

NO MAN IS STRONGER THAN HIS STOMACH

When Sandow poses and the muscles ridge his back and knot his arms, we think we have before us the very secret of strength in those magnificent muscles. But we haven't. Starve Sandow, or what is practically the same thing, let him be dyspeptic, and his muscle would soon fail. Strength is made from food properly digested and assimilated, and no man is stronger than his stomach, because when the stomach is diseased digestion and assimilation are imperfect.

Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition. It enables the perfect digestion and assimilation of food so that the body is nourished into perfect health and strength. "I had what my physician called indigestion. He gave me medicine for the trouble but it did me no good," writes Mr. W. H. Wells, of Willard, N.C. "I wrote to Dr. Pierce and stated my case. He sent me a descriptive list and hygienic rules. I carried out these as best I could, bought six bottles of his 'Golden Medical Discovery' and commenced taking it. A few days later I noticed a great change. I felt like a new man. Before I began the use of the 'Golden Medical Discovery' I suffered greatly with pain in stomach, my nerves seemed all 'run-down,' I was very thin in flesh, but now can eat heartily and sleep good at night."

Dr. Pierce's Common Sense Medical Adviser is sent free on receipt of stamps to pay expense of customs and mailing only. Send 31 one-cent stamps for the paper-covered book, or 50 stamps for the cloth-bound volume. Address Dr. R. V. Pierce, Buffalo, N. Y.

DEAD LETTER OFFICE.

Of all the great institutions of modern times, that of the post would perhaps be missed as keenly as any, were the world to be suddenly deprived of it. And not the least important feature of the postal service is the dead letter department, well known as the agency by which addresses illegibly or incorrectly written are, after much trouble, sometimes deciphered and re-written and the letters sent to their several destinations.

A clerk in the dead letter branch of postal work needs good eyesight and almost more than human ingenuity to enable him to read all the puzzling specimens of hand writing which adorn the backs of the thousands of letters which he handles; he needs a good geographical knowledge—must, in fact, be a walking gazetteer—in order that he may correctly re-address some of these letters, and, to be brief, a general knowledge of almost any subject never comes amiss. There is one personal characteristic, however, which, though it may be lacking in the clerk before he enters the service, is very apt to be engendered there if anywhere, and that, is a sense of humor. There, he has endless opportunities of seeing one of the funny sides of life, and if the ludicrous does not appeal to him at all he is to be pitted.

Besides the letters which enter the dead letter office, incorrectly addressed, come parcels and packages galore, and these, when opened, are found to contain everything, from babies' bonnets to false teeth, and from carving sets to diamond rings. One wonders how such things ever come to be sent through the mail as enter the dead letter office, for during the day a clerk often goes through a most heterogeneous collection of valuables and unvaluables. Curling tongs and fishing rods, glass eyes and birds' eggs, candy and court plaster, birds and bath towels, belts and buckles, boots and trousers, bracelets and camphor, caps and Christmas cards, carved work and chest protectors, cork screws and corsets, scissors and surgical instruments, bon-bon dishes and soap, documents and statues, medals and manicure sets, muffs and pyjamas, slippers and pepperboxes, china and furs of all kinds, forks and artificial flowers, inhalers and overalls, ornaments and thermometers, snuff and stockings, whetstones and tobacco, thimbles and surplises, harness and clothing of all kinds are to be found. In the line of eatables, it is possible to go through a long list including chocolate, cinnamon, corn, dulce, grapes, horse chestnuts, salted peanuts, condensed clams and plum pudding, and it may be seen that if a free indulgence in the above named delicacies might cause the eater thereof a bad fit of indigestion, there is also provided the antidote in the form of grapefruit and various medicines.

All classes of articles are represented, and the epicure is not the only one whose desires can be filled here; for the serious minded are Bibles, prayerbooks and other works of a devotional nature; for the more frivolous are provided dolls and various toys and games, including the ever-present ping-pong, for the musically inclined are mouth organs, and, in fact, almost any article one would be likely to need under any circumstances whatever might be found in the dead letter department of the post office. A more curious

and ill-assorted collection could scarcely be found even at a so-called "Rummage Sale," and it must be remembered that all the examples quoted are bona fide, being taken from the postmaster general's report for the year ending June 30, 1902.

Of all the stray parcels which find their way into the dead letter office, by far the greater number eventually reach the rightful owners, but one cannot help wondering what becomes of those undelivered and unclaimed, and what the owners would say and think could they but see them reposing in state, cameras, chewing gum, clothing and all.

ST. JOHN LETTER.

The house of James E. Boyce of the North End was entered by a boy ten years old last Friday night and robbed of \$103 in cash. The money was taken from the room in which Mr. and Mrs. Boyce were sleeping. Mrs. Boyce woke just as the thief was leaving the room and recognized him, he being the son of a near neighbor. The next morning the money was recovered, and the boy is still at large. Meanwhile the Evangelical Alliance is talking about what should be done with "our boys" and doing nothing. In Switzerland parents are held legally, as they are morally, responsible for the doings of their minor children. If they absent themselves from school or commit crime, they are punished. We should have a compulsory school law and the child who will not go to school should be sent to a reformatory and his parents should be fined for neglect of duty. The boy and girl who persist in being on the streets in the evening without being able to account for themselves satisfactorily should be locked up, and all idlers without visible means of support should be sent to a reformatory or almshouse where they can be made to earn a subsistence. Idleness and ignorance are the parents of crime.

It is planned to have eleven freight and passenger steamers on the St. John and its tributaries next summer.

The late Charles F. Woodman left an estate of \$251,000, \$166,000 of which is about to be distributed among his heirs.

Madame Albani will again sing here in January next.

The dominion fruit inspector finds that the Nova Scotia fruit sent here is packed in a scandalous manner, and it is hoped that the parties responsible will be heavily fined.

An inmate of the Lunatic Asylum made his escape the other day talking with him two overcoats and two silver watches belonging to some of the officials. When recaptured he was saturated with whiskey and had a full flask. Some complaint is made of the food served at the institution.

The office of Dunn's lumber mill at South Bay was destroyed by fire last Wednesday night. The mill itself escaped injury.

Fred Wild, employed in a city livery stable had two fingers amputated by a hay cutter last Wednesday.

EDWARD EDWARDS.

St. John, Nov. 15th.

Piles

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

Dr. Chase's Ointment

AMERICAN FIRE FIGHTERS.

Wherever the American goes in Europe, it is with a feeling of satisfaction that he finds in the most important cities the adaptation of our ideas for fighting fire. Our steam fire engines, our brass poles that bring men down from the upper stories of their station houses, our hinged collars that snap around the horses' necks at a touch, are everywhere. At every important international exhibition of recent years, beginning even with that of Paris in 1867, American fire engines and ladder trucks have taken prizes.

At the Paris exposition of two years ago an American fire team from Kansas City, fourteen men under Chief George O. Hale, carried off all the most important honors at the international fire congress, at which were represented America, France, Portugal, Holland, Norway, Belgium, Switzerland, Denmark, Italy, Germany, Turkey, England, Scotland, Wales, Ireland, New Zealand, India, Austria, Mexico and Peru. Nearly 8,000 firemen took part in the competitions. The first contest was made with steam fire engines on the banks of the Seine. About 100 engines competed. The test was made from cold water in the boiler. The average time for foreign engines in getting a stream from the hose was from eight to twelve minutes. Their streams reached about half way across the river. In five minutes and thirty seconds the American engine threw a stream that wet people on the opposite bank, a distance of 310 feet. The size of the stream was nearly double that thrown by the other engines.—Philip O. Hubert, Jr., in Scribner's.

Pains in the Back

Are symptoms of a weak, torpid or stagnant condition of the kidneys or liver, and are a warning it is extremely hazardous to neglect, so important is a healthy action of these organs.

They are commonly attended by loss of energy, lack of courage, and sometimes by gloomy foreboding and despondency.

"I was taken ill with kidney trouble, and became so weak I could scarcely get around. I took medicine without benefit, and finally decided to try Hood's Sarsaparilla. After the first bottle I felt so much better that I continued its use, and six bottles made me a new woman. When my little girl was a baby, she could not keep anything on her stomach, and we gave her Hood's Sarsaparilla which cured her." Mrs. THOMAS LEXIS, Wallaceburg, Ont.

Hood's Sarsaparilla

Cures kidney and liver troubles, relieves the back, and builds up the whole system.

New Brunswick Oil.

"We have oil-fields equal to any in the world," said Hon. Wm. Pugsley, Attorney-General of New Brunswick, speaking to a Globe reporter at the Queen's this week about the newest mineral development in the Province by the sea. The quality of the oil, he stated, was quite equal, the experts declared, to the best Pennsylvania oil, and the indications are that the supply is very extensive. The area of the oil basin is a hundred miles long, beginning within thirty miles of St. John and extending through Westmorland and Albert Counties and into the northern counties. There are three strata of oil sand at varying depths, one above the other. The oil is not on Crown land but the mineral rights remain vested in the Crown, and consequently the oil belonged to the government. From surface showings it was long known to exist in the district, but it was not until two years ago, when the present company was formed, that any attempt was made to develop it. They obtained from the Government a lease of the oil rights in Westmorland and Albert, on condition that they continue to expend \$20,000 a year in development and exploration, and pay a royalty of five per cent. on their production. About twelve wells have been sunk, and they have a flow of 150 barrels a day.

The company is now building a refinery. None of the wells are gushers, but they have a steady flow. As the experimental stage of the work has been passed the company is now able to operate with certainty, and have six boring machines steadily at work.

"We feel," concluded Mr. Pugsley, "that the oil industry is going to result in a very great development of that portion of the country, and be of immense advantage to the Province at large."

Speaking of the prosperity and development of St. John, Dr. Pugsley said that ten lines of steamships would be running out of that port this winter. The C. P. R. had made up its mind to make St. John its winter port, and it had become one of the best equipped ports on the Atlantic.—Toronto Globe.

ANARCHY PREVAILS.

Chicago, Nov. 10.—Conditions almost anarchistic prevail in the United States, according to the Right Rev. John H. White, Episcopal Bishop of Northern Indiana. In a sermon at Grace Church, he declared that the American people have forgotten their duties in a mad rush for wealth and fame. It is every man for himself, he said. The topical American is heedless of how he achieves his end. Those that come in his way are trampled upon or pushed aside. It is the lack of respect for the wishes and rights of others that has brought about conditions in this country that border on the anarchistic. He declared that the American education tends to create irreverence, and that the strenuousness of American life has the effect of increasing the irreverent spirit.

Our institutions, the Bishop concluded, have had such a rapid growth and our progress has been so wonderful that we are filled with an admiration of ourselves that surpasses our admiration for anything else.

Buried Cat in Her Coffin.

Worcester, Nov. 7.—In the same casket, lying at the feet of its mistress, Mrs. Hortense Weaver, of this city, a large Maltese cat was buried in Jewett City, Ct.

The funeral sermon over the remains of Mrs. Weaver and her pet was preached at the family residence, this city, by Rev. I. L. Wilcox.

Mrs. Weaver was 34 years old, and the cat had been a family pet for six years. His name was Tom.

When his mistress was taken suddenly ill, six weeks ago, Tom was constantly by her side, and his display of affection was remarkable. A few hours before her death, Mrs. Weaver asked that the cat be placed in the same coffin with her, and her wishes had been carried out after the cat had been chloroformed.

Prosperity and Adversity.

Every man is rich or poor, according to the proportion between his desires and enjoyments. Of riches, as of everything else, the hope is more than the enjoyment. While we consider them as the means to be used at some future time for the attainment of felicity, ardor after them secures us from weariness of ourselves; but no sooner than we sit down to enjoy our acquisitions than we find them insufficient to fill up the vacuities of life. Nature makes us poor only when we want necessities, but custom gives the name of poverty to the want of superfluities. It is the great privilege of poverty to be happy unenvied, to be healthy without physic, secure without a guard, and to obtain from the bounty of Nature what the great and wealthy are compelled to procure by the help of the art. Adversity has ever been considered as the state in which a man most easily becomes acquainted with himself, particularly being free from flatterers. Prosperity is too apt to prevent us from examining our conduct; but as adversity leads us to think properly of our state it is most beneficial to us.—Johnson.

After Work or Exercise

POND'S EXTRACT

Softens tired muscles, removes soreness and stiffness, and gives the body a feeling of comfort and strength.

Don't take the weak, watery witch hazel preparations represented to be "the same as" Pond's Extract, which easily sour and generally contain "wood alcohol," a deadly poison.

Turns His Attention to the Condition of Ireland.

New York, Nov. 8.—The *Tribune's*, London correspondent says the King has been generally credited with taking an active part in the negotiations for bringing the Boer war to an end, and it is now asserted that he has been complaining to the Ministers of the condition of Ireland, and that the appointment of a new permanent secretary, an official of unusual ability and experience, in the Indian service, has been made in deference to his wishes. These rumors are accompanied by forecasts of a complete revision of Mr. Wyndham's land bill and the semi-official announcement that the King will visit Ireland in semi-state during the spring. The King's activity in political affairs is a great surprise to the Ministers accustomed to precedents and habits of the Victorian reign. He takes the business of reigning as seriously as the Emperor of Germany, scrutinizes appointments in the church and the civil service, and has definite ideas respecting the policies which the responsible Minister sought to adopt. His review of a battalion of the Scots Guards, which returned last week from South Africa was closed with a remarkable hearty speech of appreciation.

Subscribe for the SENTINEL.

Salvation Army Devices.

The Salvation Army in New York city, has resorted to a curious trick to entrap the unregenerate into ways of righteousness. At many points in the city in the lower quarters the Army has established stands where books are sold for two cents apiece or three for a nickel. The works are bound in flaming colors of red, yellow, and green, and bear the most alluring titles. The books prove a distinct disappointment when opened. Instead of impassioned love scenes the reader finds long homilies on the dangers that lurk in the society of gilded youths and the glories that cluster around the brow of virtue. The army appears to be working on the theory that the devil's own weapons are the best to fight him with.

People who Have Used It

Say that Dr. Chase's Syrup of Linseed and Turpentine affords wonderfully prompt relief for coughs and colds. Everybody has confidence in Dr. Chase, in his great recipe book and famous family remedies. They have learned by experience that it pays to insist on having Dr. Chase's Syrup of Linseed and Turpentine instead of accepting the various unscientific "mix-ups" which some druggists offer as "just as good."

Dr. Chase's Syrup of Linseed and Turpentine contains many of the most valuable and most effective remedial agents for throat and lung troubles that science has discovered. It acts so directly and promptly as to be of incalculable worth in all cases of croup, bronchitis and whooping cough. It is so far-reaching in its effects as to loosen the tightest chest cough and cure the cold of long standing. 25c a bottle; family size, three times as much. 60c. at all dealers, or Edman-son, Bates & Co., Toronto.

Dr. Chase's Syrup of Linseed and Turpentine.

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