

WHAT THE BOY WROTE.

A young man once wrote to his father, saying, "I am well, only I don't feel like making any sort of physical exertion." Thousands of people feel exactly like that young man—and they are not many people, either. They are, generally, dyspeptics, with a first touch of indigestion; they need a short course of Mother Seigel's Syrup, to put their stomach, liver and bowels into healthy activity, so that their food will nourish and strengthen them. Mr. George J. Barry, of Chippewagon P.O., Gloucester Co., N.B., who suffered for years from dyspepsia, writes: "I became weak and almost unable to work. After trying many medicines without success I took several bottles of Mother Seigel's Syrup and it gave me relief at once. I recommend it as much superior to all other medicines for stomach troubles."—Price 60 cts. per bottle. Sold everywhere. A. J. White & Co., Ltd., Montreal.

Robert Louis Stevenson.

When on a flyleaf of "Virginibus Puerisque."
When louder voices throbbed with scorn and hate,
Ah! dear glad spirit of the Sun!—
The golden loom from which they thought was spun
Sang on, with cheer and gentleness elate;
Seeking to end our war and fierce debate,
And make our souls in kinder courses run,
By aid of the sweet wisdom thou hadst won
From Life the Sphinx and that veiled jugger Fate.
This be my hope—when from my halting hand
My pen has dropped for aye, and in the deep
Of you still sea of Death, I sink to sleep—
If some new light should strike across my eye:
If I should wake!—I worthy be to rise,
And greet thee "Brother!" in that other land.
—Hector Charlesworth.

Nervous People SALT OF THE EARTH

But when overstrained their highly strung systems give way and depression and suffering is intense.

Money is made these days at the expense of brain and nerve rather than muscular tissues.

The successful men and women are often of the highest strung nervous type—keen and active—but with too little reserve force.

A little extra worry and anxiety and snap goes the nervous system. Weeks and months are often required before energy and vigor are regained.

Rest helps, and so does fresh air and exercise, but the blood must also be made rich and red by use of such treatment as Dr. Chase's Nerve Food.

Much as they may disagree on some points the best physicians are unanimous in claiming that an abundance of rich, red, life-sustaining, nerve invigorating blood is positively necessary for the restoration of the exhausted nervous system.

There is too often little sympathy for the nervous sufferer. When as a matter of fact his sufferings are most intense, being of mind as well as body.

Headaches, neuralgia, indigestion, sleeplessness, irritability, pains and cramps are often the lesser felt because of the depressed spirits and discouragements which come with loss of memory, and gloomy forebodings of the future.

The sufferer from nervous exhaustion and prostration can use Dr. Chase's Nerve Food with positive assurance that the benefit derived therefrom will be both thorough and lasting.

There is no reaction from this great nerve-builder because it is not a stimulant, but a restorative and reconstructor of the wasted nervous system. 50 cts. a box, at all dealers, or Edmanson, Bates & Co., Toronto.

Old Mother Nature's Best Tonic.

The most priceless asset a human being can have is good health, yet there is nothing that men neglect so much to believe in as the ancient maxim—a sound body is the condition of a sound mind.

Already, as in the words which follow, enough endorsement has been given to the value of the exercise of walking. A man of experience writes the Sunday World:

"The ordinary man who is employed indoors, throughout the day does not walk enough. He needs the fresh air and sunshine of the outdoors, and, no matter how tired he may be, a short time in the open air will rest him.

"If he has no opportunity to walk during the evening he ought to do it in the morning. There is no better tonic than a two-mile walk before going to work.

"Some business men who live some distance from their offices or stores walk down regularly every morning, and are greatly benefited thereby.

"No matter how sluggish they may feel on arising, the morning walk puts them in good trim for the day's work.

"Exercise in the open air starts the blood to circulating in every artery and vein in the entire system, opens up the pores of the skin, so that the waste matter in the body

may be set free, limbers up the joints and puts one in shape for the duties of the day."

With all this we thoroughly agree. But the truth still remains that, hygienically viewed, there is no exercise that can equal the daily morning "swim."

To be sure, relatively, vigorous walking develops the muscles of the arms and legs, causes the pedestrian to breathe deep from the sweet pure air, fills the blood with ozone, gives the respiratory organs "full play," and freshens up the whole nervous system, part of which is the brain. And it does all this without undue strain.

Swimming, too performs the same exercise, with these two advantages; whereas vigorous walking increases perspiration, which is healthful in itself, swimming also increases perspiration, and at the same time provides, by the swish of the water over a man's body, a thoroughly cleansing process for the excrements from the pores. Then, again, while the walker inhales certain medicinal properties from the air, the swimmer as well gets these and at the same time absorbs from the water, especially if it is salt, other healthful properties not in the air.

By all means, walk, walk, walk, for a day's first-class work, in which body and mind will be made equally vigorous, a good swim before breakfast is the best physical and mental tonic wise old Mother Nature has prescribed for her inveterately foolish children.—Toronto World.

A tickling or dry cough can be quickly loosened with Dr. Shoop's Cough Remedy. No opium, no chloroform, nothing unsafe or harsh. Sold by All Dealers.

Too Much For Him.

"No, I don't want it," replied the country merchant to the agent who was trying to sell him a typewriter. "I had one in my store for three months and it gave me so much trouble that I had to get rid of it."

"Did you try to run it yourself?" was asked.

"Oh, no. I had a girl from the city who knew all about it."

"Perhaps you could not dictate your letters. Some folks find it very hard work."

"I didn't try to. I sat down and wrote them out and let the girl copy them. I didn't save no time there. Then I had to read them over and see if they were correct. Then I had to talk with her and see that she didn't get lonesome and quit her job. Then, a dozen times a day, I had to throw young fellows out of the store—young fellows that had come there to flirt with the girl. Then every old widower for 10 miles around came in and made her an offer of marriage, and when she turned them down I had to run 'em across to the saloon to show my sympathy."

"Anything more?" smiled the agent.

"Just a little. My mother-in-law was indignant, my sister mad all through and my wife sitting around the store for seven hours on a stretch, and after the minister had given me the cold shoulder and the Masonic lodge threatened to bring charges against me, I let the poor girl go and sold the machine for half the price. It was too much of a strain on the mind. You can do those things in the city and no one says a word, but out here it's 50 years too soon, and you've got to heed public opinion or lose your place in the fire company."

Some School Answers.

(Toronto Telegram.)

These are real answers to geography questions asked at the recent entrance examination into the Toronto High schools:

1. We get salt from Petre.
2. Australia is governed by a party of barristers from the British Empire.
3. Canada is governed by the mayor and aldermen, Australia by the people.
4. Some of Canada's imports are rice, tea and blanc mange.
5. New Orleans is noted for being the home of Joan of Arc.
6. The government of Australia is quite different from that of Canada: it always has a half-holiday on Saturday afternoon.
7. The water from the Atlantic ocean runs through the great lakes, right up to Winnipeg, so they can never run dry.
8. One use of the St. Lawrence is that the current is so swift that it runs numerous windmills along its banks.
9. Buenos Ayres is noted as a seaport and also for the bad smells in that neighborhood.
10. Australia's government is not as good as Canada's, chiefly because I will not throw my own government down.
11. London manufactures all kinds of goods. Sheffield manufactures cutlery, and Cambridge manufactures students.
12. Naples is noted for where they kill a dog with gas and then bring him to life again.
13. Cork manufactures bottles.

Just the Thing.

Jinks—I promised my wife a few weeks ago to quit betting at the race track, and I told her that thereafter I'd take my afternoon diversion at a poolroom. Now, what do you think she said?
Binks—Give it up.
Jinks—She bought me a bathing suit.



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Tailored and Guaranteed by
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Mrs. A. C. PHILIPS, Bristol

The Man in the House.

The hour was midnight in the home of the Ramsackers. The family consisted of Mr. and Mrs. Ramsacker and their young son, George, almost at the age of maturity. All had retired when suddenly a loud yell penetrated the air.

"There's a man in the house!"

The alarm awakened mother and father. They jumped up, screaming:

"Where? Where?"

"Here!"

It was George's voice. Ramsacker proceeded cautiously across the hall to his son's room with a revolver in one hand. He was followed by his wife.

"George, are you injured?" shouted the father.

"There's a man in the house!" came the reply.

Ramsacker prepared to fire as he threw open the door.

"I don't see any man!" he exclaimed as he flashed on the electric lights.

He's right here," answered the son.

"What do you mean, George?"

"I mean that it's now five minutes after 12 o'clock. Today is my birthday, and I'm twenty-one years old."—Bohemian Magazine.

A failing tiny nerve—no larger than the finest silken thread—takes from the Heart its pulse, its power, its regularity. The Stomach also has its hidden, or inside nerve. It was Dr. Shoop who first told us it was wrong to drug a weak or failing Stomach, Heart or Kidneys. His prescription—Dr. Shoop's Restorative—is directed straight for the cause of these ailments—these weak and faltering inside nerves. This, no doubt clearly explains why the Restorative has of late grown so rapidly in popularity. Druggists say that those who test the Restorative even for a few days soon become fully convinced of its wonderful merit. Anyway, don't drug the organ. Treating the cause of sickness is the only sensible and successful way. Sold by All Dealers.

A visitor to one of the hotels at Karlsbad was paid the most profound attention by the management. Neither he nor the other guests could figure out the cause of this marked deference until the appearance of the printed register, or Kurgast list. The visitor's name and address, James I. King, Buffalo, N. Y., had been rendered by the native printer: James the First, King of Buffalo, N. Y.

A. M. F. writing from a safe distance (Camden, N. Y.) heckles us as follows:

"Ye Editor: In 'Under the Spreading Chestnut Tree' I read of Mrs. Perkins' futile attempts to bring surprise to her husband. But why should she have become disheartened after the conjurer's failure to rouse the good old gentleman by extracting three rabbits from his whiskers? Was not Mr. Perkins justified in believing that there were hares on his chin?"

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Large Staff. Charges Moderate.

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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 true, we wouldn't do that, would we?

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET, WOODSTOCK.



A Salvation Army Colony for Victims of Drink.

New Zealand, which is gradually and steadily becoming more inclined towards prohibition each year, can, says the British Empire Review, show an interesting experiment in the Pakatoa Island Home, which is carried on by the Salvation Army. There is no liquor on the island. The A. my takes all drunkards to its bosom without exception and packs them off to the island, where they are put to wholesome work and given a rational life with plenty of amusement. The only hardship is that there is no liquor nearer than the mainland, and that there is no escape. The success of the experiment is very decided. The Salvation Army authorities have now made arrangements to buy a second island, where women inebriates will be placed, reserving Pakatoa for men alone. An ex-patient has been writing to the Press recently to complain that the officials in charge are too kind, and do not insist on all the residents working. He writes very warmly of the excellent food and of the healthy life lived by the greater part of the little community, who gladly perform the work allotted to them and grow healthier in mind and body everyday.

Improper Shoes and Weak Feet.

The chief factor in the widespread complaint known as weak or flat feet is improper shoes. The Medical Journal says that if the physician would note how few women,

whether they are complaining of their feet or not, can flex the foot beyond a right angle he would get some idea of how markedly shoes affect the feet. Sometimes patients may present themselves wearing seemingly proper shoes, but on questioning it will be found that the harm was done in early life. They are people who have been cursed with small feet and through vanity worn as small a shoe as was possible. A frequent cause of weak feet is boys is found in the excessive exercise in which they indulge, walking running and jumping often times with the feet covered only by those apologies for foot wear known as "sneaks." "Sneaks" give absolutely no support to the feet, but on the contrary often force the front part of the foot outward into an adducted position favoring strain. The long, low type of arch is found to be especially apt to give trouble. In small children a common symptom of weak feet is tooting in. This is the exaggerated effect of nature's effort to correct the trouble. Sometimes in the effort to relieve the weakened foot the child will even walk on its toes. Sometimes very young children with weak feet will not attempt to walk at all. In later life the only symptom of weak feet may be weak ankles shown in rolling over the ankles and inability to skate. The ankles may roll over on the inside or on the outside. When they roll over on the inside it is the direct result of the weak foot, and when they roll over on the outside it is due to nature's attempt to relieve the strain by adducting the foot.