

The Daily Herald.

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THE HEALTH OF THE CITY.

Contaminations Emp- tied Into Our Water Supply.

VARIOUS SYSTEMS OF SEWERAGE SOME OF THEM OBSOLETE.

(Specially Written for the Herald.)

NUMBER TWO.

To the Editor of the Herald:

Sir,—The contaminated water supply is not the only menace to the health of our city. An equally powerful one is the very primitive character of the sewerage. It is a matter of regret that a city of this size and importance, in the fourth year of the twentieth century, should be employing the un sanitary methods of a hundred years ago. But such is the case. We are far behind many towns of less capacity in this respect. And the shame which every self-respecting inhabitant must feel as he contemplates the existing state of things, should be not the least of motives which are now prompting the citizens to bring about a better state of things.

Up to the present only three methods, broadly speaking, of disposing of refuse matter have been in use. The first, and worst, is that which prevails here. It gradually poisoned our well supply, till the water bred disease, and forced the adoption of the river source. The ground in the older portions of the city

Reeks With the Refuse

of former years, which has by no means been entirely absorbed by the soil. This method is what we are to use our best endeavours to improve out of existence. The second is that of pouring all sewage matter into a lake or river, in a crude state. This is a forward movement, and superior to the former, as in this case we only poison our neighbours, and not ourselves. It would not speak well for the scientific advance of the day, if there were no alternative method, that in this we have not improved one whit on the systems employed in the city of Rome two thousand years ago.

The third method is that of treatment on land, under which head is included:

1. Broad irrigation, or the use of sewage to irrigate a comparatively large area of cultivated land, one acre to every 120 persons in the population. This is in operation in many places, especially in sandy and porous soils, and is found to be not dangerous to health, nor to effect unwholesomely the crops or vegetables grown on the land.

2. Intermittent downward filtration, in which the sewage is allowed to percolate through much

Smaller Areas of Land

not continuously, but giving time at intervals for the fresh aeration of the soil. Purification is supposed to take place through the oxidizing action of the air held in the soil itself. An acre of ground, well and deeply drained, would take the sewage of 1000 people. This system has been found very effective, the final effluent through the drains being nearly innocuous.

3. Chemical precipitation. Here the refuse is collected in tanks, where the decomposition is hastened by chemical agents, principally lime, in the proportion of one ton of lime to a million gallons of sewage. This precipitates the organic matter, leaving a comparatively clear fluid, which is then discharged into some suitable outlet. The great difficulty with this process is the disposal of the glutinous 'sludge,' or precipitate, which is useless for manure, and has to be got rid of at a loss, by being burnt, or dug into the earth, or thrown into the sea. This method, although at one time it was expected to solve the problem of sewage disposal, is now practically abandoned. A combination of the two first plans would seem to have held out the best hopes for attaining the end sought, and would doubtless have gradu-

ally been adopted, but for a new method, now being taken up by scientific sanitary engineers, and which it will be the aim of these letters to explain and develop.

The method of discharging crude sewage into a river, whether a large or small stream, ought now

To be Considered Obsolete.

No town has the right to contaminate every other assemblage of human beings which may happen to dwell below it on a stream, especially if the river is depended on for a supply of drinking water. It has been vaguely supposed that running water 'purifies itself,' in the course of so many miles. But how? It can only do so by the sinking to the bottom, or the evaporation, or the chemical change of the septic or putrescent material. But the infinite variety of disease germs bred upon this or caused by it, refuse to be so disposed of; or at all events there is grave reason to think they do accompany the water in the river in such quantities as to seriously imperil water supply, at whatever distance from the original source of contamination; nor will any system of filtration yet invented remove them, and in the case of our own city, the sewage of Woodstock, and of many small places along the river bank, with the accumulations of filth on the ice in winter, much of which finds its way into the water in spring;

With Two Cemeteries.

whose soil is filled with river water at high freshet, and the multifarious refuse of a hospital pouring in within a very short distance of the water intake, and in view also of sewers discharging from the city conveying all sorts of poisonous material, carried upwards at low water and with ebb tide around the very water crib itself, how can it be supposed that our water supply, unfiltered, can be anything but impure, and a constant menace to public health? And how can it be calmly contemplated to add to all this by discharging the sewage of Fredericton into the river below the city, and thus further pollute the noble stream? Such a method of sewerage should be dismissed from our minds, as barbarous and out of date. The other systems mentioned above are not entirely satisfactory, and would not be suitable to our circumstances. In the next letter will be described the latest, most scientific, and most satisfactory way of solving this vital problem, and one which has the further and important recommendations that it costs the mere trifling to maintain it after it has once been installed, causes no nuisance whatever, and discharges into the river at the end of the treatment, a perfectly harmless fluid.

CIVIL.

What a splendid type of tireless activity is the sun, the poet laureate describes it issuing like "a bridegroom from his chamber and rejoicing like a strong man to run a race." Every man ought to rise in the morning refreshed by slumber and renewed by rest, eager for the struggle of the day. But how rarely this is so. Most people rise still unrefreshed and dreading the strain of the day's labors. The cause of this is deficient vitality and behind this lies a deficient supply of pure, rich blood and an inadequate nourishment of the body. There is nothing that will give a man strength and energy as will Dr. Pierce's Golden Medical Discovery. It does this by increasing the quality and quantity of the blood supply. This nourishes the nerves, feeds the brain, builds up enfeebled organs, and gives that sense of strength and power which makes the struggle of life a joy. The "good feeling," which follows the use of "Golden Medical Discovery" is not due to stimulation as it contains no alcohol, whisky or other intoxicant. It does not brace up the body, but builds it up into a condition of sound health.

Only one medical student in twelve holds a degree in arts.

ONE CAUSE OF ANAEMIA

Is well known to be constipation which can be avoided if Dr. Hamilton's Pills of Mandrake and Butterbean are used occasionally. Unequalled for the stomach, liver and bowels. Use only Dr. Hamilton's Pills; price 25c.

Landslides Pocket Train.

Port Jervis, May 28.—A passenger train left this village for Monticello

during a storm last evening over a branch of the Ontario and Western Railroad, and at Hartwood ran into a thousand-foot land slide so far that it could neither go ahead nor back out. Soon after another slide occurred behind the train.

The passengers were in a serious predicament, being high up in a wild mountainous region. Some stayed on the cars and others wandered down the mountain in the blinding storm to farmhouses. After the storm the railroad sent wagons to the scene to take them to Monticello.

Late in the afternoon the train was still in the slide and a force of men were opening a passage. Fifteen hundred feet of tracks were washed out at Westbrookville, and five road bridges are gone. Another terrific storm passed over here tonight, and reflections of fires in buildings ablaze in the surrounding country are visible.

HEALTH FOR GIRLS.

Dr. Williams' Pink Pills Make Strong Healthy Rosy-Cheeked Lassies.

"I was attacked with appendicitis," says Miss Fobioia Grammont, daughter of Mr. Charles Grammont, a prosperous farmer of Champlain, Que., "and while the doctor who attended me cured me of this trouble, it left behind after effects from which it seemed almost impossible to recover. I grew weak and very pale; my appetite was poor; I suffered at times from severe headaches; and the least exertion left me completely worn out. I tried several remedies, but instead of getting better I was gradually growing worse. Any work about the house left me weak and d spirited, and I felt almost like giving up. At this time a friend who had used Dr. Williams' Pink Pills with much benefit, strongly urged me to give them a trial. I got a box, and as I did not feel any better when I had used them, I would have given them up but for the fact that my friend urged that one box was not a fair trial. I then decided to continue the use of the pills, and by the time I had taken three boxes I found my condition was improving. I used eight boxes in all, and by the time I had taken them all my old time health had returned. My appetite improved, I had gained in weight as the glow of health had returned to my face. I cannot too strongly recommend Dr. Williams' Pink Pills to all pale and weak girls."

Good blood is an absolute necessity, and the only way to have constant supply of rich, red health-giving blood is to take Dr. Williams' Pink Pills. Every dose helps to make new blood and to drive from the system such troubles as anaemia, languidness, neuralgia, dyspepsia, rheumatism, etc. You can get these pills from any medicine dealer, or by mail at 50 cents a box, or six boxes for \$2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

AN ILLUSTRATION ORCHARD.

One Set out in Kings Co. and What it Contains.

Sussex Record.—The Provincial Department of Agriculture is endeavoring to encourage fruit raising, and to that end is establishing experimental orchards in different sections of the province. One of these orchards has been placed in Sussex, on the farm of H. N. Arnold.

The orchard covers one acre of ground into which are placed fifty-four apple and twelve plum trees. There are eleven different varieties of apple trees as follows:—Ben Davis, Stark, LaRue, Arctic, Wolf River, R. I. Greening, Milwaukee, Grimes's Golden, McIntosh Reds, and Snow. Of five trees each, and Bismark of four. The plums have four varieties, G. Seed, Lombard, Hawkeye and Imp Gage, which have three trees each. The orchard has been planted at the expense of the government.

The owner of the land must do the work, following accurately the advice of the department regarding cultivation, spraying, etc., and allowing any person to view this orchard at any time. The orchard is placed here for the benefit of the community, and it is hoped that the farmers will so profit by the information received that this branch of agriculture, which has proved so profitable to other provinces may reach a higher level in this province than in the past.

WHY CATARRH POISONS THE SYSTEM

The catarrhal germ excites inflammation, offensive secretions are thrown off and pass into circulation, contaminating the river of life and thus weaken the whole body. Every catarrh victim should use fragrant, healing Catarrhazone, the surest cure for every type of catarrh yet discovered. Catarrhazone can't fail to cure because its vapor kills the germs and removes the cause of the trouble. Then it soothes and heals, stops the cough and relieves the stuffed up condition of the nose and throat. Tens of thousands have been cured by Catarrhazone, which is guaranteed. Use only Catarrhazone. Complete outfit \$1.00; trial size 25c.

They are never alone that are accompanied by noble thoughts.

FOUGHT POLICE.

Six Polish Officers Killed and Number Wounded.

A WOMAN LED THE AT- TACKING PARTY.

New York, May 30.—The Socialist newspaper Forward received detailed information yesterday of the fight between a party of Russian police and some of the Polish Social Democrats at Warsaw, on April 27th.

A few words reached this country by cable at the time, but the news received yesterday was the first detailed account. The information came in the proof sheets of the organ of the Social Democrats, Revolutionary Russia, whose place of publication is a secret for reasons of prudence.

According to the proof sheets a student in the University of Warsaw was arrested and some pamphlets of a revolutionary character were found upon him. The police tortured him to force from him a disclosure of the place of publication. After they had applied hot irons to his body and arms he told them where the pamphlets were printed. A party of police, under Col. Wypitshchuk, the assistant chief of the Warsaw division, and Captain Adrianovsky, his aide, went to the printing office.

It seems that their coming was expected, for, when they appeared in front of the building a number of men armed with revolvers rushed out and attacked them. The attacking party was led by a young woman named Pablak, who was in charge of the building. She carried a big knife in her hand and cut right and left among the raiders. The assistant chief and his aide were killed, as well as four others of the police, according to the proof sheets. None of the party from the printing office was killed, but five of them were wounded.

The police withdrew for the time being, and shortly afterward began arresting people on suspicion. They put several hundred in prison. The day after the fight 18,000 revolutionary pamphlets were distributed about Warsaw, showing that the police had not suppressed all the printing officers of the revolutionary party.

BACK FROM DAWSON.

Thomas A. Clarkson, has just passed through Ottawa, on his way from Dawson City. He has come back from the far north partly to see his friends and partly to look for relatives of a chum who met death under tragic circumstances out in the gold country. Mr. Clarkson tells a strange story. He has been in the

Yukon country for six years and made a considerable fortune, but suffered much. During January, with six others, he undertook to proceed on a sledge, to a neighbouring camp ten miles distant. Four of the men were Indians. The other two were named respectively, Murdock and Baxter. Murdock belonged to Tacoma, Washington. Baxter came from New Hampshire. The cold was intense. A storm arose—a storm of snow and wind. There was no track. It was dark. The dogs refused to move, at last. The party became benumbed.

There was nothing to be done, apparently, but to lie down and die. Clarkson fought off the sense of fatigue; saw his companions, one by one, going to that sleep which knows no waking; and, alone gathering up all his energy and courage, he stumbled along for hours until he found the camp which the party originally set out. He and the members of the friendly camp retraced their steps—until they came upon the group huddled together—all stiff and dead. Baxter was a particular friend of Clarkson's. Mr. Clarkson is now desirous of finding his relatives to hand them over what he possessed.

ARE YOU NEARING THE TURN OF LIFE?

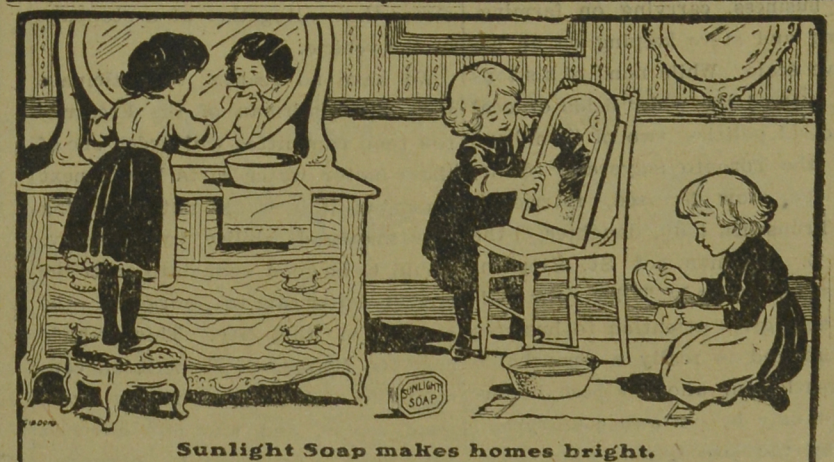
Unmistakeable signs of "the change" are Headache, Sleepless Nights, Nervousness, Hysteria, and Melancholia—Watch for these Symptoms if past forty-five.

When the turn or change of life makes its appearance, you will notice severe pains shooting through the loins. As a rule the change is gradual. In most cases it is marked by irregularity of the menstrual flow. It is most important to maintain as high a degree of vigor as possible. All strength should be conserved, and Ferrozone should be taken three times daily until the crisis is past. Ferrozone not only acts on the blood, giving it purity and richness, but acts directly on the womanly organs in such a way as to lessen the strain and severity of this trying time.

Mrs. Martha M. McAdam, of St. George, writes: "About two years ago I was greatly run down and felt as if I was going to die. I was in a nervous excited state, and had the most dreadful pains every month. Irregularities that I never had before commenced, and I didn't know what was wrong. I consulted the doctor and learned that I was approaching a very critical time. I started on a course of Ferrozone and took one tablet along with every meal for about six months. Ferrozone had a direct action, and helped me immensely. My nervousness went away, and so did all the other worrying symptoms. Ferrozone is a remedy that all women should use, because it insures regularity, freedom from pain and headache. It is a remarkable re-builder and tonic, and saw me safely through my trouble."

Ferrozone is exactly the remedy you need. Don't believe an unscrupulous dealer who may try to sell you a base substitute that affords him more profit. Insist on Ferrozone. Price 50c. per box, or six boxes for \$2.50, at all druggists or by mail, from The Ferrozone Company, Kingston, Ont.

No man who can't swim should get into a canoe. The other class who should be mighty careful about it are those who can swim.



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SUNLIGHT SOAP

should be used to clean your house as well as wash your clothes. It does twice the work of a common soap in half the time and with less labor. Don't take our word for it, but try it for yourself.

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