

SECOND WIND.

The following is a popular explanation of what is known as second wind. In ordinary breathing we use only a portion of our lungs, the cells at the extremity not being brought into play. This is the reason why those who are not in training when they try to run for any distance soon begin to gasp and unless they are resolute enough to persevere in spite of this choking sensation are forced to stop, but if they persevere the choking goes off, and they acquire what is known as second wind.

When this second wind is fully established the runner does not again lose his breath, but can run in comfort as long as his legs will carry him. The fact is that on starting the farthest portions of the lungs are choked with air and the remainder do not supply enough to meet the increased circulation induced by exercise.

By degrees, however, the neglected cells come into play, so that when the entire lung is in full working order the circulation and respiration again balance each other, and second wind is the result.

Origin of Knives.

The first knives, according to the conclusions of a scientist who has made a study of the subject, were fractured stones that happened to have a sharp cutting edge. But the vegetable kingdom also furnishes very keen cutting edges in the leaves and stalks of certain plants, which might have been availed of before artificial knives were made. The fractured stone knife easily suggested the shaping of flaked stones, like flint, into the form of blades. Among the Seri Indians on Tiburon island, in the gulf of California, the primitive custom of utilizing fractured and water worn stones for knives still exists.

Piles

To prove to you that Dr. Chase's Ointment is a certain and absolute cure for hemorrhoids and every form of internal, 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. One a box, at all dealers or EDMANSON, BATES & CO., Toronto.

Dr. Chase's Ointment

DYSPEPSIA CURED.

A Severe Sufferer Tells How He Overcame the Trouble.

"Not only do I not hesitate to declare the benefit I have received from Dr. Williams' Pink Pills, but I feel it my duty to do so." These are the words which Mr. Edward Lavoie, of St. Jerome, Que., lately addressed to the editor of L'Avenir du Nord, when relating the story of his cure. Mr. Lavoie is well known in St. Jerome and what he says carries weight among those who know him. For a considerable time he was a great sufferer from dyspepsia, which caused severe headaches, pains in the stomach and sometimes nausea. Sometimes he felt as though he would suffocate, he would become dizzy, and experienced ringing noises in the ears. His appetite became poor, and his general health so bad that he found it almost impossible to work, and when the headaches attacked him he had to quit work. For six months, he says, he suffered both physically and mentally more than can be imagined. During this time he took medicine from several doctors, but found no help. Then one day he read of the cure of a similar case through the use of Dr. Williams' Pink Pills, and decided to try them. He used the pills for a couple of months, and they have made him feel like a new person. He is no longer troubled with any of the old symptoms, and says he can now go about his work as though he never had dyspepsia.

The digestive organs—like all the other organs of the body—get their strength and nourishment from the blood. Dr. Williams' Pink Pills actually makes new blood. This new blood strengthens the stomach, stimulates the liver, regulates the bowels and sets the whole digestive system in a healthy, vigorous state. Good blood is the true secret of good health. That is why Dr. Williams' Pink Pills always bring good health to those who use them. You can get these pills from your medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

The late Lord Powerscourt some years ago was prominent in connection with the stand the Irish landlords made against the Nationalist members, but was better known as a collector of pictures.

Enormous catches of mackerel have been made by the Maux fishing fleet off the west coast of Ireland.

Irrigating Rice Fields in Texas.

Because water refuses to run up hill and because his rice fields happen to be on a somewhat elevated portion of ground many an ingenious planter in Texas has been obliged to resort to an elaborate device for the proper irrigation of them.

On a slight elevation at the back of the fields one planter has instituted what people in that vicinity style "an impromptu fountain." In reality it is nothing but a three inch iron pipe, protruding from the ground. When the rice fields need it the pipe is opened, huge pumps started and the water bubbles up, to flow away in hundreds of tiny rivulets and streams, which flood the thirsty rice fields. Aside from its benefits from the agricultural point of view, this obliging fountain presents a pretty spectacle when in operation.

THE WORD "MOB."

The word 'mob' is an abbreviation. It is nothing but a fragment of the full Latin original 'mobile vulgus'—the fickle common people. First the noun 'vulgus' was dropped. 'Mobile,' coming into common use, was in a few years cut down to mob. By Swift it was abbreviated to his dying day as a peculiarly odious kind of slang. Addison sympathized with this feeling. In No. 135 of the Spectator 'mob' is put down by him as one of the ridiculous words which he fears will in time be looked upon as part of the speech. There must have been then a host of minor defenders of the purity of our tongue who bawled its increasing use and pointed to that fact as evidence of the growing degeneracy of the language. But the assailed form stoutly held its ground and outlived its censurers. Addison's fears have been realized. The abbreviation has thoroughly established itself. Accordingly a word which their predecessors stigmatized as a corruption of the vilest kind is now used unhesitatingly by the most precise of modern jurists. The reason of its prevalence is obvious. It came to supply a very genuine want. There is no other single word that conveys definitely the idea of a particular sort of riotous assemblage.—Harper's.

A HAT-PIN.

ALL ABOUT IT.

Oh, Reginald Van Buren lived A very happy life, Until one day a gift he bought And gave it to his wife.

The gift was just a hat-pin, but The head was an odd tint, A sort of brown enamel with A lovely reddish glint.

Was Reggie's wife delighted? Well, Delighted! she was that! She cried, 'to match this hat-pin why, I'll have to have a hat!'

She got a hat to match the pin; To match the hat a veil; And now we are but started on 'This very thrilling tale.

To match the veil she got some gloves; To match the gloves, a purse; And from that moment, really, Things went from bad to worse.

To match the purse she got a skirt; To match the skirt, a waist; To match the waist she got a cloak: All chosen with good taste

To match the hat-pin. Then she bought Innumerable things, From lingerie to things you see, From shoestrings up to rings.

To match this toilette all complete The parlor was arranged; To match the parlor, next the house From basement up was changed.

But when this transformation-scene Was finished and complete, The dear dame thought the dwelling-place Was better than the street.

And so she found a street to match Her dwelling and her gown; And then "Alas, alack!" she cried, "The street don't match the town!"

Poor Reginald Van Buren stormed, While Mrs. Reggie cried; She had hysterics, got quite ill, And pined away and died.

L'ENVOI.

So, husbands, now take warning all, Unless you'd live in strife, Give any mortal present but A hat-pin to your wife.

—Harold Melbourne, in May Lippincott's.

Dublin is in the curious position, as the capital of a Catholic country, of not only possessing no Catholic cathedral, but of having two Protestant cathedrals.

Ayer's Pills

Keep them in the house. Take one when you feel bilious or dizzy. They act directly on the liver.

Want your moustache or beard a beautiful brown or rich black? Use

BUCKINGHAM'S DYE

Notice to the Public

In future the Woodstock Papers WILL CHARGE

50 CENTS PER INCH,

For all Advance Notices of Church Socials, Concerts, Lectures,

And other entertainments at which an admission fee is charged or collection taken.

Could only Walk From Bed to Chair

For years a sufferer from Kidney disease—Cured by Dr. Chase's Kidney-Liver Pills.

MR. SAMUEL SPARLING, Ladysmith, Pontiac, Co., Que., writes:—"I have used Dr. Chase's Kidney-Liver Pills and believe there is no medicine to equal them. I was troubled for years with kidney disease and this treatment has cured me. When I began to use these pills I could only walk from my bed to a chair. Now I can go to the field and work like any man. They are an excellent medicine. Dr. Chase's Ointment is a perfect cure for itching piles. One box cured two members of my family who had suffered from this wretched ailment for four years."



Because of their direct and combined action on kidneys, liver and bowels, Dr. Chase's Kidney-Liver Pills cure where ordinary medicines fail, one pill a dose, 25 cents a box. The portrait and signature of Dr. A. W. Chase, on every box.

Dr. Chase's Backache Plaster promptly relieves pains and aches.

The ugly statue of Thomas Moore in College street, Dublin, is to be replaced by one more worthy of the poet.

Perkins' American Herbs.

(Nature's System Regulator.) In Powdered or Tablet Form.

200 Days Treatment \$1.00.

Comprised of Roots, Barks and Herbs, such as Mandrake, Wormwood, Juniper, Elecampane, Sassafras, Boneset, Spearmint, Rhubarb, Burdock, Sarsaparilla, Magnolia and others.

Guaranteed to cure Rheumatism, Kidney Disorder, Liver Complaint, Constipation, Sick and Nervous headache, Neuralgia, Dyspepsia, Fever and Ague, Scrofula, Female Complaints, Nervous Affections, Erysipelas, Catarrh and all diseases arising from impure blood.

For sale by

GEO. H. ARNOLD,

General Agent,

Woodstock, N. B.

Mail orders promptly attended to.

They were draughts players and Smith said—No woman has a brain for draughts.

Mac—I 'Denny' ken, laddie; my wife's an 'Ayrshire Lassie,' and a 'Nailor' at 'Defiance'; you should see the 'Glas-go(w)' at my head occasionally.

Mabel—Tell me, William, how it was that you came to choose me as the girl you wanted to marry.

William (in a gush of confidence)—Well, Mabel, it was my mother who put me up to it.

Another Irish centenarian, Miss Ann Hughes, Tipperary, has passed away after seeing one hundred and ten years.

THE 2 BIG STORES

During our 50 years of Business Life we have found the months of June and December the two best months in the year for Trade. The June Bride and School closing accounts largely for the former, and every one knows poor old Santa Claus is guilty of the latter. We purpose with the assistance of our many friends to make this JUNE A RECORD BREAKER.

OUR 2 BIG STORES ARE FILLED WITH EVERYTHING TO MAKE LIFE WORTH LIVING.

Dress Goods in great variety; New York made Shirt Waists, the envy of every one, beautifully made and trimmed; the Man-Tailored Costumes are still here; Newest things in Belts and Collars, Rain Coats, Corsets, Wrappers.

MEN'S READY-MADE CLOTHING

Hats and Caps; Another big lot of W. G. & R. Shirts and Collars.

And for Going Away Steamer Trunks
---any kind of Trunk, Dress Suit
Case or Valise.

Remember Woodstock Grand Carnival.

HUGH HAY & SON

The Importers of Dry Goods.

Carpets

Curtains

Carpet

Sweepers

Umbrellas

Rain Coats

Sunshades

Carriage Mats

“ Robes