

INDIGESTION

Dyspepsia Means Slow Starvation.

By the testimony of actual cures—by the words of those who have proved the merit of Dr. Hamilton's Pills, you can satisfy yourself that indigestion and dyspepsia are curable.

"Four years ago I got into a condition of low health—suffered all possible torture with acute indigestion, wind on the stomach, and dizzy headaches. The very smell of food often was sufficient to make me violently ill. Energy was gradually fading away. I no longer had any desire for work or for the company of other people, and was in the depths of despair. Worse martyrdom brain and body could not suffer, and live. I used so many remedies without success that I was in poor hopes of getting relief when I started on Dr. Hamilton's Pills. In a month I noticed a slight improvement, and kept right on using one pill every second night. In a month I was another man, looked ruddy, strong, hearty, and I felt as if I had been made anew. Four years have gone by, and I still rely on Dr. Hamilton's Pills and attribute to their power my present condition of robust health."

**CURED
4 YEARS**

(Signed) H. P. ECKFORD,
Rodney P.O.
Dr. Hamilton's Pills, 25c per box or five for \$1.00, at all dealers, or the Catarrhzone Co., Kingston, Ont. 13

Big Dipper Going to Pieces.

It will come as a surprise to most people that the Big Dipper is going to pieces. Astronomers, says the New York Tribune, are now perfectly sure that the seven stars in the group familiarly termed the Great Dipper are slowly but surely drifting apart.

The breaking up of this partnership was first detected by the writers' father in 1869, while he was at work on two maps of all the northern and southern stars whose motions have been ascertained. To each star in the maps he attached a little arrow indicating the direction of its motion, and he found that while five of the stars in the Great Dipper were drifting in one direction, two of them were going the opposite way. Consequently a hundred thousand years hence, the Great Dipper will have altered in appearance and no longer justify its name. The handle of the Dipper, with one end flattened out level with the bottom, will show its utter lack of utility as compared with a dipper in good condition.

If there are inhabitants on our planet at that remote period they will wonder when turning over the leaves of a star atlas of the present time why these seven stars were termed the Great Dipper, just as we wonder now why the constellation Ursa Major, of which the Great Dipper forms only a small part, was termed in ancient times the Great Bear. It does indeed require a stretch of the imagination to see an outline of a bear in those stars as they appear to us now.

THREE MILLION COPIES OF THIS ALMANAC

Keep a Diary In One of Them for \$200.00 in Gold

Three million copies of Dr. A. W. Chase's Calendar Almanac for 1910 are now being sent out through Canada and the United States. The editor's aim has always been to make of this book a useful, instructive home companion. This year with enormous expense, they have realized their ideal and compiled the most remarkable book of its kind ever published.

A. W. Chase, the respected old physician, is perhaps better known as the famous receipt book author, in which he condensed for the benefit of humanity, a life study of the human system. His most successful prescriptions are performing wonderful cures and are in such constant and great demand that The Dr. A. W. Chase Medicine Company have their hands full to meet it. These remedies have stood the test of over fifty years and are still triumphantly marching over the heads of all imitations and substitutes, proving themselves absolutely alone on the highest pinnacle of success.

The diary contest for \$200.00 in gold is again a feature in this issue of the almanac. In the past years thousands of the doctor's followers have availed themselves of this golden opportunity. By so doing they have kept an accurate record of their daily life, which is invaluable to them. In fact they request the return of same.

If you do not receive a copy of this almanac the publishers, Edmanson, Bates, and Co., Toronto, will mail you one post-paid on receipt of your name and address.

To the Rescue of Father.

(New York World).

A Kansas man has offered a prize of \$100 for the best verse or short prose effort on the subject of father, the unhonored and unsung. Too long, he declares, has one of the noblest heroes of them all lingered in an obscurity never penetrated by spot lights or publicity agent. This relief expedition is intended to restore to public gaze a character that has been crowded out by more sensational bidders for fame. The fact is, the Kansan avers that father has been so busy trying to make a living and to direct the affairs of state and nation that he has not had time to attend to any tablets of fame for himself.

It is a sad fact that father has inspired very few poets to burst into song over his achievements. The tribute to him which of recent years achieved the widest popularity was a ballad to the effect that everybody worked at the singers house except his old man. Nobody has written an epic about

father's faculty for paying bills and leaving a parcel of insurance after him when he is compelled to abandon the problem which he voluntarily undertook to solve. There is no Eliza-crossing-the-ice music when father's name is mentioned in the melodrama, and nobody says, "For my poor dear old father's sake, spare me!" Even the snow, the wheat, the corn, the sky, the old farm, the faithful horse and the dog have received more attention from the poet than his father.

Yet father is the one who at least starts the wheels going round. If the fire is bright if the children are adequately shod, if there is a steak and pudding on the table, the thanks primarily are to father. Good management and thrift on the housekeeper's part may stretch the family income to astonishing proportions, but all the prudence in the world could not bring about any result if the wage envelope was not there with which to start.

Consider father. He can eat no more and sleep no more than any one else. Soberly dressed for the most part, and wearing last winter's clothes usually if any member of the family has to do it. At work for the same length of time day after day. Hustled, pushed, but always fighting according to his manhood—doubly fearful of defeat, first on his own account, then on account of those dependent on him.

Let us be generous and give father his little meed of praise now and then for what he does.

Preventives, the new Candy Cold Cure Tablets, are said by druggists to have four special specific advantages over all other remedies for a cold. First—They contain no Quinine, nothing harsh or sickening. Second—They give almost instant relief. Third—Pleasant to the taste, like candy. Fourth—A large box—48 Preventives—at 25 cents. Also fine for feverish children. Sold by all dealers.

Prevention and Cure in Medicine.

That the physician seldom is able to "cure" a diseased condition, the most he is able to do, after it has once become established, being in the way of alleviation, is the contention of Dr. Beverley Robinson, of New York, in a paper that appeared originally in The New York Medical Journal and has now been reprinted separately. Dr. Robinson is apparently very little of a believer either in drugs or in most of our modern surgery—that is, he regards both as palliatives, rarely or never as actually curative in their effects. He writes:

"All medical men to-day who are thoughtful and informed, recognise fully how much more important it is to prevent disease than to cure it. Indeed, what is termed a cure is not in any strict sense a cure at all—nine times in ten in acute disease, medical or surgical. Nature with intelligent guidance, which usually means little or no active interference, works out the ultimate well-being of the patient so far as may be. Of course I do not wish to say for an instant that there should not be help rendered in a proper and judicious way. This may be given by a good and reliable nurse—sometimes without much, if any, medical supervision on the part of physician or surgeon—again with oversight and instruction from time to time by the latter. But as to very frequent counsel, advice, acting from either source, it is more than questionable often whether, or not benefit results. Charts, temperatures, pulse, respiration, heart-beats, etc., may often be ignored from a scientific standpoint without great detriment to the patient. But attention to other things then and there is frequently vital. If the patient is manifestly feeble, stimulate until weakness diminishes; or disappears—if cold, give heat to the extremities, or elsewhere locally; if fainting occurs, loosen everything tight, place the head low, open windows, or fan to give air, and bathe the brow with some pleasant volatile liquid like cologne or spirits of camphor. All the foregoing to my mind should be regarded mainly as preventive—preventive of accidents and complications of disease in which frequently resides the great danger and which may not, probably will not, occur, if careful continuous attention be paid to them.

"In a similar way, in chronic disease, and only for a longer period, we should have these indications carried out. Do we really cure chronic diseases? I fail to have seen it in the large majority of instances. We simply render them more bearable, and by modifying, or lessening, symptoms for a shorter or longer period, we give comparative ease and comfort, and, no doubt, also prevent at times the development of certain untoward sequelae. If the foregoing be admitted as true, doesn't it seem far better to interfere medically, or surgically as little as possible? Doesn't it seem wrong to give medicine to correct what at best is doubtful as to origin and consequences—or to use the knife except where the evident condition and natural results simply justify it?

"I am well aware that what is written, if considered at all, will raise a storm of protest. And why? Not because it is not practically true, but simply because it is subversive of a great deal that is time-honored and still taught generally. On the other hand, I am willing to state very frankly that after a lifetime of service in hospitals and private practice, such has come to be my conviction. Of course, medicines, properly and judiciously given, are useful, but not as I believe, strictly speaking, as curative agents. They relieve, ward off symptoms, and thus should be used. Perhaps there are a few exceptions

UNION BLEND TEA

the Tea that satisfies

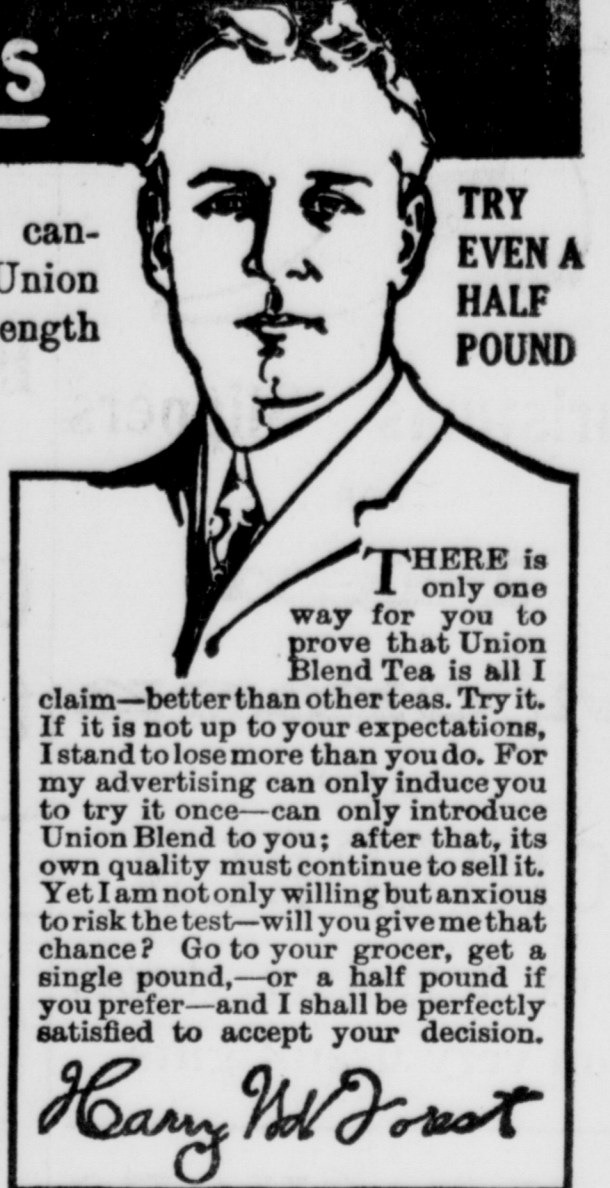
THE best customers I have are people who simply cannot learn to like ordinary tea—they find in Union Blend a richness and delicacy coupled with a strength that other teas do not even approach.

They gladly pay the price—forty cents a pound—because they realize it is tea economy. It is economy, because it goes half as far again as ordinary tea; indeed, being unaccustomed to its strength, most people make it too strong at first. Then, they learn that a little Union Blend makes more tea and makes it far better than can be made from a good deal of the common kind.

Go to your grocer and get a pound packet of Union Blend—be sure my picture is on the end—and try it for yourself. One single pound carries conviction.

40¢

Union Blend one pound packets—the pound packets only—contain coupons that are worth money to you. But this is only an advertisement—the tea itself is worth the price, fully.



TRY EVEN A HALF POUND

THERE is only one way for you to prove that Union Blend Tea is all I claim—better than other teas. Try it. If it is not up to your expectations, I stand to lose more than you do. For my advertising can only induce you to try it once—can only introduce Union Blend to you; after that, its own quality must continue to sell it. Yet I am not only willing but anxious to risk the test—will you give me that chance? Go to your grocer, get a single pound, or a half pound if you prefer—and I shall be perfectly satisfied to accept your decision.

Harry W. Frost

because up to date we still acknowledge a few specific drugs. But apart from these I challenge my affirmations to be gainsaid successfully. In surgery, to my mind, setting fractures, opening abscesses, removing foreign bodies are among the few operations about whose certain utility there can be little or no questioning. Think it over and see, not as to relief or modification of symptoms, but as to cure."

The utility of such a line of thought, it seems to the writer, is to endeavor to make people do what will prevent disease and also prevent operations. It is far better, he thinks, to continue well than to become ill for the purpose of getting a so-called cure. He goes on:

"We can not avoid or prevent, as yet, the development of a cancerous growth, probably, in the vast majority of instances. But we can prevent the occurrence of appendicitis and pneumonia very frequently. The first is avoided by sensible dietary; the second by living constantly, as far as may be, in pure atmosphere—and especially by avoiding close, infected places when greatly fatigued in mind or body. Doubtless, also, many a time this and other infectious disease may be prevented, or warded off, by the use of a really antiseptic mouth-wash and gargle. Likewise there are many cases of surgery, in which disease has appeared owing to previous bad hygiene, or habits, surroundings, profession, work—and the surgeon, while he knows he does not cure causative factors, mitigates results.

"Now in medicine, as in surgery, there are many and great exceptions to all rules, and why? Simply because our knowledge of the causes of disease is imperfect, inaccurate, insufficient. We think we know frequently and later we find we were woefully mistaken and that all our knowledge is mere vanity and vexation of spirit. A few years ago and every medical student thought swampy, badly drained ground caused malaria and rheumatism. About the former, we know now (or believe we do) that we were absolutely mistaken. It is also possible that rheumatism is not caused by dampness of soil, but is an infection surely and to all times. Of course, low-lying, marshy ground is not desirable either for the subject of malaria or for the victim of rheumatism. Where have vanished the supposed cause of yellow fever and its contagion? Now that we know, thanks to two immortals of our profession, how the infection is carried to and implanted

NERVOUS ?

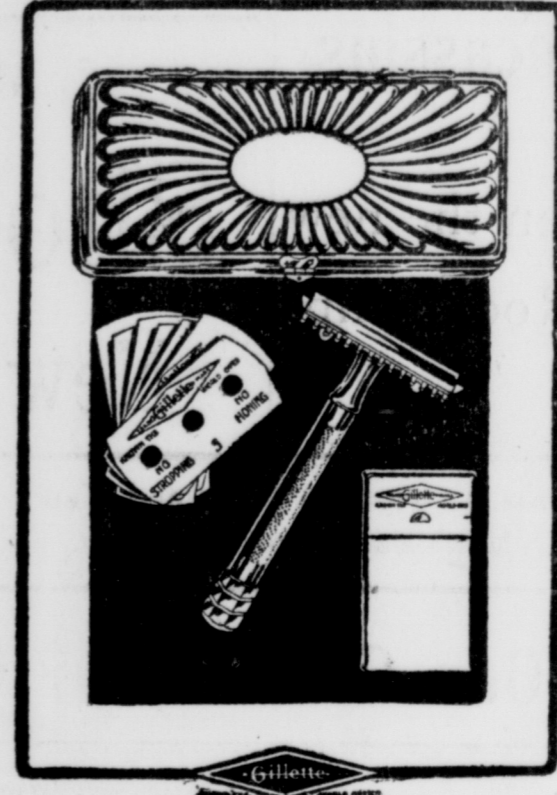
Do You Brood ?
Have Morbid Fears ?
Toss in Your Sleep ?

Your Physical Condition Is Below Par and Must Be Built Up —Try Ferrozone.

All the vital activities of the body are quickened into new vigor by Ferrozone, which contains all the constituents necessary to make nerve strength.

Won't you give it a chance to win you back to health; it will do it, just as it did for Mrs. Creighton Zinck, of Palm street, Lunenburg, N.S., who says: "I want to give my experience with Ferrozone, because I believe it will be of assistance to thousands of women who need it badly. I was very thin, run down in flesh, and lacked color. My nerves were in a dreadful state. If anything fell I would jump and start. At night I would suddenly wake up, heart palpitating, and all keyed up. Ferrozone went right to work. It restored my poise and balance, gave me self-control, cured my nervousness. Ferrozone increased my appetite, and my weight came up so fast that I simply didn't need to use it any longer. Eight boxes cured me."

Why won't you use Ferrozone also, it certainly will do you good in many ways—sold by all druggists in 50c boxes, 6 for \$2.50, by mail from The Catarrhzone Co., Kingston, Ont.



You will never know what shaving comfort means until you use a "Gillette" safety razor.

The "Gillette" illustrated above is the new pocket edition so compact that it takes up no more room than a card case.

Finished in gold and silver with handle and blade box to match also gun metal \$5. to \$7.

This Razor makes a very nice Christmas present.

W. F. Dibblee & Son.

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

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET, WOODSTOCK.



NOTICE.

in human beings. The last investigation of the congestion of the population of New York City shows that nowhere else in the civilized world do more deplorable conditions of housing exist. Why then do we insist upon spending large amounts of public and private funds to care for tuberculous patients until first of all, we have striven, heart and soul, to correct the primary cause?"

The ratepayers of the Parish of Woodstock are hereby notified that their Poor and County Rates for 1909 and all taxes in arrears must be paid on, or before December 10th, or execution will be issued.

G. S. PRABODY,
Collector.
Dec. 1st-21.