

Dyspepsia

From foreign words meaning bad cook, has come rather to signify bad stomach; for the most common cause of the disease is a predisposing want of vigor and tone in that organ.

No disease makes life more miserable. Its sufferers certainly do not live to eat; they sometimes wonder if they should eat to live.

W. A. Nugent, Belleville, Ont., was greatly troubled with it for years; and Peter E. Gaare, Eau Claire, Wis., who was so afflicted with it that he was nervous, sleepless, and actually sick most of the time, obtained no relief from medicines professionally prescribed.

They were completely cured, as others have been, by Hood's Sarsaparilla according to their own statement voluntarily made. This great medicine strengthens the stomach and the whole digestive system. Be sure to get Hood's.

MISS B. MAUDE DIBBLEE, Graduate of Emerson College Oratory, TEACHER OF ELOCUTION AND PHYSICAL CULTURE.

The Emerson System of Physical Culture is especially beneficial for overcoming bad habits in the body, such as stoop in neck and shoulders, awkward walk, incorrect breathing, low chest, etc.

For the past year Miss Dibblee has been under my charge in the Normal Department, proving herself an able teacher. She has a knowledge of the principles underlying the teaching of oratory, and arouses great interest and enthusiasm in her students by her ability in applying those principles to the needs of individuals.

LILLIE E. SMITH,
Teacher in charge of the Normal Dept.
Emerson College of Oratory.

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Fresh Air.

Fresh air is the fashion nowadays. Doctors prescribe open windows and an outdoor life in the place of drugs, and a more sensible "cure" has never become popular. It costs nothing and is within reach of all. In fact, there is only one drawback to being a votary of fresh air, and that is the suffering that has often to be undergone through the ignorance of those who are not equally enlightened.

To one who has grown accustomed to living more or less in the open air, whose windows are never closed by night or day, and whose house is as fresh as the garden in which it stands it is actual pain to stay with a friend whose ideas on the subject have not progressed since the days of his grandparents. It is a real misery to such a one to travel in a railway carriage with all the windows closely shut, and many a play and concert is spoiled for him by the lack of ventilation in theater and hall. Air hunger is a very real sensation, quite as much as the hunger for food, with which most people are more familiar.

COUGHING ALL NIGHT.

It's this night coughing that breaks us down, keeping us awake most of the time, and annoying everybody in the house. Lots of people don't begin to cough until they go to bed. It gets to be so that retiring for the night is an empty form, for they cannot rest.

Adamson's Botanic Cough Balm makes life worth living to such people by its soothing effect on the throat. The "tickling sensation" promptly disappears when the use of the Balm is begun, and the irritation goes with it. This medicine for cough hasn't a disagreeable thing about it, and it does efficient service in breaking up coughs of long standing. It is prepared from barks and roots and gums of trees, and a true specific for throat troubles.

Handling coughs is a science that every one should learn. Not knowing how to treat them has cost many fortunes and many lives. In Adamson's Balm there are the elements which protect the inflamed parts from further irritation. The result of this is that the tendency to cough does not manifest itself, and you are surprised at it. Afterward you would not be without Adamson's Balm at hand. This remedy can be tested. 25 cents at any druggist's.

HOW TO SLEEP. A LESSON IN A DELICATE ART.

Until the day dawns when woman bids farewell to her emotional and sensitive temperament tears are both a necessity and a luxury. The most "advanced" cannot say she has never shed a tear. Tears act as a safety-valve to that caldron of seething and, may be, turbid complexities termed the feminine mind. But she who values her appearance will never in public permit herself the luxury of a perfect tornado. Let the energy of the whirlwind, which inflates her breast, be what it may she must never allow herself to be dashed into the clutches of the water-spout which threatens to engulf her.

Safely ensconced in the privacy of her own apartment the weeper may, if she wish, emulate the achievements of Vesuvius and the Great Geyser. Even then must she be willing to confine herself to solitary confinement for two or three days, as sunken eyes and ruined complexion are not conducive to spontaneous sympathy; rather are they provocative of mirth. Such is the contrariness of human nature that the remnants of grief become food for joy to others.

To weep artistically requires a large amount of artful artlessness. Few know when, where and how to cry with the greatest dramatic effect. To gain a dramatic effect one must exercise a large amount of self-control. Nothing must be overdone, and to weep artistically large eyes are required, which, becoming slowly suffused, one or two pearly drops may be permitted to tremble in undecided wonderment upon the eyelashes; then, as they attempt to fall from their perilous position upon the cheek below, dab them apologetically with a scrap of cambric and lace. Never allow them to course down the cheek-bone, it is ludicrous and makes a high-water mark.

This method is invaluable in bringing a sulky lover to his knees, and producing a series of theatre tickets. Practised upon a British jury the damages, in a breach of promise case, rapidly increase. It is worse than useless to try tears on a restless husband. He only becomes more unmanageable. Wives so often forget that familiarity breeds contempt; and the exasperated man beats a stoical retreat, and bangs the door. No, never waste tears upon a husband; the constant application of water petrifies him. Rather preserve a calm and determined demeanor, and he becomes soft and yielding. He recognizes the iron hand in the velvet glove which rules his domestic affairs, and succumbs to the pressure.

The swimming brilliancy of Cleopatra's magnificent dark eyes held Mark Antony with unbreakable chains. Had she howled noisily and obtruded red eyelids and a spotty, swollen face upon his gaze when he gently hinted that duty called him in another direction, he would slyly have packed his Gladstone and made a stealthy exit from the back-door. The Egyptian Queen was a tactful woman.

Contrast her methods with the tactless policy of Josephine, who from want of self-control wore out the patience of the iron Napoleon. Had she smiled and petted him, instead of shedding oceans of tears when upbraided for extravagance, Napoleon could not have parted from her.

—Jessie F. R.
Henry Ward Beecher's Wit.

On one occasion as Mr. Beecher was in the midst of an impassioned speech some one attempted to interrupt him by suddenly crowing like a cock. The orator, however, was equal to the occasion. He stopped, listened till the crowing ceased, and then, with a look of surprise, pulled out his watch. "Morning already!" he said. "My watch is only at 10. But there can be no mistake about it. The instincts of the lower animals are infallible."

There was a roar of laughter. The "lower animals" in the gallery collapsed, and Mr. Beecher was able to resume as if nothing had occurred.

LIFE'S BUT A DAY.

We hear it often said that life is but a day. It is said to express the shortness of our stay upon earth. It is said, for the most part, sorrowfully. Let us reverse it and say, with more striking truth, that each day is a life, fresh with reinstated power, setting out on its allotted labor and limited path. Its morning resembles a whole youth. Its evening is sobering into age. It is rounded at either end by a sleep—unconsciousness at the outset and oblivion at the close. We are born anew every time that the sun arises and lights up the world for man to do his part in it. One thing at least may be shown of each day, as it dawns and darkens; it is that everyone, short as it may be, embodies the fulness of the past and indicates what is long afterwards to come.

Bananas the Breadfruit of the World.

Bananas, probably the first fruit ever cultivated, possess all the essentials to the sustenance of life. More people live on bananas than live on wheat. When taken as a steady diet, they are cooked, either baked, boiled or fried. The fruit is very nourishing, as it contains so much starch and sugar.

Banana flour is highly nutritious and very valuable. The farinaceous food is so prone to undergo malfermentation in the stomach when the normal digestion is disordered that it becomes very important to seek some variety of starchy food which can be easily assimilated without the production of acid eructations of flatulence or heartburn. Therefore the flour has a decided advantage as a food for invalids. Thompson states that he has found that the finest banana flour, called "bananose," at the end of 1½ hours of pancreatic digestion was capable of developing twice as much sugar as the same quantity of oatmeal or farina and nearly 1½ times as much sugar as cornstarch.

Learn to Say No.

"I know of no meaner experience than to get caught in a lie that there is no necessity for telling," said a man who holds down a roll-top desk in the United Gas Improvement Company. "The other morning a man with whom I have only a slight acquaintance came in and asked me to lend him \$2. There was no reason why I should not have refused him outright, but instead I explained that I had come away from home with only some small change in my pocket. He accepted the explanation, and we chatted awhile about local politics. It is a habit of mine, whenever I get into an argument, to polish my eyeglasses. The best eyeglass polisher in the world is a bank note. There is something in the fibre of the paper that makes the glass shine like a diamond. I always keep a bank note in my waistcoat pocket for this purpose. I noticed my acquaintance looking at me peculiarly, and there I was polishing my eyeglasses with a \$2 bill. No, he didn't ask for it, but he made me feel like thirty cents."

PAINE'S Celery Compound

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Those in Humble
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Are you ailing, rundown, or suffering from some dangerous disease? If you are, allow us, with candor and an honest interest in your welfare, to direct your attention to Paine's Celery Compound, the medicine that "makes sick people well."

The wonderful record of cures wrought for sick and diseased people in our Dominion, is the best and strongest proof of the health-restoring virtues of Paine's Celery Compound. It has cured the most desperate and obstinate cases of disease even after sufferers were pronounced incurable.

The use of one bottle of Paine's Celery Compound will, in all cases, banish the doubts of the unbeliever. The testing of one bottle will prove to all sufferers that there are virtues in the wondrous medicine possessed by no other remedy—virtues that banish suffering and misery.

The immense popularity of Paine's Celery Compound has induced unscrupulous people to put up vile and worthless imitations of the great health-restorer. Dishonest dealers, for the sake of large profits, resort to substituting and recommending the "something just as good." At all times beware of imitations and substitutes. See that the name PAINE'S and the Stalk of Celery appear on each bottle.

Read the strong testimony of Mr. G. W. Parks of Inglisville, N. S., cured by Paine's Celery Compound after failure with other medicines:

"While at sea I was taken sick, which compelled me to abandon my work and seek home and rest. I consulted the doctors who pronounced it slow fever or typhoid. I suffered severely from night sweats, and from cold chills during the day. Added to this, I was extremely nervous, which weakened me and reduced my flesh until I was a mere skeleton. This continued until last winter, when my wife and friends began to despair of my recovery, as the medicines I took produced no good, and I was growing worse. Through the influence of Rev. C. M. Tyler, I was induced to give Paine's Celery Compound a trial. I can truly say it worked wonders. The first bottle gave me great relief, and five bottles completely cured me."

THROAT REST SHOWING OUR BEAUTIES

You can cough yourself into bronchitis, pneumonia, and consumption. Bandaging and bundling your throat will do no good. You must give your throat and lungs rest and allow the cough wounds to heal. There is nothing so bad for a cough as coughing. Stop it by using

AYER'S
Cherry
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Even the cough of early consumption is cured. And, later on, when the disease is firmly fixed, you can bring rest and comfort in every case.

A 25 cent bottle will cure new coughs and colds; the 50 cent size is better for settled coughs of bronchitis and weak lungs; the one dollar size is more economical for chronic cases and consumption. It's the size you should keep on hand.

"All families ought to be on the watch for sudden attacks of croup or acute lung troubles. Every country try home in the land should keep Cherry Pectoral constantly on hand to provide against an emergency."
J. O. W. WILKES, M.D.,
Dec. 14, 1888. Holland, Mich.

RUSSIA AND BRITAIN.

London, Oct. 30.—The Standard's correspondent at Moscow reports that there are exceptions to the anti-British attitude of the Russian press. The Bourse Gazette, struck by the returns for British trade in the past two years, speaks in a tone of high praise of Great Britain as a commercial power. After quoting figures to show the position Great Britain holds in the commerce of the whole world, that she owns one-half the mercantile fleet of the world, and carries five-eighths of all the imports and exports of the continent of Europe. The Gazette suggests that it might be well to pause in the rush to attack Great Britain from the political point of view, and first inquire whether her policy were not, in fact, at the bottom of this splendid structure of her wealth and consequence in the world of commerce. It is not enough to explain British policy as the outcome only of covetousness, selfishness, cunning, and a host of other vile qualities, but, while recognizing these as characteristic features of the British nature, one must also look upon the results produced by her policy, whether inspired by such feelings or not. The economic conditions of Great Britain are also passed under favorable review, especially the free use of credit, which leads to the utmost possible productivity, the good wages paid to workers, and under the same heading the excellence of the food supplies of the country, which must be reckoned as an addition to the high wages of the poorer classes, and other points that compare favorably with the conditions prevailing elsewhere. Upon this firm basis Great Britain is also able to stand alone, isolated from the rest of the world, and to show figures of enormous strength at the end of a two long years' war in a far distant region of the earth.

A Starting Declaration.

London, Oct. 29.—Very Rev. Frederic Wm. Farrar, Dean of Canterbury, startled the religious world last week by his public declaration that the Church of England must make essential reforms if it is not entirely to lose the masses of the English people. Ceremonials, rituals and theological subtleties, the dean declares, must be abandoned, and a living spirit infused into the forms of the state religion. The great canon admits as a terrible fact the drift of the working people from the church. He says the prayer book no longer attracts the people. The poor of the cities complain that the services are tiresome and too long. The saloon and the gambling den are more valued than the sanctuary. If this state of things is to be changed, the church, in Dean Farrar's opinion, must rouse itself to action, and quickly. Ministers must look to their enthusiasm and their office as reformers.

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Acts not so much upon the nerves themselves, as upon the digestive functions, and the abundant formation of rich red blood. The nerves cannot be fed on medicine. They can be fed and strengthened by digested and assimilated food. Ferrozene's marvellous action arises from its power over the digestive and assimilative functions of the body. You take it, the blood grows richer, redder. You feel strength and vigor, digestion ceases to be noticed, for it has become good. Work is easier, for you have the strength to do it. In a short time you have health. Use Ferrozene. Sold by Garden Bros.

Siberia's Wonderful Growth.

Siberia is growing with wonderful rapidity. The Russian Government is very kind to its emigrants. This summer I met a train in Siberia. It was taking fourth-class passengers a distance of 2500 miles for \$2.25, giving each person a sleeping berth, and feeding some of the poorer ones at the many feeding stations along the Siberian Railroad. Over 600,000 emigrants have crossed the Urals into Siberia in five years. Siberia to-day looks just about as Dakota did 25 years ago. To give you an idea of the increase of traffic in Siberia the following figures, given me by Prince Khilkoff may be interesting: "The West Siberian Road (that is, the section of 2,000 miles from the Urals to Irkutsk), in 1896, carried 160,000 passengers, 169,000 emigrants, and 10,500,000 pounds of goods. (Pud is 40 lbs.). In 1898 it carried 379,000 passengers, 195,000 emigrants, and 39,000,000 pounds of goods."—Rev. Peter MacQueen in Leslie's Weekly.

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Diamond Dye Mat and Rug Patterns are the most effective and artistic designs ever shown to the ladies of Canada. These designs are colored on a very superior quality of Scotch Hessian, and show to advantage the colors that should be used when making up the mat or rug. Diamond Dye Mat and Rug Patterns are made in the following standard sizes: 18x30 inches, 24x36 inches, 30x54 inches and 38x72 inches, and are for sale at retail dry goods stores. If your merchant cannot supply you, send a postal with your full address to The Wells & Richardson Co., Limited, 200 Mountain St., Montreal, P. Q., and they will send you postpaid, sheets of designs to make your selections from before ordering.

LOSSES OF THE WAR.

The London Times has compiled some instructive cables showing the losses of the British army in South Africa during the last two years. Perhaps the most striking feature of the tables is the contrast between the rates of mortality in 1899-1900, and in 1900-1901. In the first year of the war the number of British officers who were killed or who died of wounds was equivalent to a rate of over 71 per 1,000 per annum, whilst the deaths from disease exceeded 29 per 1,000. As the Times' correspondent points out, at the rate at which they were slaughtered during the first months of the war the army would soon have been denuded of officers altogether. The frightful loss, however, was stopped, as soon as officers ceased exposing themselves freely when leading their men and abandoned wearing marks of their rank which were easily distinguishable by the Boers. In the second year of the war the battle losses of officers fell to about 22 per 1,000, whilst the deaths from disease were 50 per cent lower than in the first year, the total mortality of officers being 36.97 per 1,000, as compared with the excessively high total of 100.57 per 1,000 during the first 12 months of the campaign. The figures relating to rates of mortality among non-commissioned officers and men also reveal a great reduction, but not so great as in the case of officers, which is explained by the fact that in the first year the men, though heavy sufferers from disease, suffered much lighter losses in battle than their officers, and there was not in their case such room for improvement. In the first year 14.6 per 1,000 of the men were killed or died of wounds, whilst 31 died of disease, the total mortality being 50.69. In the second year only 10.87 were lost in battle and 20.56 died of disease, making a total mortality of 31.43 per 1,000.

Piles

To prove to you that Dr. Chase's Ointment is a certain and absolute cure for hemorrhoids and every form of itching, bleeding and protruding piles, the manufacturers have elaborated it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. Get a box at all dealers or EDMANSON, BATES & Co., Toronto.

Dr. Chase's Ointment

Mrs. Enspeck I learned to-day that 'Bob' Smith and Mary Jones were secretly married ten months ago. Just think of it! Married nearly a year and nobody the wiser! Mr. Enspeck—Oh, I don't know, I bet Smith was a whole lot wiser before he had been married a month.