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Interesting Lecture

Mr S A Gidlow, General Secretary of the St John Ambulance Association gave a very interesting lecture on "First Aid to the Injured," to the C P R trainmen in a passenger car at the C P R yard on Sunday afternoon, Nov 12 h.

Mr G idlow has toured Canada in the interests of the First Aid Movement, and has met with a large amount of success. The C P R is the first Railway or Company that has taken up this course in connection with its employees.

Mr Gidlow expressed himself well pleased with the large attendance, as he said it is hard to get many Railway men together, especially on Sunday afternoon. He then went on to explain the aims and objects of the Association, which are; (1) to teach the men what to do in case of accident, (2) which is of equal importance, to teach them what not to do, in case of accident. (3) To teach what to do in case of Internal Bleeding, Accidental Poisoning, Drowning, etc., so that by proper and efficient First Aid the patients life may not be sacrificed.

Mr Gidlow sighted several cases where ignorance of first aid principals had resulted in the permanent maiming and even in the death of the patient. He also spoke, very strongly against the practice of giving an injured man any alcoholic stimulants of any kind, which is the first thing most people think of in case of accident, and said that stimulants should be only given under the direction of a doctor. He gave the men to understand that he was not going to try to make Doctors of them, was just going to teach them the principals of First Aid in order that they might know what to do to keep an injured man alive and comfortable until the doctor arrived, when he arrives, the First Aiders duty stops.

The ultimate recovery of the patient does not depend so much on the doctor as it does on the skill of ignorance of the by-standers at the time when a man meets with an accident.

The course of instruction will only take one hour a week for five weeks, and as Mr Gidlow said it is the duty of every Railroad man to take the course, as there is more liability of accident in that calling than in almost any other in which men are engaged. After the course of lectures has been taken, the men will be examined and a certificate of the St John Ambulance Association will be given them which entitles them to render First Aid in any sort of an accident. The course is absolutely free and as far as possible the C P R will pay the men for the time they spend in taking it. The only expenditure the men are asked to make is that of 25c for a book explaining First-Aid, and if they take the examination and pass it, their money is returned to them with their certificate and a full First-Aid equipment. Mr Gidlow has also secured for those who pass the examination an extra pass over the C P R. In the West there are 1200 men who are now taking this course and are very enthusiastic over it.

Dr Grant has kindly offered his services in this work and will hold meetings at different times and explain to the men in full all the principals of First Aid.

A Dominion Association has been formed with the Governor-General at the head which will form classes in this line of work all over Canada. As Mr Gidlow said this is one of the most important movement that has ever been inaugurated in Canada or elsewhere and is a National as well as a Personal question. The St John Ambulance Association is pushing it forward with all the speed and force they are capable of, which is a good deal. This is one of the oldest associations now extant dating back as far as 1085 when they were known as The Knights of St John of Jerusalem.

Mr Gidlow then called one of the men up and gave a practical demonstration in bandaging, putting on splints, slings, etc.

Dr Grant was then called upon to speak, and in a short speech said that he would be glad to take a class of men and hoped that it would be a large one, he then went on and backed up all that Mr Gidlow said in regard to First Aid, and said that the worst thing a doctor had to contend with was the ignorance of the greater number of people as to what to do in case of accident, that after a man whose leg was broken had been picked up roughly and not attended to till a doctor arrived, the bone had often cut into the tissues and nerves of the leg and would not heal as it should, and then the doctor was blamed when in reality he had done all that medical skill could do and it was the fault of those who first moved the man, because they did not know what to do.

Mr Aitchison was appointed Secretary of

Dr E W Stevens

Readers of this paper will regret to learn that Dr Edmund W. Stevens, formerly a practitioner in Hartland, died at his home in Denver, Colo., on Oct 30 after three days illness. He leaves a wife and infant son.

Dr Stevens was the son of William Stevens and was born at Somerville 52 years ago. He graduated from the Normal school with first class license in 1878 and taught successively at Lower Woodstock, Middle Simonds and Upper Brighton. While teaching at the last named place he studied medicine with Dr F A Nevers then at Hartland. Graduating from Jefferson Medical College, Philadelphia in 1884. He entered professional partnership with Dr Nevers, but the latter moving to Aroostook that year left him alone in Hartland, where he practised with much success until 1890 when he went to Philadelphia to take a post graduate course. Afterwards he was appointed to the staff of the 'Physic Hospital' and was lecturer there. He also had a large private practise, specializing in diseases of the eye. Facing health sent him to Denver in 1898 where he continued in practise.

The Denver Post of Nov 1st says: "Dr Stevens was considered one of the most eminent men in his branch of the medical profession. Three years ago he was elected to the presidency of the County Medical Society. He was also a member of the American Ophthalmological society and of the Pathological society."

Dr Stevens leaves two brothers: Charles of Hartland and J. W. Stevens of Fairville. His sisters are Mrs Olivia Connor, Mrs E A Karcher and Mrs Jennie Merrill of Jamaica Plain, Mass., and Mrs Elisha Sipprell of Ogden, Utah.

It is said that the first operation for appendicitis performed in this country was by Dr Stevens on May 19, 1892, when he came from Philadelphia to attend his aunt Mrs H. M Stevens of Somerville.

Street Improvement

The ratepayers of the town decided that it would not be wise to go in for a large expenditure, in a permanent way, on the streets. In view of the unsettled opinion as to the best mode of making permanent streets, perhaps the ratepayers were wise. At any rate there is their decision. The incoming council must, however, decide what is best to do with the appropriation voted for the coming year for use on the streets, how to utilize the small sum at their disposal to the best advantage. Much cannot be done. With an appropriation of from \$1500 to \$2000, a great deal cannot be accomplished over six or seven miles of streets and the same number of miles or more over sidewalks.

One thing can be done, and at not too much cost. That is putting in a good number of crossings. At the best the soil on which the town stands is muddy. We are bound to have lots of mud in the spring and fall. A policy of good substantial crossings would be the first step towards permanent street improvement. The council at its meeting on Friday evening acceded to the request of a citizen that he be allowed to utilize certain pieces of granite belonging to the town for the laying of a crossing across Queen street, the crossing to be laid under the direction of the street commissioner. This will probably be done at once, and will form a test of granite as a substance for permanent crossings. If it is found satisfactory, it will be something for the incoming council to adopt all over the town. If it is not satisfactory something else must be used.

WILLIAM H. BARKER.

Mr C. W Barker of Sheffield, this morning received a telegram informing him of the death of his only son, William H Barker near Los Angeles, Cal. The deceased was 30 years of age and is survived by his widow, formerly Miss Cambridge, of Burton, and two children.

The deceased went West with his wife and one son about two years ago in search of health. He spent two winters in Colorado and removed to California last spring. A letter received from him a few days ago told of improving health.

No particulars of the death have been received. The remains will probably be brought East for interment at Sheffield.

the Woodstock Class First Aid to the Injured and took the names of the men who were willing to take the course, every man present expressed his intention of joining.

In an interview with Mr Gidlow, after the lecture he told our reporter that the Association was trying to get the public schools and colleges to take up this line of work in conjunction with other studies, as he well said it is far more important than some of the things they are teaching. A sentiment with which the reporter heartily agreed.

HOW TO CURE STOMACH TROUBLE

A Great Sufferer From Indigestion Tells How She Was Cured.

Stomach trouble is a general name for all forms of indigestion, whether great pain after eating, belching of wind, heavy feeling in the stomach, nausea, or the sharp pains that often make you think you have heart trouble. There are two things noticeable in indigestion. One is that doctors always find indigestion a prominent symptom in a bloodless run-down state. The other, that sufferers usually find relief when a tonic is taken that restores the general health. Without a doubt stomach trouble is simply stomach weakness, and the cure is to make the stomach strong enough to digest food without trouble. Any other treatment is patchwork and cannot cure. As the processes of digestion are controlled by the blood and nerves, the stomach that is too weak to digest food needs a tonic to give it strength. And in all the world there is no better tonic than Dr Williams' Pink Pills. They actually make new, rich blood, tone the nerves and strengthen the stomach and all the bodily functions. We submit the following as proof that Dr Williams' Pink Pills will cure even the most obstinate cases of stomach trouble.

Mrs John Graf, Fort Saskatchewan, Alta., says: "For years I suffered great torture from indigestion. I took many different medicines, but instead of benefiting me I was growing worse all the time, till my stomach got so bad I could neither eat nor drink without pain. Even cold water would cause me suffering. Nor did I get any relief when the stomach was empty, as I still suffered from a horrid burning pain. I went to Edmonton and consulted one of the best doctors but he told me that he could do nothing for me that all I could do was to diet. For some time I took only hot water and a small piece of brown bread for my meals, but even that did not help me and I got so weak and run down that I despaired of ever being well again. I bought a so-called electric belt and wore it for six months, but it was simply money wasted. Then one day a friend asked me why I did not try Dr Williams' Pink Pills. I did not know they were intended to cure indigestion, but being assured that they were, decided to try them. I soon found the Pills helping me, but my condition was so bad when I began using them that I continued taking the Pills for about five months before I felt that I was completely cured. Then I could eat any kind of food, and although more than two years have passed since my cure, I have not since had the least sign of the trouble. I can most heartily recommend Dr Williams' Pink Pills to anyone suffering from this terrible trouble."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr Williams' Medicine Co., Brockville, Ont.

Ten Barristers Sworn In

Ten Barristers were sworn in by the Chief Justice on Thursday morning, Nov 10th. Of that number eight will practice in the province and the other two in other parts of Canada. The new barristers and the places at which they have resided and practiced are as follows:

- Ralph St John Freeza, B. A., B. C. L., Sussex.
- Edward Colpitts Weyman, M. A., L. L. B., St John.
- Albert Edwin Pearson, Sussex.
- Arthur Neville Vince, B. A., Woodstock, Uz King, Peritocadic.
- D. King Hazen, B. A., B. C. L., St John.
- Harry Lunney, B. A., B. C. L., St John.
- Gilbert Earle Logan, B. C. L., St John.
- J Starr Tait, B. A., B. C. L., St John.
- G Roy Long, B. A., L. L. B., St John.

A MOTHER'S PRAISE

Mothers are always willing to shower their praises on a medicine that not only relieves their precious little ones from pain but removes the cause and keeps them well bright, and active and happy. Such a medicine is Baby's Own Tablets. No other medicine for little ones has received such praise from thousands of thankful mothers. These Tablets never fail to relieve the little ones from any of the many little ills that afflict them. Mrs Thos Hodgson, Riviere du Loup Station, Que., writes: "I always keep Baby's Own Tablets in the house and have given them to my two little ones with the best results. I always recommend them to my friends as they are a grand remedy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr Williams' Medicine Co., Brockville, Ont.