

## Old Dutch



**Old Dutch in the Kitchen Keeps Everything Bright**

It won't hurt aluminum or other metals and turn them black like preparations containing chemicals.

**Never harms your hands.**



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They are light in weight, bright as silver, absolutely pure and wholesome. There is no enamel plating to flake or wear off. They will not burn or scorch food as readily as other utensils. There are no joints, seams or solder to leak and give trouble. The **Wearever** trade mark means safety, saving, service. Let your next utensil be a wearever.

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FOR MEN AND WOMEN IS  
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Telephones, Bells, Watchmen's Clocks, Annunciators, Burglar Alarm Systems, etc.

Lighting Plants Installed in Isolated Places. We carry a large assortment of Electric Fixtures and Heating Appliances.

Estimates submitted without charge.

**W. Allen Staples**

634 Queen St. Opp. Court House

## IT ISN'T OVERWORK THAT CAUSES MANY BREAKDOWNS

**Bad Habits Harm the Health More Than Strenuous Effort, Says an Experienced Doctor---Healthy Work Good for Any One---Worry and Fretting Often Called Overwork**

A doctor of very wide experience has noted this phenomenon: every day men come to him, broken down in health; and almost invariably they inform him that the cause is overwork. Yet, on further questioning, this doctor finds that virtually none of his patients work as hard as he does. Yet he is well and they are sick; he is strong and able to do his work without exhaustion, and they can do little or no work any more.

This is his deduction: that their breakdown was not due to work, but to a terrible loan of psychological and physiological habits they had been carrying—a load so great that a very little work in addition overtaxed their waning strength.

What are these habits? They vary with the individual, and their aspects are innumerable.

Work—just plain, wholesome hard work, either physical or mental—hurts very little. It hurts healthy people—people who are healthy in mind and body—not at all.

What many people call "overwork" is fretting over their work—worry.

What many other people call "overwork" is loading their system with poison by overeating.

What still others call "overwork" is the habits of taking stimulants to brace them up to their work.

"Nervousness"—the vague, all-embracing ailment that brings people to the doctors complaining that they are run down or broken down from overwork—is the logical product of the bad habits embraced by these classifications.

Work—overwork—gets blamed for it all, when it is at fault for scarcely any of it.

People who keep their minds clear and cool who take things philosophically as they come; who discipline their wills to look on the cheerful side of things; who eat what they need, proportioned to their physical activity; who take stimulants not at all or, if they ever do, never take them to whip their flagging strength—such people can do a prodigious amount of work and never dream of such a thing as "overwork."

Healthy people—people who live healthy lives and keep healthy minds and order their lives inexorably under the rule of a calm spirit, a spirit that keeps superior to petty annoyances and refuses to become the slave of numbing, paralyzing, corrupting fears and worries—do not know what "overwork" means. They can keep on till they are too tired to go further and then after a night's sleep be up and ready for another day's eager and willing toil.

There is such a thing as working too much, but its penalty is weariness that forces cessation of labor and achievement of rest. It seldom or never causes "breakdowns," though worry and intemperance in food or drink causes thousands of them, most

of which are falsely charged to "overwork."

And in nine cases out of ten, the amount of work that to the worrier and the glutton spells "overwork" is but play to the healthy individual.

Before you talk about "overwork" study your habits—your mental habits and your living habits.



**MINARD'S**  
"KING OF PAIN"  
**LINIMENT**

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

**Best Liniment Made**  
Mr. A. E. LACROIX, Edmonton, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

**Minard's Liniment Co., Limited**  
Yarmouth, N.S.

## MARINE JOY RIDERS GUILTY OF CONSPIRACY

**Breach in the Drocourt-Queant Line Won Them Imperishable Fame, Says London Times.**

New York, Sept. 4.—Captain Leland P. Hawkins, of the steamship Yackin, and five officers of his ship were today found guilty of conspiracy against the government in the Federal court here. The maximum penalty for the offence is two years' imprisonment and \$10,000 fine.

The men, after taking food supplies to the Allies on the Yackin, took the ship for a marine "joy ride" in the Mediterranean and financed the cruise by selling the ships stores and coal from the bunkers. They were arrested on their arrival at an American port. They will be sentenced on Friday.

## VACANCIES ON THE SCHOOL BOARD FILLED

At the meeting of the Council in Committee last evening it was necessary to appoint three new school trustees for the city schools. After a considerable discussion in which the increased bonded debt was classified as owing to salaries, building purposes, and what was claimed poor financial management on the part of the trustees the appointments were made as follows: John J. Weddall retiring in 1921, Mrs. W. G. Clark, retiring in 1922, and J. M. Lemont in 1923. A motion was passed that the finance committee make a suggestion to the school board for the creation of a sinking fund to be attached to all bond issues not serials.

While the discussion was taking place Mayor Hanson pointed out that the thing to look at was not the money spent by the trustees but the results obtained by spending it. He said each and every member of the Council should be proud of the showing that the city pupils made in the Provincial examinations which classified them as leaders and second to none in the province.

The Complete Ford Operator. Joliet, Ill., Herald: Wanted—a married man with some knowledge of bookkeeping to operate a Ford car.

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We are also prepared to fill all orders entrusted to us for **MILITARY CLOTHING** at a reasonable price. We are sole agents for the Crown Tailoring Company, of Toronto, the largest Military Tailoring Company in Canada.

**WALKER BROS. MERCHANT TAILORS**

QUEEN STREET, WEST END

## MARITIME ELECTRIC CO., LIMITED

Fredericton, N. B., July 19, 1918.

On account of staff shortage due to military enlistments, the Royal Bank of Canada find it impossible to continue the collection of this Company's Light Bills.

For the convenience of our customers we have engaged an office at **No. 88 York Street, in the premises occupied by Harry C. Moore, Electrical Engineer**, where bills may be paid from the first to the tenth of each month from 9.30 a. m. to 5 p. m.

Those making payment later in the month must do so at the Company's Main Office, No. 1 Shore Street.

**MARITIME ELECTRIC COMPANY, LIMITED.**

## The Daily Mail

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