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MIRAMICHI

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The GOGGIN HARDWARE STORE, CHATHAM.
NERVE TELEGRAPHY.
Symptoms of the Breaking Down
of the Nervous System.
"The dangers of nervous break-down," said a London physician, "lie in the fact that people go on disregarding the warnings which they have flashed to them from the tired-out nervous system. These warnings are excessive nervousness and irritability, these being the first symptoms, and often continuing for years, before any breakdown occurs. Then there is a general condition of illness, depression, a tendency to worry over trifles, and to these more serious symptoms add themselves as the disease progresses."
"The heart frequently is affected; the head is heavy, hot and aching; then the speech becomes jerky, confused, and uncertain, and the movements of the body are spasmodic and not controlled by the brain. Eccentricity of speech and action is noted, and violence is the next stage of the complaint."
"Open-air exercise is a great preventive of nervous sickness."
"Above all, however, not with bells or pulleys, but in the open air, with deep breathing and plenty of walking and running, if possible. Well-ventilated bedrooms are a necessity. Business men complain that they have no leisure for exercise in the open air, but I now have a number of patients who walk to and from their offices each day."
Uneasy rests the head that wears a crown, we quoted sagely. Yes, indeed, said the fair maid. I suppose Royal etiquette is above looking in the mirror to see if it is on straight.

THE WAY OF THE WORLD.
It was only when Elsie Blount had been a day and a night at sea that she realized she had made a hideous mistake. It was not far from midnight when she sprang to this momentous conclusion, and had it not been that the door of her cabin on the hired transport, Semur, was ajar she might have landed in Bombay without becoming aware that her errand might have been likened to that of a forger.

The cabin was in darkness, and beside the thud of the screw there was no disturbing element of sound save the soft breathing of Mrs. Dorner's four children in their berths below her, and the swish of the sea—quiet as the proverbial mill-pond—past her port.

"Jolly for you," said a man's gruff tones, with a ring in them of a desire for a shipboard flirtation, "and doubly jolly for the fellow you're going to marry. What's your name, say his name? A soldier, of course. They always carry of the pick of the bunch."

"Gerard Broadwood? H'm! No more shipboard flirtation for you, mademoiselle," and the conversation died away with a low murmur till Miss Lankester raised her voice again.

Then a faint scuffle and a protest, and the passage was silent again. Elsie lifted herself on her elbow and stared out into the dark of her cabin with desperate eyes. She herself was going out to marry Gerard Broadwood. Three years ago she had had her, she had fallen in love with her, and she had promised to go out to marry him as soon as the death of her old, bedridden aunt should have cleared her way.

For three years she had drugged at her daily governess work, buoyed up by the thought of the luxurious home waiting for her in the future. Her aunt had died, leaving her just enough money to pay her passage out to India, and, writing to Broadwood by the next steamer, she had written her letter by the next steamer.

She remembered now, when it was too late, that she had not written for her months, save scrappy post-cards, each one stating how busy he was. He had written only once from Simla that fatal last hot season, and when she had upbraided him he had replied that he had been ill with malaria, and—she had believed him.

What was she to do? She would land in India penniless and friendless with no means of herself in return passage to England, no money, no supporting letter in a country to which she looked forward with dread, even regarded in the light of a future home. To throw herself on the mercy of Gerard Broadwood was not to be thought of, to represent herself in her true position to Miss Lankester was absolutely impossible, for pride sealed her tongue.

A SWORD FOR "BOBS."
Magnificent Weapon for the Commander-in-Chief.
The sword of honor to be presented to Lord Roberts by the Borough of Portsmouth, England, is a splendidly engraved and made of 18 carat gold. The grip is of gold and ivory, the latter finely carved with the figures of Justice and Fame.

There are many such emblems about the sword, and in general it may be said that the decorator has aimed at getting in every symbolic reference that could possibly apply to Lord Roberts and most prominently those connected with the campaign in South Africa. The guard is of solid 18 carat gold, with lions couchant at either point, and ornamented with the monogram of Lord Roberts in diamonds, rubies and sapphires, and the reverse with His Majesty's arms in gold and enamel.

The guard and also the gold scabbard is enriched with a series of decorative jewels: diamonds, rubies sapphires and emeralds. The scabbard which is of beaten 18 carat gold, is beautifully embossed with the coat of arms of the husband's regiment to which he had been attached.

It was their last night at sea, and the screw of the Semiramis was throbbing through the water, doing her best to make up for the time wasted in a storm in the Mediterranean. It was a brilliant night of stars and the two couples, most of them were deck in their lounge chairs watching for the lights of land and the vast continent that was to be their home for many a weary month.

When Elsie Blount went to her cabin late that night, with the full intention of crying herself to sleep over her troubles, she found the door ajar, and she saw a light in the room. She opened it mechanically. It contained a large silver watch, a signet ring, a silver charm, and a folded piece of bank notes.

Bewildered she picked up a felder sheet of paper in which the watch had been wrapped. It had neither beginning nor end, but she knew in her heart that it was a letter. She realized the tragedy that underlay the simple words before she comprehended the full nature of the sacrifice and the manly, honest heart had laid it at her feet.

"I hope you will take these things and be happy with the officer you are going to marry to-night. It would never have done for you and me to get married, and I knew it as soon as I had spoke to you the other night. The money will buy you your ticket for the wedding, and I know my respects to you and Susan Captain Meadows, and I ask you not to take on at what I am doing, and do not let me know of it, for I am on my way home to my dear old mother. And so, no more from your humble servant."

YES, A VERY CLOSE SHAVE.
Teddy's Aunt Jane, from whom he had great expectations, came to visit to him the other day. Now Aunt Jane holds very decisive views on the temperance question, and when Teddy took the old lady for a walk, accompanied by his dog, and the dog walked up to the door of the Dun Cow hotel, and looked round as if expecting his master to follow, Aunt Jane looked indignantly at the dog.

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varied EXHIBITION, and use only
the BEST materials and therefore
produce the
Best Photographs.

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Quinine Wine
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THE BEST TONIC AND
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A SPECIALTY
WE PRINT—
ON WOOD, LINEN, COTTON, OR
PAPER WITH EQUAL FACILITY.
We do all kinds of Work and
compare it with that of
others.
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CHATHAM, NEW BRUNSWICK.

oroughly scalded and sterilized with
steam and placed in the air and sun
to dry. This method of treatment
will prevent them from rusting and
will not only insure clean utensils,
but will make it possible to avoid
that greasy condition so often found
owing to the fact that the utensils
are first plunged into hot water,
which has the effect of setting the
milk on the outside.

When greater care should be ex-
ercised in the handling of milk in the
stable.
HIGH CEILING
with ample light should be the
first characteristic sought in a stable.
If possible, cement floors and
iron stanchions should be used, but
if wooden feeding troughs and racks
are used, they should be occasionally
whitewashed and, above everything
else, good ventilation should be pro-
vided, so that a fresh draught of
air will be constantly entering the
room and the foul odors escaping.
The cows should be carefully brush-
ed off before milking. This not only
aids circulation and benefits the an-
imal's health and increases the milk
flow, but it removes all the dirt and
loose hairs which are so often a
source of contamination to the milk
supply. The udder should be carefully
wiped off and the milkers should be
neat about their own person. If the
feeding is to be done before milking,
and dry food such as shredded
 fodder to be used, it should first
be moistened to prevent clouds of
dust arising to settle later in the
milk pail. The milk should be
drawn into covered pails through a
fine mesh strainer.

A MILK ROOM
separated from the stable should be
provided, and the milk immediately
removed to that place, where it
should run over a cooler to drive
off the animal odors and to reduce
the temperature.
Another reason why milk should
receive careful handling is because
it is such a general and ideal food
for all forms of animal life, and
especially so for the human being. In
its pure form it is well adapted to
the nourishment of young and old
 alike, and furnishes strength and nu-
trition to the healthy man and gives
new life and vigor to the invalid.
It is one of the few forms of food so
concentrated and yet, so easily di-
gested that it can alone sustain hu-
man life for some length of time. It
is an admirable brain food, and in
many forms of disease is the only
thing the afflicted one can partake of.

Microscopic examination, however,
is necessary before moths of the vital
reasons for the sanitary produc-
tion of milk can be fully realized.
By placing a minute drop of milk
under a powerful microscope and ex-
amining it, the presence of innumera-
ble LITTLE CLUMPS
of globe-like bodies will be seen,
constituting the globules, and
between these will be found lit-
tle chains of single-celled organisms,
having the power to move freely
from place to place and multiplying
with remarkable rapidity in this
ideal medium. These are bacteria.
To three colleges—Vassar, Prince-
ton and Columbia—gifts aggregating
\$631,000 were recently given.