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Insure Economy.

No loss of time in experimenting if the
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is to have men who know how to do the
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Heart Strength

Heart Strength, or Heart Weakness, means Nerve
Strength, or Nerve Weakness—nothing more. Pos-
sibly, not one weak heart in a hundred is, in it-
self, actually diseased. It is almost always a
"hidden tiny little nerve that really is all at fault."
This obscure nerve—the Cardiac, or Heart Nerve
—simply needs, and must have, more power, more
stability, more controlling, more governing
strength. Without that the Heart must continue
to fail, and the stomach and kidneys also have
these same controlling nerves.
This clearly explains why, as a medicine, Dr.
Shoop's Restorative has in the past done so much
for weak and ailing Hearts. Dr. Shoop first sought
the cause of all this painful, palpitating, suffocating
heart distress. Dr. Shoop's Restorative—this
popular prescription—is alone directed to these
weak and wasting nerve centers. It builds;
it strengthens; it offers real, genuine heart help.
If you would have strong Hearts, strong di-
gestion, strengthen these nerves—re-establish
them as needed, with

Dr. Shoop's Restorative

SOLD BY ALL DEALERS.

Giving Credit to Youth.

Perhaps there is no young man in England
who has caused more discussion in recent
years than Winston Churchill, M. P., who
has been elected for Dundee, though defeated
in Manchester. He is hated by his oppo-
nents and lauded by his colleagues.

A section of the British and Canadian
press has found pleasure in ridiculing him.
It has always treated him as a joke. He is
now filling one of the important portfolios in
the greatest of governments. The papers
which would not regard him seriously are re-
flecting on their poor judgment.

Whether Mr. Churchill is a bumptious
person is neither here nor there. He is a
worker, a man of exceptional talents and
marvelous ambition. At 35 he has accom-
plished more than most men during a life-
time.

This is a tribute to young manhood. The
world is too ready to scoff at the efforts of
young men who aim at offices vastly above
their years. It does not give enough credit
to those who in early life climb high as a
consequence of strenuous work and study. If
Mr. Churchill can fill the position to which
he has been called by his political leader he
should be given the same consideration and
honor as anyone of older years. Many of
the greatest of men have become great before
the age of 40 years.

Weak women should read my "Book No. 4 For
Women." It was written expressly for women
who are not well. The Book No. 4 tells of Dr.
Shoop's "Night Cure" and just how these sooth-
ing, healing, antiseptic suppositories can be suc-
cessfully applied. The book, and strictly confi-
dential medical advice is entirely free. Write Dr.
Shoop, Racine, Wis. The Night Cure is sold by
All Dealers.

How to Take Exercise.

A little exercise regularly is good; a great
deal of violent exertion all at once, and al-
most none for the rest of the time, is postive-
ly harmful. Even athletes, when out of
training, must resume gradually, and this is
the reason why many people come back from
a summer holiday spent walking or moun-
tain-climbing, rather enfeebled than refresh-
ed. It is safe to say that most women under-
exercise rather than overdo the matter, but
many of them are apt to make the mistake of
excess at times. A physician, writing in
Cassell's Magazine, gives the desirable aver-
age in exercise as that which would amount
to a walk of four or five miles daily by health-
y adults, whose ordinary occupations are
not very laborious. Where excessive exer-
cise is indulged in the first organ to suffer is
the heart, and if the mistake is persisted in
fainting fits or heart failure may occur. The
lungs also become congested, and rupture of
a blood vessel or hemorrhage are to be feared.
The writer gives the following rules for a
healthy physique:

- (1) All exercise should be done gradually,
and sudden exertion must be avoided.
- (2) No competitive or severe exercise
should be undertaken without previous train-
ing.
- (3) No training should be commenced
without a previous medical examination.
Compliance with this rule will not only pre-
vent disappointment, but avoid the risk of
contracting a new disease or of aggravating
an existing one.
- (4) Exercise should never be taken soon
after meals, and care must be taken that the
clothes are loose and do not interfere with
the movements of the chest and limbs.
- (5) After exercise avoid the sudden chill-
ing of the body, especially if there has been
perspiration.
- (6) All exercise should be avoided which
limits the activity to single muscles or groups
of muscles, or which necessitates a prolonged
uniform position or occupation. We have a
well-known warning example, in the
complaint known as scrivener's palsy—a
peculiar sort of paralysis seen in writers,
secretaries and others who do much pen-
work.
- (7) In the case of growing or delicate
children it is necessary to use great discrim-
ination. The growth may be arrested by
injudicious physical exercise, and many de-
formities date their beginning from the same
cause.
- (8) Young married women must on no ac-
count indulge in more than the simplest
forms of muscular exercise.

THE ETHER HABIT.

Gaining Ground in Paris, and Worse
Than the Others.

(London Globe.)

According to the fashionable doctors of
Paris, a new contagion is at present causing
terrible ravages in the capital. Attempts
have from time to time been made to pro-
scribe opium, morphia, hashish and other
poisons. Some have even suggested the pro-
hibition of absinthe, but at the moment it is
none of these that is causing anxiety—it is
ether. The ether passion has spread with
such rapidity in Paris that the number of
"etheromanes" is almost incredible, and
every day new recruits are added to the ranks
of those who have been enslaved by the
insidious fluid. Opium and hashish only
appealed to certain categories of people but
ether finds its victims among all classes. As
a means of intoxication it is within reach of
all purses, and although its effects are less
deadly than those of certain other drugs, its
consequences cannot be regarded with a com-
placent eye. To take only one example at
Rochefort-sur-Mer there is a maritime hospi-
tal frequented by students who later will
qualify for naval surgeons or colonial doctors
and among these young men, when the
"grind" becomes too irksome or the disci-
pline too severe, ether has been a frequent
remedy. The consequence is that its ravages
have been considerable, and last year several
suicides were traced to overindulgence in the
fatal passion. An attempt was made by the
authorities to keep the fact from leaking out,
but it gradually became known. It is not in
the provinces alone, however, that the ether
habit has manifested itself. "Etheromanes"
are frequently met with in Paris, and when
reproved for their addiction to the drug they
defend their weakness by exaggerated de-
scriptions of the joy and delightful intoxica-
tion they find in the absorption of the fluid.

Some of them are accustomed to drink
ether in the form of a syrup, much as they
would take any other alcohol; others let a
few drops of volatile ether fall on a bandage,
which they place before their mouths and
violently inhale; and one of the most refined
methods of enjoying ether is to mix it with
wild strawberries, when, according to its de-
votees, it makes a dish fit for the gods. But
the ether fiend is not a good sight next day.
He has had a bad night, his will and his
strength are gone and his pale face is drawn
and haggard, while his eyes are dilated
beyond measure. One night, when a number
of habitual "etheromanes" were about to
adjourn to an apartment where they would
be free to indulge their favorite passion, a
friend who knew the risks they were running
attempted vainly to dissuade them from their
plan. But they would not listen to him—
they seemed to be fatally drawn toward the
ether chamber by a mysterious and invincible
force, and his arguments were in vain. Next
day he learned that the ether seance had
almost had a tragic termination. One of the
etheromanes, under the influence of the ex-
citing elements, had tried to kill one of his
comrades, and the others, suddenly sobered,
had all they could do to restrain his hand.
Montmartre is the quarter of Paris most
addicted to the ether habit, and the majority
of the victims are women. Whole "litres"
of the subtle fluid are drunk with reckless
abandon, and until complete intoxication has
overtaken the ether maniac there is no thought
of putting away the diabolical excitant.

PILES

See testimonials in the press and ask
your neighbors about it. You can use it and
get your money back if not satisfied. 60c. at all
dealers of EDMANSON, BATES & Co., Toronto.

DR. CHASE'S OINTMENT.

A Wonderful Anaesthetic.

A new anaesthetic has been used in
Canada for the first time. The experi-
ment was conducted in the Toronto
General Hospital last month on a young
man who had been kicked by a horse and
was painfully injured in the intestines.
The man was operated upon three times
before "stovaine," the new anaesthetic,
which is designed to change materially
the methods of surgical operations, was

Children Enjoy It

"I have used Coltsfoote's Expectorant
with the greatest satisfaction with my
children. It is a wonderful cure for
colds and sore throat. I believe it saved
the life of my little son, who was
very sick from a protracted cold on his
lungs."

MRS. ANNIE BRAMBLER,
Orangeville, March 15, 1907.

"I am greatly pleased with the good
results we got from Coltsfoote's Expec-
torant. I get great comfort with it for
my children."

MRS. WALTER HAMMOND,
171 Argyle St., Toronto.

Coltsfoote's Expectorant is the great-
est home prescription for all throat and
chest troubles in the world. No home
should be one hour without it. You
can have free sample by sending name to
Dr. T. A. Slocum, Ltd., Toronto. All
good druggists keep it. Price, 25c.
Send for Free Sample To-day.

ONE CENT Brings It

WOULD-YOU-LIKE-TO-READ-THE-STORY OF-THE FURNACE?

Just write on a post-card, "Send Booklet A," and mail to nearest branch. The rest we'll gladly attend to.

—Just how correct principles say it should be constructed?
—Just why no other plan of construction will do?
—Just wherein lies its ability to be easy on fuel, quick in action, simple in operation?

The story is briefly told in a little booklet called "Furnace Facts." It's not an advertisement. No furnace name is mentioned, and you can read the whole story in 5 minutes.

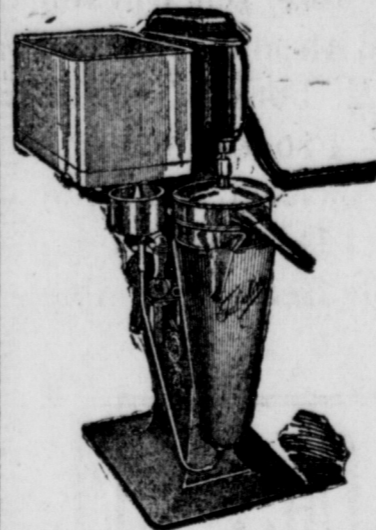
To the party contemplating purchasing a furnace it points out the snags and pitfalls, and shows exactly what to demand of an architect, contractor or dealer, in furnace construction and installation.

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The price at which butter and cheese has sold the last four years—then

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In most cases these machines pay for themselves IN ONE SEASON.

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used.
Stovaine was invented by Dr. Fore-
neau, an eminent chemist of Paris. It
contains no cocaine and has the power
to render the patient's body insensible to
pain, but at the same time leave the mind
free and clear.
Dr. Duncan Anderson, of Wellesley
street, Toronto, who performed the opera-
tion, says that while the anaesthetic had
been used with very satisfactory results
by Prof. Barker, of University College,
London, England, it was a new departure
in the use of anaesthetics in Canada.
Prof. Barker had only failed in eight
cases in 200 in which he had employed
the anaesthetic. The value of the form
of treatment was very great in cases
where patients could not be operated on
under the usual conditions owing to
weakness. The new anaesthetic eliminat-
ed the dangerous after effects of the com-
pletely paralyzing kind.

Canadian Pacific Railway
Effective October 13th, 1907.

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

DEPARTURES.

(QUEEN STREET STATION.)

- 6.45 A MIXED—For Houlton, McAdam Jct. M St. Stephen, St. Andrews, Fredericton, 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 Truro.
- 8.20 A MIXED—For Aroostook Junction, and M intermediate points.
- 12.15 A EXPRESS—For all points North: M Presque Isle, Edmundston, River du Loup and Quebec.
- 1.35 P MIXED—For Perth, Junction Plaster M Rock, and intermediate points.
- 4.50 P MIXED—For Fredericton, etc., via Gibson Branch.
- 5.42 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.
- 11.41 A. M.—EXPRESS—From St. John and East St. Stephen, (St. Andrews after July 1st), Boston Montreal and West.
- 12.15 P. M.—MIXED—From Fredericton, etc via Gibson Branch.
- 12.55 P. M.—MIXED—From Perth Junction and Plaster Rock.
- 5.42 P. M.—EXPRESS—From Fort Fairfield, Carleton Place, Grand Falls, Edmundston and River du Loup.
- 6.30 P. M.—MIXED—From Aroostook Junction.
- 11.05 P. M.—MIXED—From Fredericton, St. John and East; St. Stephen, St. Andrews, Houlton, Vanceboro, Bangor, Portland, Boston, etc.
- W. M. SITTE, G. P. A., Montreal.
- W. B. HOWARD D. P. A., C. P. R., St. John

CAUTION.

Every person is liable to a fine of \$25.00 who rides or drives any horse or horses at a pace faster than a walk upon any part of any span of any highway bridge, which span exceeds forty feet in length. It shall be the duty of any policeman, constable or other peace officer, to prosecute by complaint or otherwise as the law directs any person offending against this act.
Extracts from the act to protect highway bridges, the board of works direct that no automobile be operated at a rate of speed greater than one mile in fifteen minutes in crossing a highway bridge.
May 13—31.

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