## THE CARLETON SENTINEL, WOODSTOCK, N. B., MAY 10, 1901.

### WATER DRINKING.

#### Some of the Good Effects it Has on the Human System.

Hygienists and physicians alike preach the therapeutic nature of water, ranking it far above any drug in materia medica in its actual re-medial value. Scarcely any up to medial value. Scarcely any up to cally equal results in feeding pigs date physician fails to give it a with skimmilk and buttermilk, and prominent place in his practice.

Water is not merely a mere mechan-

work. "Water drinking," says the editor of a medical journal, "is an internal bath. It dilutes the fluids of the body in which the cells and fibres are bathed. It purifies the body by diluting the medium in which it lives. By the free use of water the movement of the mass of liquid in which the living elements of the human body perform their work is quickened and the stream of life runs clear and pure.

runs clear and pure. "To the great thinning of the blood

"To the great thinning of the blood which follows copious water drink-ing is due the remarkably increased activity of the kidneys, skin and bowels which it produces. "In rheumatism cold water is use-ful as a means of diluting the blood so it can dissolve and carry out of the body a larger amount of uric

the body a larger amount of uric acid and allied substances. As a means for encouraging activity of the skin and kidneys it is always useful in this disease."

Water drinking is an essential ad-junct to the exercise, baths and other means employed to reduce obesity. It dissolves and carries out of the system the broken down material made by the treatment. To increase the volume of the blood and introduce permanently a

blood and introduce permanently a larger proportion of water a small quantity should be taken at intervals; the amount taken during the day may sum up several pints, but the quantity taken at any one time should not exceed four to six ounces. This quantity may be taken every hour or hour and a half to advantage. The temperature of the water should ordinarily be about 70 degrees F. Very cold water is indicated only in fevers, constipation and

## Buttermilk as Food.

## Because buttermilk has some acidity, says a writer in American Agriculturist, it is not recommended for this is corroborated by other experience of farmers. The same is true in ical conveyor of poisons out and toods in. It is a powerful vital stim-ulant, a divinely appointed agent which nature uses in her healing work a divinely appointed agent forms of milk cause trouble. This is doubtless due to the beneficial effects formentation, many invalids

enter the human dietary to a far Hood's Sarsaparilla

why they require it. A cow uses her rough tongue for a curry comb, but she seems to enjoy a brushing as well, as, or even better, than the horse. Indeed, a comb and brush in the hands of a careful man have been known to soothe and quiet an unruly heifer when other means failed.

Do Not Experiment with Medicines that Have No Established Merit or Reputation. PAINE'S **Celery Compound** 

NEVER FAILS TO CURE THE SICK.

In matters pertaining to health and life men and women cannot afford to experiment foolishly. This is espe-cially true in regard to the use of medicines that have no established merit or reputation experiment foolishly. This is espe-cially true in regard to the use of

## Your Nose

That is what you should breathe through -not your mouth.

But there may be times when your catarrh is so bad you can't breathe through it. Breathing through the mouth is always bad for the lungs, and it is especially so when their delicate tissues have been weak-

oned by the scrofulous condition of the blood on which catarrh depends. Alfred E. Yingse. Hoernerstown, Pa., suffered from catarrh for years. His head felt bad, there was a ringing in his ears, and he could not breathe through one of his nostrils nor clear his head. Atter trying several catarrh specifics from which he derived no benefit, he was completely cured, according to his own statement, by

## This great medicine radically and per-

manently cures catarrh by cleansing the blood and building up the whole system. Hoop's PILLS are the favorite cathartic. 25c.

#### The Duty of Mothers.

It is a kind provision of nature that the mother may exercise such a con- monasteries are under the archimantrol over her child's organization that her forethought can shield it to a large extent from the effect of his father's physical defects as well as from her own.

her own feelings in such a healthy and cheerfulness, avoiding those teenth century were inhabited by feverish ambitions and anxieties the monks of St. Anthony. which waste nerve substance rapidly. Steady and cheerful application

to duty, the practice of temperance, kindliness and generosity, are the bright flame in the mother's soul which shall give heat and light to the better nature of her unborn

child. Should she not attach herself to what is beautiful and good when the beliefs and wishes of a the ages? This is simply an imperative duty that she owes to herself, to her child and to society.

merit or reputation. When the physical powers are im-al duty they owe to their unborn children, for whose chances in life al duty they owe to their unborn

<sup>S</sup>aints, popularly known as Haglos Barlaam; in another a group of jagged rocks will have one point capped by a monastery, as is seen in St. Nicholas. The most striking features about these monasteries is the method by which they are reach-ed, either by loose ladders hanging outside the perpendicular rocks or by being wound up by means of a wind-lass in a net at the end of a rope. From its beautiful position, its size and the fair preservation of its

buildings the monastery of Haglos Barlaam is a very good specimen of these fifteenth-century monasteries, but what makes this one of special interest is that the rope is said to be the longest used for the purpose -340 feet. The ladders to this monastery are not so difficult to climb as some, but inasmuch as they pull out every time you grip them and oscil-late frightfully it is pleasanter to risk the net.

The monastery of Haglos Nikolaos appeared to be in a totally dilapi-dated condition and entirely deserted when we visited Meteora, while the ladders, which rise from a neigh-boring peak and hang from the bare rock, are impracticable. All these tween the outer rocks of this curious rom her own. A mother should therefore keep amphitheater, and in the slit of this rocky wall at the back of the village her own feelings in such a healthy condition that their strength should not degenerate. She should only it is monolith. The rocks on not degenerate. She should culti-vate hope and aspiration, courage strange holes, which in the four-

> Twenty-seven divorces were granted in Maine during April.

#### IF YOU CATCH COLD.

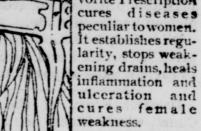
Many things may happen when you catch old, but the thing that usually happens first is a cough. An inflammation starts up single day in her life may echo down in the bronchial tubes or the throat, and the discharge of mucous from the head constantly poisons this. Then the very contraction of the throat muscles in the act of cases the irritation started in this way rehypopepsia. The quantity must depend on the effect desired. A thirst for water is an indication that it may be taken it is for water a glass When the physical powers are im-paired, when you are weak, nervous, irritable, despondent, sleepless, or weighed down with dull, tired feel-increase common at this season, it is When the physical powers are im-paired, when you are weak, nervous, irritable, despondent, sleepless, or weighed down with dull, tired feel-increase common at this season, it is



3

Always seeks to find some expression for itself, and womanly gratitude will not keep silence. Cynical people sometimes say Why do women write these testimo-nials to the value of Dr. Pierce's Favorite



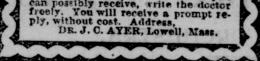


"Having used Dr. Pierce's Pavorite Pre-scription and 'Golden Medical Discovery'

during the past year." writes Mrs. Mattie Long, of Pfouts Valley. Perry Co.. Pa. "I can truthfully recommend the medi-cines for all female weaknesses. I have used several bottles of 'Favorite Prescription' which I consider a great blessing to weak women. I was so nervous and discoursed the truth was so nervous and discouraged that I hardly knew what to do. Your kind advice for home treatment helped me wonderfully. Thanks to Dr. Pierce."

Doctor Pierce's Pleasant Pellets cure biliousness, and sick headache. They should be used in connection with "Favorite Prescription." whenever the use of a laxative is indicated.

goes to the gas and electric light companies, which have to supply about a third more power than usual. But there are also the railways. Fogsignalling is expensive. At Chapman Junction alone £50 has been spent by a single railway company during a day's fog in extra pay to the plate layers. When the red light cannot be seen at a distance of a hun-



If you have it, you

know

in the stomach, the

formation of gas, the

nausea, sick headache,

You can't have it a week

without your blood

being impure and your

nerves all exhausted.

There's just one remedy

There's nothing new L

about it. Your grand-

parents took it. 'Twas

an old Sarsaparilla before

other sarsaparillas were known. It made the word

"Sarsaparilla" famous

There's no other sarsa-

parilla like it. In age and

power to cure it's "The

\$1.09 a bottle. All druggists.

Ayer's Pills cure constipation.

"After suffering terribly I was induced to try your Sarsaparilla. I took three bottles and now feel like a new man. I would advise all my fellow creatures to try this medicine, for it has stood the test of time and its curative power cannot be ex-celled." I. D. Good, Jan. 30, 1899. Browntown, Va

Write the Dector.

you have any complaint whatever desire the best medical advice you

Browntown, Va.

over the whole world.

leader of them all."

Jan. 30, 1899.

and general weakness of

the whole body.

for you -

know it. You

about the

heavy feeling

a11

# HANDSOME LINE OF

Carpets, Squares, Rugs, Oil Cloths, Window Curtains and Poles. Chamber Suites, Parlor Suites, Dining Room Suites, Kitchen Suites. Sofas, Chairs, Lounges.

The above in all styles and at low prices. In a word, we have the finest line of Goods in the Furniture and House Furnishing Goods ever seen in Woodstock. An invita-tion is extended to all to come and see.

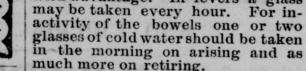
Undertaking in all its bran-

SHOW ROOM:

Hale's Building, King Street, and South Side Bridge, Main St.

Woodstock, April 1, 1901.

ches carefully attended to.



HARTLAND

**DEPARTMENTAL STORE !** 

J. T. G. CARR, Proprietor.

THE LARGEST STOCK OF

Goods bought right and sold on reasonable Heavy DIRECT IMPORTATIONS just re-Goods as represented or money refunded.

Last year's Furniture Business was the largest in our experience, We hope to go "one better" this year.

(15)

A CARD OF THANKS.

J. T. G. CARR.

General

may be taken every hour. For in- wise and prudent to use the medi-

dred yards the plate layers become with advantage. In fevers a glass may be taken every hour. For in activity of the bowels one or two glasses of cold waters should be taken over the morning on arising and as much more on retring.
"Chronic billousness," continues our authonism of the sate opeople in the past.
"Chronic billousness," continues our authonism of the sate opeople in the past.
"Chronic billousness," continues our authonism of the sate opeople in the past.
"Chronic billousness," continues a continue our authonism of the sate opeople in the past.
"Chronic billousness," continues our authonism of the sate opeople in the past.
"Chronic billousness," continues a continue our authonism of the sate one of the sate of water.
"Chronic billousness," continues a common at this season, it is safe, creatin health, yim and the purper the free use of water.
"Chronic billousness," continues a common at this season, it is safe, creatin health, giving the throm the purper take of water.
"Chronic billousness," continues a common at this season, it is safe, creatin health, giving the throm the purper take of the sate of water.
"Chronic billousness," continues and bakers, many of the att and bakers, many of whom it is so completed by autors at and bakers, many of whom it and bakers, many of the sate at first, and pay the penalty of neglect. Cough never did any one any good It paid a shilling a day in addition to

The Bobcaygeon Independent says that the newspaper press ought to be exempted from taxation, on the ground that it is a greater public educator than the pulpit.



## We Are Making History in Clothing Prices !

The price is only part of what it used to be, but the quality of our Clothing remains up to the highest notch, and it is always on the QUALITY that we wish to make the Sales. Our store is full of nice-looking, right-made Clothing. Come here with your best \$15 suit thoughts and we will gratify them for \$5, \$7 and \$9. You will be brought face to face with armfuls of appetizing values-bargains that cannot be surpassed. We guarantee satisfaction with the FIT, the STYLE and the WEAR of our Clothing.

## GOODS AND PRICES SUCH AS THESE ARE THEIR OWN ARGUMENT.

MEN'S STRONG WORKING PANTS, worth \$1.50, sold for 75c.

- MEN'S PANTS, Patented Buttons, sewed with linen thread, extra strong, worth \$1.75, sold for 90c.
- MEN'S FANCY STRIPE PANTS, in all leading shades, worth \$2.50, sold for \$1,25. MEN'S ALL WOOL HAIR-LINED PAN'TS, made of the best English Worsted, worth

\$3.00, \$4.00 and \$5.00, sold for \$1.50, \$2.00 and \$2.50. 100 MEN'S SUITS, well made, worth \$5.50, going at \$2.75.

MEN'S BUSINESS SUITS, in all the leading shades, worth \$7.00, sold for \$3.95.

- 300 MEN'S SCOTCH TWEED SUITS, in Brown and Grey Checks, made to sell at \$10.00 and \$12.00, our price while this lot lasts, only \$5.00.

267 MEN'S ASSORTED SUITS, Tailor-made in every respect, made of Scotch, English

in the vest and five pockets in the pants. These goods must be seen to be appreciated. Manufacturer's cost of these goods is \$16.50, while this lot lasts, only \$9.00

- MEN'S SPRING OVERCOATS, in Whipcord, Black Cheviot and Vicunas, made in the latest style, full back, French facing, were \$10.00, \$15.00 and \$18.00, our price, \$3.90, to \$7.50.
- 300 MEN'S WATERPROOF OVERCOATS, English and Canadian makes, Blue, Black and Grey-these coats are warranted by the makers-were \$6.00, \$9.00, \$12.00 and \$15.00, now \$3.00, \$3.75, \$5.00, \$6.00 and \$7.50.
- 75 MENS BLUE-BLACK BEAVER OVERCOATS, grand value at \$6.00 and \$7.00, while they last, only \$2.99. 30 MEN'S BEAVER AND MELTON OVER "OATS, a bargain at \$8.00, selling at \$3.95.



ON and after MONDAY, March 11, 1901, Trains will run daily, (Sunday excepted) as

Trains Leave St. John.

		-		-									1																																																
Pt dn Ch	on	-		-	l	l	l	l	l	l	h	1	1	ľ	1		1	1		1	1	ł		1	]														1		•	•		1		1		:			1	•	•	1		2	1	•		1	
Sussey	em			l	l						l	l	l	1	1	0	-	,		1	1	1				ļ		1	1	e	1		1	1		1			C	ì	1		•		ł	1	2	L	4	2	u	•	•	1	1	ļ	•	•	1		1
Onebec &	M	i.	-	i	l	l	l	l	l	l	l	l	ł	i	i		-		1		ť			-				1		•			•				•	1	•	1	•			•	•	g	1	•	•	•		•	•		1	2	•	•	1	è	;
mmodati	on	'n		i	i					l	l	l	i	i		1	1		ļ		1	1	1	1			1	1		•		1	1		•		•		•	1	1	1		•		2		•	1	•	1	•	•			ļ	•	•	1	1	
Halifax &	S		į	j	j	ļ	ļ	ļ	ļ	l	1	l	į	į		v	1	d	1	1	1	•		1			1																														5		2	1	,
	Pt. du Ch Sussex Quebec & ommodati	Hallfax & G Pt. du Cher Sussex Quebec & M ommodatio	Hallfax & C Pt. du Chen Sussex Quebec & M ommodation	Hallfax & O Pt. du Cher Sussex Quebec & M Ommodatio	Hallfax & O Pt. du Cher Sussex Quebec & M Ommodatio	Hallfax & Pt. du Cher Sussex Quebec & Mommodatio	Hallfax & Pt. du Cher Sussex Quebec & M ommodatio	Hallfax & O Pt. du Cher Sussex Quebec & M Ommodatio	Hallfax & G Pt. du Cher Sussex Quebec & M ommodatio	Hallfax & C Pt. du Chen Sussex Quebec & M ommodation	Halifax & C Pt. du Chene Sussex Quebec & M ommodation	Hallfax & Ca Pt. du Chene Sussex Quebec & Mo ommodation	Hallfax & Ca Pt. du Chene Sussex Quebec & Mo Dmmodation.	Hallfax & Ca Pt. du Chene, Sussex Quebec & Mon Dimmodation.	Hallfax & Car Pt. du Chene, Sussex Quebec & Mon Dimmodation.	Hallfax & Cam Pt. du Chene, I Sussex Quebec & Mon Dmmodation.	Hallfax & Cam Pt. du Chene, H Sussex Quebec & Mont Dmmodation.	Hallfax & Camp Pt. du Chene, Ha Sussex Quebec & Montr mmodation.	Hallfax & Camp Pt. du Chene, Ha Sussex Quebec & Montro mmodation.	Hallfax & Campl Pt. du Chene, Ha Sussex Quebec & Montre mmodation.	Hallfax & Campb Pt. du Chene, Hal Sussex Quebec & Montre Immodation.	Hallfax & Campb Pt. du Chene, Hali Sussex Quebec & Montrea mmodation.	Hallfax & Campbe Pt. du Chene, Hali Sussex Quebec & Montrea ommodation.	Hallfax & Campbe Pt. du Chene, Halif Sussex Quebec & Montreal Immodation.	Hallfax & Campbel Pt. du Chene, Halif Sussex Quebec & Montreal mmodation.	Halifax & Campbell Pt. du Chene, Halifa Sussex Quebec & Montreal mmodation.	Hallfax & Campbell Pt. du Chene, Halifa Sussex Quebec & Montreal. mmodation.	Hallfax & Campbell Pt. du Chene, Halifa Sussex Quebec & Montreal. mmodation.	Hallfax & Campbellt Pt. du Chene, Halifax Sussex Quebec & Montreal mmodation.	Hallfax & Campbellt Pt. du Chene, Halifax Sussex Quebec & Montreal mmodation.	Hallfax & Campbellto Pt. du Chene, Halifax Sussex Quebec & Montreal mmodation.	Halifax & Campbellto Pt. du Chene, Halifax, Sussex Quebec & Montreal mmodation.	Halifax & Campbellto Pt. du Chene, Halifax, Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Sussex Quebec & Montreal mmodation.	Hallfax & Campbellton. Pt. du Chene, Halifax, & Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & I Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & P Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pi Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pic Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pic Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pict Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Picto Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictor Sussex Quebec & Montreal mmodation.	Hallfax & Campbellton Pt. du Chene, Halifax, & Pictou Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictou. Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictou Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictou Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictou Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictou Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictou Sussex Quebec & Montreal mmodation.	Halifax & Campbellton Pt. du Chene, Halifax, & Pictou Sussex Quebec & Montreal mmodation.	Halifax & Campbellton1 Pt. du Chene, Halifax, & Pictou1 Sussex	Hallfax & Campbellton					

Traina Amina at St Tabal

1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	Tams Allive at St. John	
Exp	RESS	
		3 3
and the set	Montreal & Quebec1	24
1. 2. 6. 6. 1	Halifax, Pictou & Pt du Chene16	5 0
	Halifax & Campbellton	1
*Ace	commodation,	
From	Halifax & Sydney. 9.	1 4

\*Daily, except Monday.

Flour, Sugar, Molasses, Teas, Coffee, Vine-gar, Kerosene, Cod and Fresh Fish, Field and Garden Seeds, Glass and Crockery Ware, Canned Goods, Fruit, Confectionery, Nuts, and Fancy Biscuit; with many other articles two memorous to mention. too numerous to mention.

Prices will be found right. Goods delivered with promptness in any part of the Town.

I WOULD take the present opportunity o thanking my friends and the public gene rally for the liberal patronage given me dur ing the short time I have been in business-and would ask a continuance of the same. It will be my highest ambition to please the public, by keeping only such goods as are to be found in a FIRST-CLASS CROCERY My Stock is New aud Fresh, and comprises the following: Time. Twenty-four hour notation. D. POTTINGER. General Manager. Moncton, N. B., March 5th, 1901.

Call and see us.

Hartland.

