

The Daily Herald.

VOL. IX.

FREDERICTON N. B., SATURDAY, JUNE 4, 1904

NO. 132

SHAKY NERVES.

Sufferers from Nervous Trouble Are in a State of Continuous Torture—Suggestions as to How the Trouble Can be Overcome.

When your nerves are shaky your self-control is shattered—your will power is broken. Sudden sounds startle you; your temper is irritable; your hands tremble; there is weakness in your knees; your skin is pale and parched; you are restless at night and tired when you wake. It all comes from nervous exhaustion, perhaps due to overwork and worry, late hours, hot days, and want of blood. Dr. Williams' Pink Pills is the only cure. They make new, rich, red blood. They brace up tangled nerves and strengthen tired backs. They give health and energy to dull, weary, despondent men and women. Strong proof is offered in the case of Mrs. Wm. Westcott, of Seaford, Ont., who says:—"For a long time my health was in a bad state. I was subject to headaches, dizziness and nervous exhaustion. My appetite was poor, and I was so badly run down I could not stand the least exertion. I tried several medicines and consulted different doctors, but they did not help me any. One of my neighbors strongly urged me to try Dr. Williams' Pink Pills, and before the second box was finished the turning point for the better had been reached, and by the time I had used a half dozen boxes, to the surprise of my friends and neighbors I was again enjoying good health, and have since been strong and well. I do not know anything to equal Dr. Williams' Pink Pills when the system is run down."

What the pills have done for others they will do for you, if you will give them a fair trial. Sold by all medicine dealers, or sent post paid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont.

Central Kingsclear.

(Special Correspondence to the Herald.)

June 2.—We hope now that we shall soon have some fine weather, so the farmers can finish farming.

Mr. G. Byron Kilburn has purchased a new potato planter which he likes very much.

Miss Mable Murray of St. John, is visiting her father, Mr. John Murray, for a few days.

Miss Eliza Kilburn is visiting at the Elms for a few weeks.

Mrs. John Kilburn of Fredericton, spent Sunday with friends at this place.

Mr. and Mrs. Jackson Trone and family of Boston, spent a few days in Fredericton last week where their many friends were glad to see them.

Death occurred last night at the home of Mr. L. G. Wagner when their eldest daughter, Louise, died after a long and painful illness of consumption. She leaves besides her father and mother two sisters and six brothers.

DOES TOBACCO AFFECT THE HEALTH?

Is a Thousand Ways its Excessive Use is Injurious to the System, Causes Heart and Nerve Troubles.

That tobacco exerts a very decided influence upon the body is unquestioned. Thorough physicians prohibit smoking in convalescence just as they do in the formative years of youth, when the system is so susceptible to the action of narcotics.

In functional heart trouble the tobacco habit is often looked for as a cause, and many a smoker wakes up at night feeling all the terrors caused by a fluttering, palpating heart.

If there is something wrong with your heart that makes you wake up with a start, you ought to take Ferrozone regularly, because it is the best heart medicine made. All the muscles and nerves about the heart are strengthened and given new force by Ferrozone, which is noted for its prompt cures of heart disease.

As a rule weak heart and weak nerves go together, so it is important that Ferrozone should be used until the nervous system is completely restored. From every part of America comes convincing evidence that Ferrozone possesses merit far beyond the ordinary. Its cures are lasting, like that of a well-known merchant in St. Johns, Mr. Philip T. Drayton, who writes: "I can give good advice to everyone suffering from heart weakness. I was in a very low condition a few months ago, and was unable to work. Without any apparent cause I would jump and start. I could not sleep more than an hour without being awakened by pain and palpitation of the heart. I used different preparations, but found Ferrozone the best. It improved my general health, strengthened my heart and nerves, and enabled me to go to work again. Nothing else ever helped my heart like Ferrozone, which has cured me perfectly. I would advise others troubled with either nerve or heart trouble to use Ferrozone also."

THE HEALTH OF THE CITY.

Civis Discusses Scientific Plans for Sewerage

WHICH COULD BE ADAPTED TO FREDERICTON,

(Specially Written for the Herald.)

NUMBER FOUR.

To the Editor of the Herald:

Sir: The system on which these principles of sewerage are applied, will now be described, and its feasibility for this city shown. There will be four points to be considered.

1. Outline of the plan itself.
2. Exact system to be followed here.
3. Questions of climate.
4. Cost of maintenance.

Whatever system of disposal be adopted, the primary cost of sewer mains and connections will have to be met. This may be ascertained from the report of Mr. Willis Chipman, made a few years since to the city council. But supposing that the sewage is all ready for treatment, what is the process?

1. The principles of it are as follows:—The raw effluent is admitted into what is called a

Septic Tank

from which air and light are excluded. Here the work of liquefaction takes place through the agency of the bacteria, of which there appear to be many kinds. Roughly speaking there are two classes, one called aerobic, only able to live in contact with the air, and absorbing oxygen from it. The other is called anaerobic, the opposite of the first, and able to live without free oxygen. These micro-organisms break down organic compounds by a process of oxidation incidental to their own nourishment. The oxygen in the case of the latter agency, the anaerobic bacteria, is obtained from the liquid itself, either in solution or combination. A remarkable consequence of this activity is the liquefaction of organic matter in suspension, and a reduction in complexity of organic matter in solution. This process will continue as long as there is a supply of oxygen available in the liquid, (the organic carbon compounds are principally affected by this anaerobic action).

2. Upon the exhaustion of the organic supply the further process can only take place in contact with air. But in the presence of air oxidation goes on and nitrification of albumenoid and ammonia compounds by the action of the aerobic bacteria. If proper conditions are present there will be no putrefactive fermentation Under the anaerobic liquefaction

There is Little Sediment Left.

what there is being chiefly mud, or mineral matter which sinks to the bottom. This, like the ash which remains after the action of fire, is insoluble, but it is very small in amount. It is at first sight hard to conceive how this liquifying of quasi solid compounds can take place. What becomes of it? In decomposition, the oxygen compounds will be greedily snapped up by some of the carbonates, forming carbonic acid gas. (CO₂). A little of the oxygen may combine with some of the hydrogen, forming water, (H₂). The nitrogen will probably unite with a third atom of hydrogen yielding ammonia, (NH₃). Some of the carbon atoms will take a fourth hydrogen atom, resulting in methane, or marsh gas, (CH₄). If, as often happens, there are more hydrogen atoms remaining, they may pair off with one another in the state of free hydrogen, (H₂). "Now of all these products of decomposition, ammonia is the only one which would ordinarily be deemed "polluting matter," and even this will generally suffer further decomposition. Thus the whole of the organic compound coming into the tank has been broken up into water and certain inoffensive gases, leaving hardly a trace of solid matter, with the exception of insoluble residue, or ash, which must accumulate slowly, and be cleaned out at long intervals.

Mention Has Been Made

of free hydrogen and methane, both of which are highly inflammable. This may be burnt through a burner affixed to a corner of the septic tank, where they will blaze very fiercely. They are not very luminous originally, though very hot. But by the aid of an incandescent mantle this gas may be utilized for light, and thus the works for the treatment of the refuse matter may be illuminated by one of its own products.

These are the general principles of the process now becoming universally adopted. The sewage has within itself the seeds of its own destruction. There is no need of chemicals, nor of the unsavory and irksome irrigation of land. The system has long since passed its experimental and tentative stages, and has been tested in every way. The results have exceeded the highest expectations. The entire process is automatic. Trouble had been anticipated from the accumulation of sludge, and it was expected that frequent removals would be necessary. But the accumulation of insoluble ash has been found to be very small, and its character almost purely mineral, and quite harmless and odorless.

In the Next Paper

will be stated exactly what would be necessary to be provided for the treatment of a city of the size of Fredericton. There can be no question in the light of present experience that this is the ideal system for places which are situated on a lake or river such as ours; and no doubt of its being the cheapest in its operation. The works necessary are completely free from anything approaching unpleasantness, are simple in their character, and would cost less than any system of pumping on the old plan. It is to be hoped that the citizens will insist on the question being thoroughly discussed from every point of view. The process here advocated will successfully meet every objection.

CIVIS.

A childless home is a cheerless home. The maternal instinct exists in every woman, and when it is ungratified she is deprived of much of the happiness of life. It often happens that childlessness is due to some cause which can be removed, and often is removed by the use of Dr. Pierce's Favorite Prescription. The vigor and vitality which this remedy imparts to the delicate womanly organs, puts them in a condition of normal health, the lack of which is often the sole obstruction to maternity. Every woman should read Dr. Pierce's Common Sense Medical Adviser, a book containing 1008 pages and 700 illustrations. It is sent entirely free on receipt of stamps to pay expense of mailing and customs. Send 31 one-cent stamps for the paper bound volume, or 50 stamps for cloth covered. Address Dr. R. V. Pierce, 663 Main Street, Buffalo, N. Y.

McAdam Junction.

(Special Correspondence to the Herald.)

June 4.—Twelve new buildings are in course of erection here to replace those recently destroyed by fire. The work on the new Roman Catholic church was commenced yesterday.

The machinists and other C. P. R. workmen who recently went out on strike, are still out. Many of the men are taking advantage of the holidays caused by the strike to go fishing or to visit friends abroad. Beginning with next week, should the strike continue, the men will be in receipt of seven dollars per week from the union.

Dr. W. J. Ryan has resigned his position as Dominion health officer here, and returned to his home at Fredericton where he intends to practice his profession. Dr. Ryan has held the position of health officer here for the past two years, and has made many friends who will wish him success.

DRUGGING WON'T CURE CATARRH.

All the medicines in the world taken into the stomach won't cure catarrh, and it's useless to squander money on tablets and liquid remedies. Catarrh is a disease of the nasal passages, throat and bronchial tubes. Stomach medicines can't reach these parts. It's only fragrant healing Catarrhoxone which is breathed all through the air passages that is sure to reach the seat of Catarrh. No failure ever known if Catarrhoxone was used.

It heals and don't irritate; it soothes, kills the germs and therefore cures. Use only Catarrhoxone the one certain cure. Two months' treatment \$1.00; trial size 25c.

CANADIANS ABROAD.

Men Who are Filling Important Positions Away from Home.

(La Presse, May 30.)

Serious complaints from the introduction of alien labor on the surveys of the Grand Trunk Pacific have lately been made, and which probably are well taken in theory so far as the axiom—"Canada for Canadians," but the practical application of the idea has many objections and difficulties. It is an exceptional rule that a country can supply everything and which is demonstrated by the fact that some of our best engineers have in the past left Canada to reorganize important tramways in the cities of Paris and Bordeaux and in Egypt, and many of the Montreal contractors have made a fine competence in the confines of the city of Paris.

We were surprised to find a Canadian electrical engineer in charge of the electrical decorations of the parks of Paris, France.

Some of our Canadians not only sit in the House of Commons in Canada but in the English House of Lords.

The largest concerns in underground railways in London, Eng., are operated with American capital and American engineers.

The business men of the city of Toronto control at the present time the electric lighting plants and tramways of Mexico.

Sir William Van Horne, associated with Montreal and New York financiers owns and operates the railways and hotels of Cuba.

A young country like Canada, that is striving to attract a healthy immigration, would not have advanced its interests if during the construction of the Canadian Pacific railway it had objected to such men as Sir William Van Horne, Sir Thomas Shaughnessy, and Messrs. Ogden, Bosworth and Tuttle—Americans of talent who still direct the business of that great company.

It is for the same reason that Messrs. Hays, Morse, McQuigan, Logan, etc., were chosen to operate the Grand Trunk—a line built with English capital.

Men of talent and executive ability from the United States are constantly being appointed to high positions in Canada; likewise, Canadians are finding their abilities appreciated in the United States. For instance, Mr. Callaway, who was formerly President of the New York Central, is today the executive head of the American Locomotive Works, an immense corporation. Mr. Callaway is a Canadian and an old employee of the Grand Trunk; so also is Edison, the great electrical inventor.

Mr. Thomas Tait, another Canadian, was taken by Australia to reorganise and develop the government railways there.

Messrs. Dalrymple, general freight agent of the Central Vermont, and Mackinnon, of the Boston and Maine are Canadians, and hundreds of the Grand Trunk employees in Canada and Canadians have reached high positions across the border. The railway king of the West, Mr. J. J. Hill, is another Canadian.

Statistics show, without examining further into the matter, that it is impossible to establish fixed regulations on questions of this nature and the country that endeavors to place barriers in the way of progressiveness is without doubt injuring its prospects.

A SUCCESSFUL CONCERT.

Under Auspices of Methodist Church at Douglas—The Programme.

At the Methodist Church, Douglas, Thursday evening, a successful concert was held in aid of the General Missionary Fund of the church. The programme was given by the children of the congregation, ably assisted by the choir in two selections. Rev. James Crisp, pastor of the church, occupied the chair. The following is the programme, the rendering of which showed that those taking part had given much attention to the preparation of the different numbers.

Singing, Selection by choir.
Responsive Scripture Lesson, Psalm 103.
Prayer, Pastor.
Singing, Chorus by children.
Recitation, The little helper, Addie Close.
Recitation, Live for Something, Helen Burpee.
Recitation, The tone of voice, Inez Johnston.
Exercise, Six girls.
Recitation, The cheerful giver, Reta Estey.
Recitation, A little child's prayer, Gladys Kierstead.
Singing, Chorus by children.
Recitation, The best we have, Susie Staples.

Exercise, Four girls.
Recitation, Something each day, Ethel Kierstead.
Exercise, Three boys.
Singing, Chorus by children.
Recitation, Our heritage, Hepsy Willis.
Recitation, Home measurements, Frank Estey.
Recitation, Little helpers, Grace Smith.
Recitation, Be careful, Myrtle Close.
Singing, Chorus by children.
Recitation, The child's prayer, Grace Bailey.
Recitation, We get what we give, Lila Estey.
Recitation, The wisest plan, Sandy Smith.
Singing, Selection by the choir.

THE ILLS OF CHILDHOOD.

Every child in the country needs, at some time or other, a medicine to correct the ills incident to childhood. If Baby's Own Tablets are kept in the house and occasionally given to the little ones they will prevent illness and make the little ones rugged, strong and cheerful. Mothers should insist on having this medicine because it contains no opiate or harmful drug, and children take the Tablets as readily as they take candy. If you have a neighbor who has used the Tablets ask her and she will tell you what splendid satisfaction they give. Here is what one mother, Mrs. William Sinclair, Hebron, N. B., says: I have used Baby's Own Tablets with so much satisfaction that I do not feel safe when I have not got a box in the house. I am sure that other mothers will be quite as well pleased with them. You can get the Tablets through your druggist or by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

In Siberia, if a man is dissatisfied with the most trifling acts of his wife, he tears a cap or veil from her face, and that constitutes a divorce.

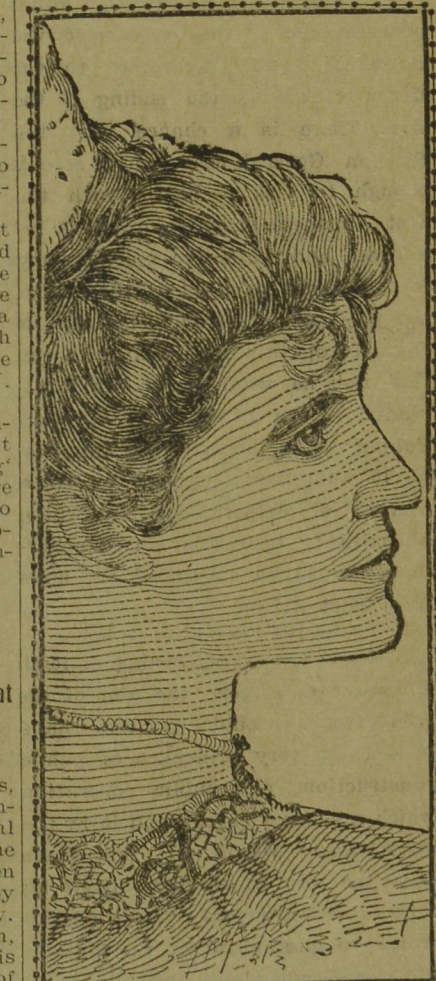
WHEN THE LIVER GETS TORPID

With acid corn salves when 25c. buys a bottle of Patnam's Painless Corn Extractor. It's purely vegetable, never causes sores, and acts entirely without pain. Use only Patnam's—the best.

X—Say, old fellow, lend me a fiver? Y—I'm not making permanent investments.

Lifebuoy Soap—disinfectant—is strongly recommended by the medical profession as safeguard against infectious diseases.

HOT WEATHER, NERVOUS WOMEN.



BLANCHE GREY.

MISS BLANCHE GREY, a prominent young society woman of Memphis, Tenn., in a recent letter from 174 Alabama street, says: "To a society woman whose nervous force is often taxed to the utmost from lack of rest and irregular meals, I know of nothing which is of so much benefit as Peruna. I took it a few months ago when I felt my strength giving way, and it soon made itself manifest in giving me new strength and health."—Blanche Grey.

Peruna is without an equal as a nerve tonic and vital invigorator.

Buy a bottle of Peruna. If you do not receive all the benefits from Peruna that you expected, write to Dr. Harkman, Columbus, O.