

Bedridden with Piles



Mrs. Wm. HUGHES.

If you suffer from Piles the experience of thousands leads to one definite conclusion—that the surest way to relief is The Zam-Buk way! Surely you believe that nature provides somewhere, a cure for all nature's ills! Zam-Buk is the refined and concentrated essences of healing herbs—nature's balm. Theoretically it should be good. Analysts and doctors agree on this. Practically as well as theoretically it is good. Thousands of people in four continents bear testimony. Read these cases:—

Mrs. Wm. Hughes, of 253, Hochelaga Street, Hochelaga, Montreal, says:—"I suffered from blind, itching, and protruding piles for years. Sometimes they were so bad that I could hardly bear to move about. The inflammation, the burning smarting pain, the throbbing, the aching, the over-powering feelings of dizziness and dark despair which this ailment brings, the shooting spasms of agony—all were so terrible that only sufferers from this awful ailment can understand!"

Bad as this case was, Zam-Buk triumphed, and Mrs. Hughes suffers no longer. Mrs. E. Bozall, of Scott Street, St. Thomas, says:—"For months without cessation I endured great pain from bleeding piles. For as many months I tried everything which I thought would give me ease, but in the end, dispirited and still suffering I gave in."

Then it was she heard of Zam-Buk, and she adds:—"Although I feared Zam-Buk would be like the ordinary remedies—useless—I am glad it was not. It soon proved itself to be very different. It rapidly gave me relief, and after a time cured me completely. I would like to let all sufferers from piles know what a grand thing Zam-Buk is."

Mr. Thos. Carr, of Ellesmere Street, Runcorn, says:—"I first began to suffer from piles through sitting on damp grass one summer, and for years I endured agony from this terrible complaint. Sometimes I would be bedridden for as long as a month at a stretch. Yet, to-day, I never suffer from piles! Zam-Buk cured me, to stay cured, and I bless the day I first tried it!"

So one could go on quoting case after case, and it is by working such cures that Zam-Buk has earned for itself its great reputation.

Now if you suffer from this terribly painful ailment just be guided by the foregoing cases! Don't delay! Don't waste time on things said to be "just as good." Get the real genuine Zam-Buk and start out on the way to health!

Zam-Buk is a cure also for cold-sores, and chapped cracked hands, ulcers, festering sores, blood-poisoning, eczema, bad leg, ringworm, scalp sores, burns, scalds, and all skin diseases and injuries.

All druggists and stores at 50c. a box, or post free from Zam-Buk Co., Toronto, for price; 3 boxes for \$1.25. Cut out attached coupon and mail with 1c. stamp (to pay return postage) to Zam-Buk Co., Toronto, together with name and date of this paper and a Free Sample box will be sent you.

FREE BOX COUPON.

ZAM-BUK

THE GREAT SKIN-CURE.

A Few Thoughts on Results of Education.

Paper Read by C. L. S. Raymond at the Annual Session of the Teachers' Institute held in Woodstock, December 17th and 18th.

But first, what is Education. Let us look for a minute at the literal meaning of the word as derived from the Latin—a leading out. And conversely, a leading out seems in its results, to mean Education. A child, when old enough to be taken by the hand and led out into a world so much larger than he has found within the four walls which surround his home, gathers Education; day by day. His tiny intellect is all the while being led out of the mists of ignorance to a broader knowledge of the many things he finds it interesting to investigate.

Or again, between youth and manhood or womanhood, there often comes a time when, incited by love of adventure, or by the allurements of far off lands, to which distance lends enchantment, many of us have been still further led out. And I venture to say it has meant Education every time—Education of a sort not to be despised either. It may be a somewhat expensive method of learning what a multitude of blessings are ours in the happy homes of Eastern Canada; and that there are, after all, few better countries in the world in which to live. But the knowledge gained by travel, and by the hard knocks one gets when roughing it, add to the pleasure of the quiet years that follow after one's return.

So I would say if a young man or young woman of good habits and settled principles has a serious attack of western fever, it is well that their friends should not put too many obstacles in their way.

Of that great period of Education, the ten or more years spent in the public schools, I shall attempt to say but little, as I have gotten far behind the times during the many years since my name was upon the list of Teachers of this county; still one cannot but realize that the schools of today afford splendid advantages, the aim being not merely to inform the mind but to cultivate the intellect and develop character; not to follow out a cramming process, but to lead out and onward to clearer light in such a way as to make the pursuit of knowledge a pleasure both at the time and in after life.

And hence children attending the common, superior or High schools at the present time have decidedly greater Educational advantages than were enjoyed by those whose school-days were completed a generation ago, or about the time when the Free Schools Act was adopted by this province.

I cannot speak of those early days of the present school system without paying a tribute of respect to the memory of one who had been a teacher over thirty years, prior to the adoption of the Free School System in

1872, and who then became the first Principal of the High School of this county and taught in the same old building now in use, (for it was old even then). A worthy man he was, a warm-hearted Irishman, a great mathematician, a gentleman of the old school and a teacher who would do anything, in season or out of season, to help along the pupil who was anxious to learn; a man whose kindness of heart may be guessed from a remark of his, that, when he had to give a boy a flogging "he felt it more than the boy did." How well one remembers his parting remark, as he dismissed us for the noon hour: "You'll all come early back." And so I hope that those of us who live to see a long and deeply-felt want supplied by the erection of a new school building in this part of the Town of Woodstock may also see the room set apart for the High School adorned by a portrait of the late James McCoy.

One cannot but admire the great interest in your pupils, which you teachers of today give proof of not merely by faithful work during the hours allotted for the ordinary exercises; but by extra lessons in natural history, so pleasantly given during a few hours ramble through woods and fields; by helping them in their amusements as well as their studies; by teaching them to be really ladies and gentlemen. Allow me to mention short definitions of those words which some of you may think worth passing along. The meaning of the latter is contained in the word itself. A gentleman is one who is both gentle and manly. A lady is—not one who belongs to this or that particular family, or to any special four-hundred—but "one who says and does under all circumstances the kindest thing possible." It may seem superfluous to add that saying the kindest thing possible does not mean saying a lot of flattering things with but a slight foundation in fact, for of course it is not "possible" for a lady to do that.

Before going any further, I have a debt of gratitude to acknowledge. A few years ago I was called upon to serve my brother-farmers in the capacity of president of the Woodstock Agricultural Society. A little later, when we were making plans for some special attractions in connection with an exhibition to be held in this town, a happy thought came to me, and I suggested that we apply to your Inspector and the school teachers, as I believed, they, from the work of their pupils, could supply something that would be of real interest to many visitors at the exhibition. Most of you know the result. And I feel safe in saying that you and I were proud of the splendid exhibit that was made by the schools; that it surpassed our greatest expectations, and was one of the most attractive features of the whole exhibition. I do not think you would have objected if the chief Supt. himself had been there to see those samples of the children's work.

Your Inspector (whose courtesy and constant help from the start I shall not soon forget,) remarked that the Exhibit had shown him that the ungraded schools of the county were doing better work than he had thought. And, to mention one more instance of appreciation of that Exhibit, a prominent citizen of the town, an old school-mate of mine in Mr. McCoy's day, said that whenever another attempt was made to get up an Exhibit of the work of the schools, he would contribute \$10.00 towards the funds for that purpose. As you know, another Exhibit was made this year—one that in some respects surpassed the first—it is needless to add that the promise above-mentioned was readily fulfilled, and as the gentleman referred to is not here to forbid me I give you his name, which is William Wallace Hay.

One of the pleasantest recollections in connection with all this is that a very happy day was spent, at each Exhibition, by hundreds of children from various parts of the county; and that the behavior of those children was almost above reproach.

But what of the Results of Education. Let us place Bacon's immortal proverb between two similar expressions, and say, "Knowledge is pleasure, knowledge is power, knowledge is responsibility."

As to the first assertion. If I may speak of personal experience, a slight knowledge of the classics—little more than sufficient to pass creditably the matriculation Exam., at U. N. B.—has been a source of much pleasure during the many years that have passed since then. I often think of an old saying, that while you may understand the English language fairly, without having studied any other, just as you may know a person fairly well without any knowledge of his ancestry; yet if, with the English, you have a knowledge of Latin and Greek, it is like knowing not only the man, but his father and his grandfather.

Knowledge acquired before the strenuous work of life begins, makes our study, our reading, or our travels in later life much more pleasant than they otherwise would be.

That Knowledge is Power, no one can deny; but whether that power is a benefit or a menace to society depends upon the character of the person possessing it.

The Hon. Wm. H. Taft, now President-elect of the United States, speaking last April under the Auspices of The Laymen's Missionary Movement, and referring especially to the problems which that great republic has to solve in the Philippines, said: "No man can study the movement of modern civilization from an impartial standpoint, and not realize that Christianity and the spread of Christianity, are the only basis for hope of modern civilization in the growth of popular self-government. The spirit of Christianity is our democracy. It is the equality of man before God—the equality of man before the law—which is, as I understood it, 'the most God-like manifestation that man has been able to make.'"

"I am not here to-night to speak of foreign missions from a purely religious standpoint. That has been done and will be done. I am here to speak of it from the standpoint of political governmental advancement, the advancement of civilization, and I think I have had some opportunity to know how dependent we are on the spread of Christianity for any hope we may have of uplifting the peoples whom Providence has thrust upon us for our guidance."

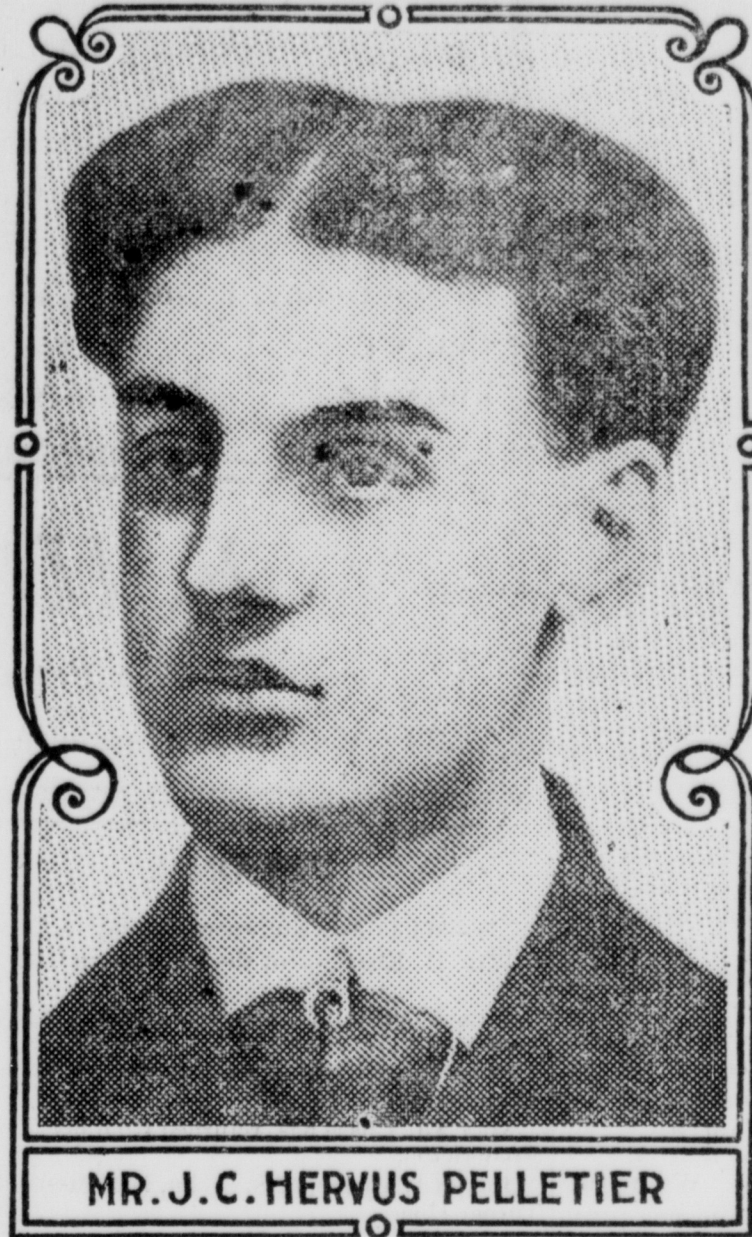
Let us try to apply this thought in our professedly Christian country. We may feel sure that it is at least an open question whether we are conferring a real benefit upon the State, or upon its individual citizens, in imparting to them a thorough secular Education, unless from some source they also receive a fair amount of instruction in the principles of Christianity; or at least in regard to a man's duty to his country and his brother man.

Owing to the unhappy divisions of Christendom, it may not at present be thought feasible to have in our public schools, a definite course of instruction in regard to the great founder of Christianity and the sublime precepts he has given us, yet there are signs of the realization of that earnest desire on the part of Christians—may I not say that universal desire—that the Gospel message, the "good tidings of great joy," may indeed be given "to all people"; and, secondly, that we may all be united as one Catholic or Universal Church. If the latter desire should be granted first the other would seem comparatively easy of attainment.

Meanwhile let us each do what we can, in such ways as are open to us, for the good of all. Now to return to the thought of good citizenship—or loyalty to our king and country, which must include obedience to the laws of the land.

While I have little sympathy with or admiration for, the aims and the methods of the suffragettes, I feel that I need not apologize for saying a few words on this subject of citizenship before an audience in which those entrusted with the franchise are in the minority; because, the kind of citizens which Canada has, or is to have, is very largely dependent upon, or is the result of the teaching and the influence of the women of Can-

CASE OF BRONCHIAL CATARRH PROMPTLY RELIEVED BY PE-RU-NA.



MR. J. C. HERVUS PELLETIER

Bronchial Catarrh Unless Stopped Often Spreads To The Lungs, Causing Catarrh of Lungs.

J. C. Hervus Pelletier, Dep't de l'Agriculture, Ottawa, Ont., writes: "The Peruna is particularly efficacious in the cure of catarrhal affections of the lungs and bronchial tubes, and it is in consequence the remedy most appreciated here in Ottawa. Six bottles cured me this winter of bronchitis. I am completely restored and I owe thanks to the Peruna. I have recommended this remedy to a large number of my friends afflicted with the same trouble, and they have verified my good opinion of this valuable remedy."

CATARRH of the bronchial tubes often very quickly becomes catarrh of the lungs. Catarrh of the lungs makes the patient an easy victim to the germs that cause tuberculosis. Sound lungs protect themselves against disease germs.

Peruna has acquired a lasting reputation in relieving catarrh of the throat, bronchial tubes and lungs. This should prevent the tubercular bacilli from gaining any foothold in the lungs, and saves the patient from the inevitable results.

Mr. Wickliffe R. Smith, Editor of The Potlatch Herald, formerly Principal of the Schools at Cameron, Idaho, writes: "For some time I suffered with catarrh of the throat and bronchial tubes. I tried many remedies, but could find nothing that would give me relief. "Finally I tried Peruna. Three bottles cured me, made me sound and well. I believe it will do as much for others as it did for me. I shall be glad to recommend it to those suffering with catarrh."

Hang Week's Wash in a Few Minutes on a Hill Clothes Dryer



Clean Compact

Capacious Convenient

Why continue to fuss with unsightly, ungainly clothes lines and poles when you can get this neat, compact, convenient Hill Dryer. Instead of being spread all over the yard and supported by numerous poles, every inch of every line on the Hill Dryer is within easy reach—so you can hang the whole wash without moving a step, without having to drag the heavy basket up and down the yard through snow or damp grass.

Set up a Hill Dryer in a convenient spot near the house and see how many steps, how much time, work and bother it saves. Once use it and no one could ever coax you back to the old-fashioned clothesline method. Hill Dryers are made in several sizes and styles for lawn, balcony and roof. Hold 100 to 150 feet of line—revolve so line comes to you—taken apart, folded up and put away, keeping your lawn entirely clear of obstructions.

Let us put one up in your yard ready for next wash-day. Or call and see it.

For Sale by **W. F. DIBBLEE & SON.**

ada, whether in the schools, in their own homes, or elsewhere.

Not very long since I saw a short account of an address by the Canadian prime minister before a Scottish society in the old country. Speaking of the peculiar fact of a Scotch colony, in a certain part of Canada, using the French language, he explained how it happened. A disbanded regiment of hardy Scotsmen decided to found a settlement in the province of Quebec, and as there were no Scotch lassies to be found, they took to themselves French girls for wives. "Now in my country," said Sir Wilfred, "the women do not vote, and do not want to vote" but they rule just the same; and so it has come about that the children of these marriages speak the French language."

Let us hope that we Canadians shall always be able to say, "in my country the women do not vote, and they do not want to vote, but they rule just the same." For of course we can depend upon the instruction and example which you ladies and other good women of Canada set forth, that this ruling shall be done in the spirit of love and not in the spirit of tyranny.

Knowledge is responsibility. Or, as I saw it expressed the other day, "opportunity with ability means responsibility;" or yet again, much the same thought in simple Anglo Saxon—"If a thing needs to be done and you can do it, never mind about the other fellow who ought to have done it and

didn't."

Now, if in closing I may give a word of advice—so often given, so easy to give, and so hard to follow.—With all you have, or may have to do and to bear in the daily round of your lives, while following almost the highest and most important of all vocations, "take things coolly and don't worry" (If I could have followed that advice I might have been able to enjoy more years of school teaching.) There is no justification of worry, by any rule of common sense, or by any precept of our common Christianity.

Therefore, "Do the best, and leave the rest."

C. H. HARRISON,
Insurance Agent,

OFFICE IN

Young Building

OPPOSITE THE CARLISLE HOTEL.

Insurance in all forms will receive prompt attention.

Money to loan at lowest rates.

MAN WANTED.

The subscriber wishes to hire a married man to live on a farm under a yearly contract. To do more or less team work in the winter and to work on the farm in the summer. Apply to **LOUIS E. YOUNG,** Woodstock, N. B., Nov. 27th, '08.