



The effect of malaria lasts a long time.
You catch cold easily or become run-down because of the after effects of malaria.
Strengthen yourself with **Scott's Emulsion**.
It builds new blood and tones up your nervous system.

ALL DRUGGISTS: 50c. AND \$1.00.

Better Health, Longer Life.

People know how to live better than they once did, and proof of this is found in the statistics which show that the average length of life is increasing.

This is because the conditions of health are now understood better than ever before. The great gain is in the lower death rate among infants and children under five years. Children under that age are particularly susceptible to bad sanitary conditions, and it is in sanitation that we have made the greatest improvements. One of the most prolific sources of disease was polluted water. Now people have learned that wells, drains and cesspools must not be near together, nor must they communicate.

People bathe more regularly, ventilate their houses better, take more exercise and recreation, realize the importance of cleanliness and know that contagion may be carried by insects and pet animals. Although we know much more than we once did there is still plenty more to learn. But we are a receptive people, and the coming generation will not only live longer, but have better health while living.

**Put New Blood
Into the Arteries**
AND THE FEELING OF WEAKNESS
AND FATIGUE WILL GIVE WAY
TO HEALTH AND VIGOR.

Dr. Chase's Nerve Food.

At this time of year nothing is of such great value to the human system as new, rich blood. Feelings of languor and depression, headaches, sleeplessness, irritability, impaired digestion, nervousness—these all tell of thin, watery blood and a run-down system.

Dr. Chase's Nerve Food is, above all else, a blood-building restorative, which puts new blood into the arteries, and by so doing lays the foundation for health and vigor.

It sharpens up the appetite, strengthens the nerves which control the flow of digestive fluids, forms new, firm flesh and tissues, and gives vigor to the vital organs of the body.

Mr. Fred H. Gould, Purdy, Hastings Co., Ont., writes: "I was troubled with nervous headache, which at times was very painful and caused much suffering. It has been thoroughly cured by the use of Dr. Chase's Nerve Food. I can recommend this treatment most highly and believe that as a general system builder it has no equal."

Mrs. W. Chappel, Barrie, Ont., writes, "I have used Dr. Chase's Nerve Food as a means of building up the nervous system and improving the health generally and have also found it a good remedy for female troubles."

"We have used Dr. Chase's Ointment as a household remedy for all kinds of sores and cuts and think it is a splendid ointment."

You can be sure that Dr. Chase's Nerve Food is doing you good because each dose goes to the formation of a certain amount of pure, rich red blood. It cures by the building-up process, and its cures are therefore thorough and lasting; 50 cents a box, 6 for \$2.50, at all dealers, or Edmanson, Bates & Co., Toronto.

Swimming.

Swimming is one of the best of exercises, when practised in moderation. It calls into play all the muscles of the body, including those of the abdomen, which are often neglected, much to the individual's detriment.

It is, or at least should be, of brief duration, a rule which is essential in the case of all violent exercises.

The action of the water on the skin has a tonic effect, especially in sea-bathing, and with it is combined an air bath which is of almost equal value. The air-bath, it is important to note, should be taken before the water-bath and not after it. A gentle run or walk of half a mile or so on the beach or along the shore of the river—with the head covered if the sun is shining—is a good preliminary to the plunge; but on coming out of the water the bather should at once return to the bath-house and remove the wet clothes and take a vigorous rub with a course towel. The habit of sitting on the sand on coming out of the water, which is so common, is wrong, and is responsible for many of the bad feelings which bathers experience, and which makes them believe that swimming does not agree with them.

Any form of swimming is good, but the best is the usual way of swimming on the abdomen, making vigorous movements with the legs, and using the arms chiefly to keep the body level and the head above water.

Swimming for a long stretch in a straight

course is less useful as an all-round muscle exercise than making frequent turns. By the plan of turning frequently, the swimmer remains near his companions and is in less danger if taken with a cramp.

Some bathers, especially early in the season, suffer from a chill on coming out of the water, or sometimes an hour or two after. This can usually be prevented by a hot drink of hot milk or clam broth or beef tea, the effect of which is to equalize the circulation.

Bathers who cannot swim—all should learn to swim as speedily as possible—should exercise energetically while in the water, splashing about and making swimming motions.

The superiority of swimming over other forms of exercise, such as running or jumping has been proved scientifically. Examination of the blood demonstrates that the number of red corpuscles is markedly increased thereby.

How Much Does Travel Educate?

(By Kate Upton Clark.)

Phillips Brooks, Emerson and scores of other wise men insist that travel, per se, 'educates' really very little; that what you get from a foreign country depends upon what you take there, and that for the most part inveterate travellers are light in character.

And yet, who is not often meeting the parents who will not send a son or a daughter to college, but feel that "the discipline of travel" will be just as good.

Now, if the son or daughter is going to some foreign town to buckle down to hard and steady work, he will undoubtedly get discipline; but if he is simply going to flit from one place to another, gazing upon the various 'sights' in each, not even the highly exalted virtue of 'keeping a diary' is going to insure to him very much real education. Passing from one hotel to another in Europe is very much like the same thing in America. One learns how to make one's self comfortable in travelling. That is about all.

The schools and colleges are defective enough, we all grant. Study is not popular in many of them. The great ones, for both men and women, seem likely, unless present tendencies are arrested, to become ere long chiefly elegant social or athletic clubs for rich boys and girls and their hangers-on.

It is largely in the small ones that the spirit of study still survives—and that means hard work. It is commonplace to say that there is no royal road to education—but in the face of the nonsense which one hears, that platitude must be repeated again and again.

You can't ride to education in a parlor car or in an ocean greyhound; neither can you climb to it by ascending a few mountain peaks. These rides and climbs are refreshing, if done 'between works.' They are apt to be merely dissipating when taken by the year.

Your children cannot even get an adequate knowledge of a foreign tongue unless you settle down in a country for at least three months at a time. Then a hard and fast law must be enforced against using one's mother tongue, except, perhaps, during meals—and grammar and construction must be given daily in long and bitter doses.

It was apparently ordained when we were created that nothing worth while should ever come to us, without stretching of the muscles and anguish of the mind. Not much of either occurs in mere travel. It is 'good fun'—and that has its place in life, a large one, too. But as for the 'education' which a young and callow mind gets out of mere travel—well, it could probably be put into a thimble.

Best Medicine in the World for Colic and Diarrhoea.

"I find Chamberlain's Colic, Cholera and Diarrhoea Remedy to be the best remedy in the world," says Mr. C. L. Carter of Skirum, Ala. "I am subject to colic and diarrhoea. Last spring it seemed as though I would die, and I think I would if I hadn't taken Chamberlain's Colic, Cholera and Diarrhoea Remedy. I haven't been troubled with it since until this week, when I had a very severe attack and took half a bottle of the twenty-five cent size Chamberlain's Colic, Cholera and Diarrhoea Remedy, and this morning I feel like a new man." For sale by All Dealers.

Leather Bound Books.

An official of the Congressional library was talking with a friend who recently had purchased a handsome set of leather bound volumes and said:

"You had better examine those volumes carefully to see if the leather needs feeding. If it is new stock they will be all right let alone for several years, but if they have been

on the shelves for some time the leather will have lost most of its natural oil and become brittle. This applies especially to books kept in private houses, which are as a rule much hotter than the book stacks of a large library. There is nothing more attractive than a fresh well preserved leather binding on a volume and scarcely anything less so than a dilapidated, cracked one.

"You can add years to the life of a leather binding and a hundred per cent to its appearance by rubbing in a little vaseline with a piece of raw cotton—not too much, just as much as the leather will thoroughly absorb. Where the binding bends is where it is most likely to crack. The leather will not be greasy, as the vaseline will be absorbed. One treatment every year or two is sufficient unless the books are unduly exposed to heat."

Sherlock Holmes at Fault.

Sherlock Holmes languidly drained the bubbling, hissing prussic acid—his last, most deadly habit.

"My dear Watson," he murmured, "my tie is crooked."

I started as he knew I would.

"Now, Holmes," I said, "how can you be aware of that? You haven't put your hand to your tie for the last two hours, and there isn't a mirror anywhere in sight. You claim to have no supernatural gifts—in what way, then, can you possibly know that your tie is crooked?"

"That man over there," said Sherlock Holmes calmly, "looked at my tie a moment ago, and then straightened his own tie with both hands."

"Wonderful!" I cried. "Amazing! Only, Holmes, your tie isn't crooked."

The Doctor Away from Home when Most Needed.

People are often very much disappointed to find that their family physician is away from home when they most need his services. Diseases like cramp colic and cholera morbus require prompt treatment, and have in many instances proven fatal before medicine could be procured or a physician summoned. The right way is to keep at hand a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy. No physician can prescribe a better medicine for these diseases. By having it in the house you escape much pain and suffering and all risk. Buy it now; it may save life. For sale by All Dealers.

One day some Americans on a visit to Wales expressed a wish to see a certain old and historic church. The incumbent was only too pleased to show them round, especially as he believed it would end in a donation being given to his parochial fund. He is as proud of the school as he is of the church, and finished up by asking them in there also, and inviting them to question the scholars.

One of the party accepted the invitation.

"Can you tell me, little boy," said he to one lad, "who George Washington was?"

"Iss, surs," said he, "he was a 'Merryman' gen'ral."

"Quite right," said the American.

"And can you tell me what George Washington was remarkable for?"

"Iss, sur; 'e was remarkable 'cos 'e was a 'Merryman' an' told the trewh."

The American didn't question further. —Cassell's Journal.

A prisoner was brought before a police magistrate. The latter looked around and discovered that his clerk was absent. "Officer," he said, "what's this man charged with?" "Bigotry, your honor. He's got three wives." The magistrate looked at the officer as though astounded at his ignorance. "Why, officer," he said, "that's not bigotry; that trigonometry."

The travel to Europe this summer is unprecedented. It is estimated that American tourists will leave \$100,000,000 there.

Government Sale OF Imported Horses.

The late importation of horses, consisting of

2 Clydesdale Stallions,
26 Clydesdale Mares,
10 Percheron Mares,
2 French Coach Mares,

will be fairly divided into two lots and sold by auction as follows:

One lot at Fredericton, Wednesday, 31st July, at 2 p. m.

Second lot at Moncton, Wednesday, 7th August, at 2 p. m.

Can all be seen at Fredericton up to 31st July.

Terms Cash or approved joint notes at 6 to 12 months with interest at 6%. Catalogues giving full particulars will be supplied on application.

L. P. FARRIS.

Commissioner for Agriculture.

Fredericton, July 12, 1907.—2in.

This is the label that guarantees richest fabrics, finest tailoring, newest styles and unmatched values.

It is a good thing to look for—and a good thing to find.

It goes in all

"Progress Brand"

Suits and Overcoats

Is it in your clothes? It should be.

The John McLaughlin Co., Woodstock and Hartland. Tompkins Bros., Bath.

WOODSTOCK WOOD-WORKING COMPANY, LIMITED,

MANUFACTURERS OF

Doors, Sashes, Blinds, School Desks, Sheathing, Flooring and House Finish of all kinds

We employ a first-class Turner, and make a specialty of Church, Store and Verandah work. Call and see our stock or write for prices before purchasing. All orders promptly attended to.

Just imported, a consignment of No. 1 White Wood.

Clapboards for sale.

Hard Pine Flooring and Finish.

N. B. Telephone No. 68-3.

Union Telephone No. 119

'The Sign of the White Horse.'

Look Anyway

When in our streets and you will see a Harness that came from our shop.

Ask Anybody

If that Harness they got from us was all right. If it's not we want to know. We give a guarantee with every harness we sell. If they were not right, we wouldn't do that, would we?

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET, WOODSTOCK.

Now Is the Time

TO GET YOUR

Waggon or Carriage

Ready for Spring use. Don't delay. Bring it to

F. L. MOOERS,

Carriage and Sign Painter,

over Loane's Factory,
Connell street, Woodstock

CRULAI 4116.

Imported French Coach Stallion

Imported from France by McLaughlin Bros. of Columbus, Ohio. Colour, Bay; five years old; weight 1500 pounds. This horse will make the season of 1907 at C. W. Dugan's stable, and at the Exhibition Grounds, Woodstock.

This horse's grand dam, Lisette, held the 21 mile record for France from 1892 until 1899, covering the distance in 68 minutes and six seconds.

Terms: Single service \$10.00; by the season \$12.00; to ensure \$16.00; \$2.00 to be paid at the time of service.

COLES DUGAN, Manager.

BRAD WAKER, Groom. April 24 tf

FOR SALE.

The property at present occupied by Charles Manuel, Park street, freehold, also property on Connell street. Apply to this office. March 23, 1907.

MONEY TO LOAN

On Real Estate.

APPLY TO D. McLEOD VINCE

Barrister-at-Law, Woodstock, N. B.

LIVERY AND HACK STABLE

H. E. & Jas. W. Gallagher, Props

Outfits for commercial travellers. Coaches in attendance at arrival of trains. All kinds of Livery teams to let at Reasonable Rates. A First-Class Hearse in connection.

Emerald Street, - Woodstock, N. B.

NOTICE

Notice is hereby given that the

Assessment Roll

for the year 1907 is now in the hands of the

Town Treasurer, and that a

Discount of 5 Per Cent

will be allowed on all taxes paid on or before the 25th Day of July next

H. W. BOURNE, Town Treasurer

Collector and Receiver of Taxes

Woodstock, N. B., June 20th, 1907.

BOY WANTED.

Boy wanted to learn the printing business. A good chance for a steady boy. Apply at this office.