

TOO MUCH

Exercise is as bad as too little for the growing girl. It is very easy for her to overdo, and this is especially dangerous at that critical period of a young girl's life when she crosses the line of womanhood. It is not an uncommon thing to lay the foundation for years of after misery by neglect of necessary precautions at the first "change of life."



The use of Dr. Pierce's Favorite Prescription not only establishes regularity, but it gives health to the entire womanly organism. It is the best medicine for diseases peculiar to women because it cures the causes of disease completely and permanently.

"Favorite Prescription" contains no alcohol, neither opium, cocaine nor any other narcotic. It cannot disagree with the most delicate constitution.

"For a number of months I suffered with female trouble," writes Miss Agnes McGowne, of 2212 Bank Street, Washington, D. C. "I tried various remedies, but none seemed to do me any permanent good. The doctors said it was the worst case of internal trouble they ever had. I decided to write to you for help. I received a very encouraging reply and commenced treatment at once. I had not used your 'Favorite Prescription' a week before I began to feel better, and as I continued, my health gradually improved, and is improving every day."

Dr. Pierce's Common Sense Medical Adviser, in paper covers, is sent free on receipt of 31 one-cent stamps to pay expense of customs and mailing only. Address Dr. R. V. Pierce, Buffalo, N. Y.

CAPE BRETON.

More Scotch Than the Scotch—Here Gaelic Is Spoken—There Is Much Game There.

Cape Breton, the wild, rocky island which forms the northeastern part of the Canadian Province of Nova Scotia, is beginning to come out from the obscurity that has veiled it like its own fogs for so many years, and is attracting attention in quarters where its name was previously almost unknown. The main reason for this is that great iron and steel works are being put into operation there, and the island's own enormous coal deposits are being developed in connection with these new industries.

American, British and Canadian capitalists are interested in the several undertakings. The iron ore is to be brought from Newfoundland less than 100 miles away, and it is proposed to export a large part of the pig iron and steel to Europe in an unmanufactured state.

But aside from the commercial importance that Cape Breton has assumed there is much of natural and historical interest connected with the strangely formed island. In a paper which he read before the St. John, N.B., Natural History Society recently, Dr. George F. Mathew gave the result of his observations made while engaged in geological work on Cape Breton.

Two of the things that impressed Dr. Mathew most were the racial integrity of the people, almost all of whom are Acadian French or Highland Scotch, and the strong similarity which Cape Breton bears to the Highlands of Scotland. It was in that portion of the island inhabited by the hardy Scots that Dr. Mathew spent most of his time, and of it he says:

"Here was country indented by arms of the sea, where from water to water the distance was short. Glens can be found among the rugged hills of Cape Breton with precipitous sides and deeply cut valleys like those of the western Highlands, and they are bordered by hill ranges, which, though not towering up into mountains, close them in effectually.

"Such a typical glen is the valley of Indian Brook on East Bay of the Bras d'Or. East Bay itself is one of those broader sheets of water running up into the land which diverge from the more lake-like expansions of the Bras d'Or and add so much to the beauty of its scenery.

"No great ocean-swells throw waves upon the gravelly beaches of the Bras d'Or, and it exhibits to us the ocean in its mildest moods. The rise and fall of the tide is small, so that the water seems always to be leaping the same line of the strand. Along these shores one may gather the oyster and the quahog or round clam, and fancy he was strolling along the shores of Long Island and Narraganset Bay.

"The breaking up of the land surface by the numerous arms of the Bras d'Or, and the proximity of the ocean on all sides, give rise to a remarkably equable climate, so that though so far to the north and east, Cape Breton has a mild winter, and, on the other hand, the summers are cool. The differences of temperature between the night and day are light, and a hot summer's day is hardly known."

In at least one respect Cape Breton is more Scotch than Scotland itself, Dr. Mathews says. There is published at Sydney a newspaper entirely in the Gaelic tongue, while not in all Scotland, it is said, is there to be found a similar publication. As to the pertinacity with which

these Nova Scotians have adhered to the language of their Mother Land, Dr. Mathews says:

"The characteristic hospitality of the Highlanders is not wanting and we always found the people ready to give the stranger a welcome. But it was difficult sometimes to make them understand one's wants, as in many houses no one understood English and the Gaelic was naturally unintelligible to us. As a rule only the old people and the young children are unable to understand our vernacular."

The religious belief of the people is Roman Catholic or Presbyterian. "A large Roman Catholic element existed among the Highlanders who came to Cape Breton," Dr. Mathews says: "Many were sympathizers with the Pretender and upholders of the Stuart cause and probably found the old land too hot to hold them. But with those of the Roman Catholic faith were a goodly number of Presbyterians, and one finds in traveling in Cape Breton alternate parishes of Catholics and Presbyterians."

Cape Breton has long been known as affording the finest kind of sport for gun and rod, but until recently it has not been much frequented by sportsmen from the United States, there being other and more accessible fields at their disposal. Now, however, that the means of reaching the island either by rail or by sea have been so vastly improved it is probable that more Americans will try their luck in these new fields. Dr. Mathew gives some idea of the promise they hold.

"Out of view from the valleys," says he, "on the broad flat back of the hill ranges, the moorlands, or as we would call them, the barrens, appear sinking into peat bogs in the hollows, with here and there a marshy lake or pond. Such tracts, while they are not fit for the farmer, as a paradise of the sportsman and the fisherman, are the resort of flocks of ducks and other wild fowl. The great barrens of the northern peninsula of Cape Breton abound with game of various kinds, which are comparatively free from molestation."

A Fastidious Dog.

"Yes," said the manager of the defunct "Uncle Tom's Cabin" company, "it was our dog that broke up the show."

"The dog, eh? What was the matter with him?"

"Too fastidious. You never saw such a hound in your life. You know the play, of course. We tie a piece of meat in the folds of Eliza's frock, and that's what draws the dogs after her when she runs across the blocks of ice. Well, what do you think this dog demanded?"

"Can't imagine."

"Porterhouse beefsteak, sir, and with the tenderloin left in! Yes, sir. How's that? And you couldn't fool him. He wouldn't chase Eliza a foot unless the meat was a choice cut. No, sir. And, by gum, sir, our company had to live on liver and bacon so that blamed dog could have his steak. Yes, sir."

"The demand was too much for you, was it?"

"No, it wasn't. That is, it wasn't until he began to insist upon mushrooms with his steak. Then we just threw up our hands and quit."

How Did She Know.

Overheard in the darkened hallway:

"Darling!"

Pause.

"Oh, George, you have started your moustache out again, haven't you?"



Backaches of Women.

Not one woman in twenty has a strong back.

Backache is the cry of Weak Kidneys for help.

Backache is the warning note of much more serious trouble to come, if not attended to immediately.

Backache can be cured quickly and permanently by using

DOAN'S KIDNEY PILLS.

The great and well known Kidney remedy. They have cured thousands of women. They will cure you.

Mrs. I. STEEVES, Edgett's Landing, N.B., writes on Jan. 18th, 1901: "In the fall of 1899 I was troubled with a severe pain in the back. I could scarcely get up out of a chair and it gave me great pain to move about. I took one box of Doan's Kidney Pills and was completely cured. I have not been troubled with it since."

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Express for Point du Chene, Halifax, and Pictou.....	12.15
Express for Sussex.....	16.30
Express for Quebec, and Montreal.....	17.00
Express for Halifax and Sydney.....	22.35

TRAINS WILL ARRIVE AT ST. JOHN

Express from Halifax and Sydney.....	6.00
Express from Sussex.....	8.30
Express from Montreal and Quebec.....	12.40
Express from Halifax and Pictou.....	16.00
Express from Halifax.....	19.15
Express from Moncton, (Saturday only, 23.50)	

All trains are run by Eastern Standard Time. Twenty-four o'clock is midnight.

D. POTTINGER,

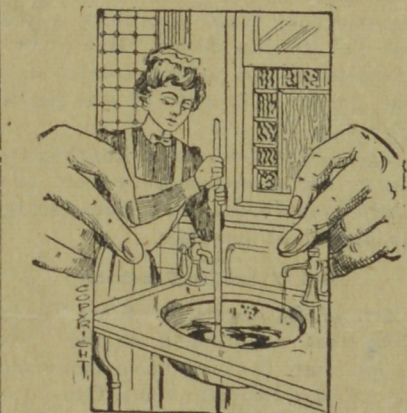
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Moncton, October 16, 1901.

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