

DISCOURAGED

The expression occurs so many times in letters from sick women to Dr. Pierce, "I was completely discouraged." And there is always good reason for the discouragement. Years of suffering. Doctor after doctor tried in vain. Medicines doing no lasting good.



It is no wonder that the woman feels discouraged.

Thousands of these weak and sick women have found health and courage regained as the result of the use of Doctor Pierce's Favorite Prescription. It establishes regularity, dries unhealthy drains, heals inflammation and ulceration, and cures female weakness.

It makes weak women strong and sick women well.

"In the year 1899 I was taken sick," writes Mrs. Edna Crowder, of Ripley, Lauderdale Co., Tenn. "My limbs ached, had severe pains in back and lower part of bowels, with difficulty in urination, and smarting and burning pain after. I tried many kinds of medicine and four of the best doctors in the country, until I gave up all hope of recovery. In January, 1899, I wrote to Dr. R. V. Pierce, of Buffalo, N. Y., and received from him a letter, telling me to try his medicine. I took seven bottles, six of 'Favorite Prescription,' five of 'Golden Medical Discovery,' one of 'Pell's,' and used one box of 'Lotion Tablets' and am now able to work at anything I want to. Thanks to you for your valuable medicine and kind advice."

Weak and sick women are invited to consult Dr. R. V. Pierce, by letter, free. All correspondence is held as strictly private and sacredly confidential. Address Dr. R. V. Pierce, Buffalo, N. Y.

MACDONALD MANUAL TRAINING SCHOOLS.

Training Course for Teachers.
MARITIME PROVINCES OF CANADA.
JANUARY TO JUNE, 1903.

The course of training for teachers wishing to qualify as Manual Instructors, will commence on January 5th next, and continue until the end of June.

Thorough training will be given in the Principles and Practice of educational woodwork, and the attention of teachers and trustees is called to the desirability of taking advantage of it. The school is equipped in the best possible manner, with every appliance for the complete study and practice of the subject.

A complete library bearing on it is available for the use of students, and advice will be given as to the course of reading to be followed.

Models and drawings of various American and European courses of Manual Training, together with photographs and a comprehensive collection of Canadian and other woods, offer a good field for study along these lines.

The syllabus has been prepared with the sanction and assistance of the Departments of Education of the Maritime Provinces; and the certificates awarded on the completion of the full course are recognized by these Departments as qualifying the holders to earn the special grant for the subject, provided that their general scholarship is approved of. In Nova Scotia all candidates for Manual Training license must have made a Teacher's pass in the Provincial High School Course of Grade XI.

In the Province of Nova Scotia, the liberal grant offered by the Government to School Sections establishing Departments of Manual Training, is creating a demand for duly qualified teachers. In New Brunswick, similar grants have been offered by the Act passed last session, and it is anticipated that the subject will be taken up in many of the towns of that Province in the near future. In Prince Edward Island, the subject is also spreading steadily.

Candidates for admission must have received Normal School training, or produce satisfactory evidence of at least one year's experience in successful teaching; age to be not under twenty years, and evidence as to good character and general fitness for training to be furnished.

During the session students will be given an opportunity of taking a course in Cardboard Modelling, suitable for the lower grades of Public Schools.

The school hours are from 8.45 a. m. to 12 p. m.; and from 1.15 p. m. to 4.15 p. m.; and, in addition, home study must be regularly undertaken. No fees will be charged for tuition, materials and use of tools.

A copy of the syllabus and form of application for admission, together with any further information desired, may be obtained from the undersigned.

Applications for admission must be sent in not later than Monday, Dec. 15th.

T. B. KIDNER,
Director of Manual Training,
Truro, N. S.

There is a society in the north of Ireland for the discouragement of Sunday travel. It was formed in 1884 and has now twenty-seven thousand members, all pledged not to travel on Sunday "except under most urgent necessity."

THE REFERENDUM.

(Montreal Witness.)

The lesson of the Referendum is obvious, namely, that the people of free countries need to be somewhere, in school or in church, diligently taught their duty as voters. It is plain that the people of Ontario want prohibition. Whenever there is a vote the great majority is in favor of prohibition, notwithstanding the fact that nearly all the temperance voters go to the polls of their own accord and nearly all the liquor voters are urged and carried there. But though they prefer it, a very large proportion of the voters have not enough mind of their own or sense of duty to go of their own accord to the polls, no matter how important the issue. Into this kind of imbecility, for no less word describes it, our people are educated at our political elections. They are not in the habit of exercising any initiative whatever. They wait till somebody comes to them and makes them promise to vote and then a great many of them wait till somebody calls for them and carries them to the polling booth. Trained to this usage they seem to be left without enough soul of their own to do anything of themselves to secure the fulfilment of their own convictions. The result of this helplessness is to make money a powerful, and, in very many cases, a ruling factor in elections, and the people, who thus helplessly consent to be ruled by money, complain of the prevalence of trusts and combines and grants to corporations and all the other things which are bought by the money spent in carrying poor helpless voters to the polls. At the last political election 425,445 electors were in one way or another got to the polls. Then there were candidates anxious to get in. Then there were parties anxious for power. Then there were big election funds. At this Referendum only one side had a big fund and used all the methods well known in electioneering. The number of votes cast as reported up to the time of writing is 193,711, much less than half of the number cast in the general election. There is at least strong evidence that the people are not on the liquor side, for in spite of the most desperate fight ever put up, the vote polled on that side has fallen off as compared with that polled at the Dominion Referendum, held in 1898, considerably more than on the temperance side. The liquor vote fell from 110,720 to 72,894, or about thirty four per cent. The temperance vote fell from 154,459 in the same plebiscite of 1898, to 120,817, or about twenty two per cent. This looks like a very strong evidence of a distinct progress of sentiment as compared with that time. It is one which the politicians will no doubt take a note of.

The blame of the falling off in the temperance vote is everywhere laid on the government for demanding what was regarded as an impossible vote. "We have voted, and voted, and voted," the electors say, "and nothing has come of it," and precious good care has been taken that nothing will come of it now. The whole force of this argument rests, however upon the known indifference of the people on this and on all other public questions. The only thing that could make it impossible to get as big a vote to abolish the bar-room as to carry a party to victory was this very helplessness on the part of the voters. Yet even if the people did not expect to get the required vote to the polls they could at least have polled a vote that would have forced some action upon government and put the government altogether in the wrong in its attitude of withholding a prohibitory law. The Premier of Ontario urged the people to go to the polls and said that even if they did not get the vote asked for, yet if the expression of public opinion was imperative enough the government would have to give them advanced legislation in proportion thereto. We well said that the indifferent voter was his country's worst enemy. Instead of bringing this compulsion to bear on the government the indifferent voter has done what he could to vindicate the government in inaction. What view statesmen will take of the result as polled and of the campaign which has just closed we do not know; they have probably already discounted the indifferent voter for all that he is worth, but they cannot deny the tremendous interest taken in the subject by all the potential elements of society and they cannot but see that the march of sentiment is towards a result which will make the party which espouses temperance the winning side.

DR. A. W. CHASE'S CATARRH CURE 25c.



Science has no record to the discovery of mercury. History knows nothing of the discoverer.

All Stuffed Up

That's the condition of many sufferers from catarrh, especially in the morning. Great difficulty is experienced in clearing the head and throat.

No wonder catarrh causes headache, impairs the taste, smell and hearing, pollutes the breath, deranges the stomach and affects the appetite.

To cure catarrh, treatment must be constitutional—alterative and tonic. "I was ill for four months with catarrh in the head and throat. Had a bad cough and raised blood. I had become discouraged when my husband bought a bottle of Hood's Sarsaparilla and persuaded me to try it. I advise all to take it. It has cured and built me up." Mrs. Helen R. DOLPH, West Liscomb, N. S.

Hood's Sarsaparilla

Cures catarrh—it soothes and strengthens the mucous membrane and builds up the whole system.

OIL FUEL IN STEAMSHIPS.

Again the cry is raised of the desirability, against the coming hour of necessity, of finding some substitute for coal as fuel, particularly on steamships, on which some very interesting experiments have recently been made with oil. The United States Navy has demonstrated that it is quite possible to use oil for fuel on long steamship voyages. This result may be of far-reaching importance, not only to other naval powers but to merchant shipping generally.

Besides demonstrating the possibility of using oil in place of coal as fuel the experiments referred to showed that oil was in many ways preferable to coal. The steamer Mariposa sailed from San Francisco to Tahiti and return—a distance of 6,878 miles—using oil for fuel and carrying only one day's emergency supply of coal. It required 1 1/2 lb. of oil an hour per horse power. So far as weight is concerned that is 50 per cent. less than coal. The voyage out was made in 262 hours and the return trip in 260 hours—the improved time being attributed to better work by the stokers through the experience gained. Further, by using oil in place of coal the Mariposa was able to reduce her complement of hands from 81 to 65—the number in the engine-room, in particular, being reduced from 36 to 21. A careful examination of the boilers after the trip failed to reveal any injury due to using oil.

What was considered a further improvement was the use on the Mariposa of compressed air instead of steam in the spray that atomized the oil and facilitated its combustion in the fire boxes. Two burners were placed in each furnace, but Lieut. Winchell (who makes the report) says that only 12 of the 18 furnaces under the steamer's boilers were used. Care was taken to ventilate the tanks and prevent the accumulation of dangerous gases. On arriving at Tahiti the refuse from the tubes only filled two ash barrels.

The importance of this experiment of the Mariposa cannot be over-estimated. She made the trip to Tahiti and back under conditions exactly similar to those which prevail in merchant and passenger vessels, and so far as they are concerned the superiority of oil to coal as fuel may be said to have been placed beyond doubt; but it may be different in the case of warships, which have an element that has not yet been tested. Oil tanks on a warship when in action might be a source of great danger, and it will be a very difficult matter to properly test whether they really would be so; but some efficient test, without much hazard of life and property, can surely be found. Non-experts will be inclined to think that an oil tank on board a warship in action could not be a source of greater danger than a powder magazine. In any case, warships are not in action every day, and it is a great thing to have thus clearly established that when on peaceful cruises, at least, they will find oil superior to coal as fuel.

Some people will boggle before actually arriving at the bridge, and certain of these are asking if the navies and merchant shipping of the world will be in any better position when placed at the mercy of, say, the Standard Oil Trust than of a possible coal combine. Both the Trust and the combine would require to be world-wide to be a source of much danger, and that we do not think possible. Ocean vessels will in a sense be always independent, seeing they will have the advantage of the free competition of the sea, and of drawing their supplies from many sources. Of course the supply of oil may ultimately run out as well as coal, but that is a consideration which may well be left to future generations, and doubtless before they have to tackle it a good substitute will have been discovered.—S. A. Journal.

This winter the log crop of the Penobscot river in Maine will amount to more than 200,000,000 feet, and 6,000 men and 1,500 horses will be required to gather it to the banks of streams.

Be a SENTINEL advertiser if you wish the very best results from the money you intend investing.

You Will Never Be Sorry.

For living a white life.
For doing your level best.
For your faith in humanity.
For being kind to the poor.
For looking before leaping.
For hearing before judging.
For being candid and frank.
For thinking before speaking.
For harboring clean thoughts.
For discounting the talebearer.
For being loyal to the preacher.
For standing by your principles.
For stopping your ears to gossip.
For asking pardon when in error.
For the influence of high motives.
For being as courteous as a duke.
For bridling a slanderous tongue.
For being generous with an enemy.
For being square in business deals.
For sympathizing with the oppressed.

For giving an unfortunate fellow a lift.

For being patient with cranky neighbors.

For promptness in keeping your promises.

**THE BOER AND HIS FARM.**

It is not easy to understand the need for such an appeal for charity as the Boer Generals are making. The British Government seems to be dealing with the requirements of resettling the Boers on the land in a very generous spirit. Upon a burgher family returning from a concentration camp to their home they are supplied by the repatriation local depot with a tent, equipment, necessary bedding and utensils, also rations for one month, the latter being replaced from month to month. The following implements, tools, &c., are also supplied as "necessary to begin the restoration of their homes," according to the wording of the circular issued to depots from headquarters:—One plough, two spades, two hoes, one mattock, set of trekgear, barrows, waggon or cart, large axe, small axe, brace and bits, augurs, hammers, cross-cut saws, jack-plane, adze, screw-wrench, screwdrivers, 5 lb. screws, nails and bolts, pair of pliers, files, 50 lb. fencing wire, trowels, and two mason's chisels. The seeds supplied are as follows:—Two bags mealies (about 360 lbs.), five bags potatoes, six bags of mixed grain (wheat and oats), tobacco seed 2 ozs., peas 2 lbs., broad beans 1 lb., Natal sugar beans 10 lbs., cauliflower 2 ozs., carrots 1 oz., cabbage 2 ozs., lettuce 1/2 oz., water melon 1 lb., sweet melon 2 oz., pumpkins (mixed) 5 lbs., onions 1 oz., tomato 2 ozs., turnip and sweet corn. With such an outfit and his farm lands intact any man worth assisting should be able to maintain his family well, even without any ploughing cattle, and with nothing but his two spades. Too many, it would appear, are showing a decided preference for living upon doles in idleness rather than for honest toil.

Sixteen head of cattle belonging to Mr. D. Moore, a farmer near Belleville, were poisoned with Paris green mixed with salt.

A unique express parcel left Troy, N. Y., Tuesday night, containing an enormous potato, weighing several pounds, and consigned from N. P. Hulet of Powlett, Vt., to the King of England.

The Canadian department of agriculture is preparing an exhibit to be shown at the World's Fair at St. Louis.

Was Pale, Weak And Very Nervous

Mrs. Benj. Hatfield, 77 Hilliard St., St. John, N. B., writes:—"For three years I was a sufferer from extreme nervousness and female weakness. I was pale and weak, had no appetite and would sometimes faint two or three times a day. I underwent a very painful operation and for seven weeks was under the doctor's care but he seemed unable to help me. Despairing of recovery, I took the advice of a friend who told me that Dr. Chase's Nerve Food would build me up and make me strong and well again. I continued this treatment, using in all sixteen boxes, and believe that I am as strong and well as ever in my life. As a result I cannot say too much for Dr. Chase's Nerve Food. The testimonials I see for it are not half strong enough." 50c. a box, at all dealers, or Edmondson, Bates & Co., Toronto. On every box of the genuine will be found portrait and signature of Dr. A. W. Chase.

Dr. Chase's Nerve Food**The Invalid**

Requires nourishment in a concentrated, palatable and easily digestible form. Bovril should therefore form one of the chief items on the diet list of every invalid, as it is the embodiment of all these qualities.

Bovril is not merely a stimulant to prop up the flagging spirits for the passing hour. It is a highly nourishing food, containing all the strength-giving properties of the best lean beef in the most palatable and easily digestible form.

Bovril is Liquid Life.

**SOMETHING TO BE PROUD OF**

Is the hang and style of the Coat, as well as the exquisite workmanship, cut and fit that is given by NICHOLSON. Our PRINCE ALBERT, CUT-AWAY and SACK SUITS for either dress or business occasions are the acme of Style and Elegance, and the materials are chosen from the best varieties of the season.

W.B. NICHOLSON

Merchant Tailor.

THE ROYAL GRANDE RANGE,
With Oven Door Thermometer.

The Greatest Wood Range ever manufactured. A Great Baker and Wood Saver. It is unusually large, with Large Top Surface, Large Fire Box, as well as a Large Oven. It has the capacity for a large family, yet can be used economically for a small one.

EVERY ONE GUARANTEED.

For sale at our Stores—Woodstock and Centreville. Write for Circulars.

W.F. Dibblee & Son.**B. & I.****B. & I. Patent Bias Filled Corsets.**

They are Perfection, the Ladies say so.

They are the Newest Idea in Corset Construction.

There is only one Bias Filled Corset, and that is "THE B. & I."

All up-to-date Merchants now have B. & I. Corsets in stock in all shapes. If you have any difficulty in securing B. & I. Corsets, write direct to our Factory, 489 and 489 1/2 Queen Street W., Toronto, —42.