reports of the Indian agents now deal with commonplace matters such as the Indian's health, his mode of living, his improvement in education and morals the condition of his home, and how life in general goes with him.

Running through these reports, and especially thought those dealing with the agencies in the West, is the hope that the Indian will take more kindly to farming. As settlement increases his hunting grounds become curtailed; there is no longer the buffalo to supply him with meat, and he must learn to raise cattle, and grow wheat. "The real progress of the Indian," writes one of the agents, "depends on his adherence to the soil and its cultivation, and to the raising of cattle and other stock, its natural adjunct." Again this agent writes: "I am directing the Indians' attention from the lines of industries the white man calls sport—shooting, fishing and hunting—and leading the Indian to the sure and safe lines of mixed farming."

"A peculiar characteristic of the Indian," to quote again, "is that one is never sure of him. He may be an industrious, promising Indian to-day, and to-morrow it may be a thing of the past. Something happens, not very much, but he is gone; he has taken his horses, his wife and family. The rest of his property he leaves to take care of itself."

But progress is being made, and it is encouraging that the tendency is in the right direction. Gleanings from the reports show this. One agent writes that his Indians are making some improvement in farming, but that it is difficult to get them to work systematically. Another agent says that they are poor tillers of the soil, but that they take fair care of stock.

And yet the Indians last year accomplished something in agriculture. Throughout Canada they had 47,955 acres under cultivation; of grain and root crops they raised 1,405,750 bushels; of hay 118,000 tons, and the total value of their agricultural products was \$1,142,347, being an increase of \$13,082 over the value of the crops of the preceding year. In wages they earned \$1,727,009.

The World's Supply of Timber.

In consideration of the steadily increasing consumption of wood throughout the civilized world, pessimists see a timber famine in sight, and are already busily speculating as to the probable effect on civilization of that calamity. The history of the world is too prolific of examples of man's capabilities of discovering or inventing substitutes for exhausted or depleted natural products to warrant anyone indulging in gloomy forebodings of a twentieth century failure in this respect.

Nevertheless, it is a fact that the subject of reforestation deserves greater attention than it has in the past received. Germany, Finland and France are now forced to import 13,000,000 cubic metres yearly, and, among the countries delivering this enormous supply, Canada takes the foremost place. There can be no question about the fact that in Europe there are still enormous untouched supplies of wood, but in connection with this statement must also be taken the fact that woods grow usually, and especially in the northern countries, very slowly. Centuries will be needed to produce other trees of equal size and value, if these are once destroyed.

The United States, which once had the largest woods in the world, cannot now, in spite of its area of 512,000,000 acres, cover its own needs within the border, but have to turn to Canada for a part of it. Canada commands woods estimated at 810,000,000 acres, has no doubt the largest tracts of wood lands of any country in the world. In spite of the fact that there are yet wood lands

awaiting the first cutting, especially in China, Corea, India and South America, it is nevertheless safe to say the question of how to keep intact the world's sources of wood supply for future consumption is well worth the serious attention of the civilized world. Canada Lumberman.

A Sense of Humor

I regard a sense of humor as one of the most precious gifts that can be vouchsafed to a human being. He is not necessarily a better man for having it but he is a happier one. It renders him indifferent to good or bad fortune. It enables him to enjoy his own discomfort.

Blessed with this sense he is never unduly elated or cast down. No one can ruffle his temper. No abuse disturbs his equanimity. Boredom does not bore him. Humbug does not humbug him. Solemn airs do not impose on him. Sentimental gush does not influence him. The follies of the moment have no hold on him. Titles and decorations are but childish baubles in his eyes. Prejudice does not warp his judgment. He is never in conceit or out of conceit with himself. He abhors all dogmatism. The world is a stage on which actors strut and fret for his edification and amusement, and he pursues the even current of his way, invulnerable, doing what is right and proper according to his lights, but utterly indifferent whether what he does finds approval or disapproval from others.

If Hamlet had had any sense of humor, he would not have been a nuisance to himself and all surrounding him.—London Truth.

LAME BACK.

This is an ailment for which Chamberlain's Pain Balm has proven especially valuable. In almost every instance it affords prompt and permanent relief. Mr. Luke LeGrange of Orange, Mich., says of it: "After using a plaster and other remedies for three weeks for a bad lame back, I purchased a bottle of Chamberlain's Pain Balm, and two applications effected a cure." For sale by All Dealers.

My Symphony.

To live content with small means; to seek elegance rather than luxury and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, babes and sages with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never. In a word, to let the spiritual, unbidden and unconscious grow up through the common. This is to be my symphony.—William Henry Channing.

CHAMBERLAIN'S COUGH REMEDY ONE OF THE BEST ON THE MARKET.

For many years Chamberlain's Cough Remedy has constantly gained in favor and popularity until it is now one of the most staple medicines in use and has an enormous sale. It is intended especially for acute throat and lung diseases, such as coughs, colds and croup, and can always be depended upon. It is pleasant and safe to take and is undoubtedly the best in the market for the purposes for which it is intended. Sold by All Dealers.

Canadian Pacific Railway

Effective June 2nd 1907.

(Trains daily, except Sunday, unless otherwise stated.)

DEPARTURES.

(QUEEN STREET STATION).
 6.15 A MIXED—For Houlton, McAdam Jct. St. John and points East; Vanceboro, Bangor, Portland and Boston etc.; Pullman Parlor Car, McAdam Jct. to Boston, Palace Sleeper, McAdam Jct. to Halifax, Dining Car, McAdam Jct. to Toronto.
 9.05 A MIXED—For Aroostook Junction, and M intermediate points.
 11.40 A EXPRESS—For all points North; M Presque Isle, Edmundston, Riverview, Lomp and Quebec.

2.35 P MIXED—For Perth, Junction Plaster M Rock, and intermediate points.
 5.10 P MIXED—For Fredericton, etc., via Gibson Branch.
 6.03 P EXPRESS—For Houlton, St. Stephen M (St. Andrews after July 1st), Fredericton, St. John, and East; Vanceboro, Sherbrooke, Montreal, and all points West, and Northwest, and on Pacific Coast, Bangor, Portland, Boston, etc.

Palace Sleepers, McAdam Junction to Montreal; Pullman Sleepers, McAdam to Boston; Pullman Parlor Car, McAdam to St. John.

ARRIVALS.

11.40 A. M.—EXPRESS—From St. John and East St. Stephen, (St. Andrews after July 1st), Boston, Montreal and West.
 12.20 P. M.—MIXED—From Fredericton, etc. via Gibson Branch.
 12.40 P. M.—MIXED—From Perth Junction and Plaster Rock.
 6.03 P. M.—EXPRESS—From Fort Fairfield, Carleton Place, Presque Isle, Grand Falls, Edmundston and Riverview.

4.40 P. M.—MIXED—From Aroostook Junction.
 11.25 P. M.—MIXED—From Fredericton, St. John and East; St. Stephen, St. Andrews, Houlton, Vanceboro, Bangor, Portland, Boston, etc.

W. M. STOTT, G. P. A., Montreal.
 W. B. HOWARD D. P. A., C. F. R., St. John.

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