

Doctor Brigham Says

MANY PHYSICIANS PRESCRIBE

Lydia E. Pinkham's
Vegetable Compound

The wonderful power of Lydia E. Pinkham's Vegetable Compound over the diseases of womanhood is not because it is a stimulant, but because it is a palliative, but simply because it is the most wonderful tonic and reconstructer ever discovered to act directly upon the generative organs, positively curing disease and restoring health and vigor.

Marvelous cures are reported from all parts of the country by women who have been cured, trained nurses who have witnessed cures and physicians who have recognized the virtue of Lydia E. Pinkham's Vegetable Compound, and are fair enough to give credit where it is due.

If physicians dared to be frank and open, hundreds of them would acknowledge that they constantly prescribe Lydia E. Pinkham's Vegetable Compound in severe cases of female ills, as they know by experience it can be relied upon to effect a cure. The following letter proves it.

Dr. S. C. Brigham, of 4 Brigham Park, Fitchburg, Mass., writes:

"It gives me great pleasure to say that I have found Lydia E. Pinkham's Vegetable Compound very efficacious, and often prescribe it in my practice for female difficulties."

"My oldest daughter found it very beneficial for uterine trouble some time ago, and my youngest daughter is now taking it for a female weakness, and is surely gaining in health and strength."

"I freely advocate it as a most reliable specific in all diseases to which women are subject, and give it honest endorsement."

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling, inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills. She has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

NOTICE.

The Annual General Meeting of the Shareholders of The S. Hayward Company, will be held on Monday, August 21st, 1906, at 3 o'clock, p. m., at the office of the Company, Canterbury Street, St. John, for the election of Directors and any other business that may legally come before the meeting.

G. H. BERNETT, Secretary.
Dated at St. John, N. B. July 26th, 1905

Wanted:

By a small family in St. John, competent help for general housework and to assist in the care of children. Permanent position and home privileges.

Address, MR. JOHNSON,
P. O. Box 239,
St. John, N. B.

Sure Cure for SUMMER COMPLAINT

Newcastle, N. B.
Nov. 13, 1904

Messrs. C. Gates, Son & Co.

Dear Sirs:—I have been thinking for some time that I should let you know what your CERTAIN CHECK has done for my son. He had such a bad case of Cholera that he was reduced to a skeleton. We tried doctors, drugs and every other remedy but without avail. Finally we procured your CERTAIN CHECK and we believe it saved our boy's life, as it cured him after everything else had failed.

Your Life of Man Bitters and Invigorating Syrup also cured me of liver trouble. I consider that your medicines are all as recommended.

Yours truly,
W. L. CURTIS
Gates/CERTAIN CHECK never fails and is sold everywhere at 25 cents per bottle.
Manufactured by
C. GATES, SON & Co.
Middleton, N. S.

The Home

GOOD HOUSEKEEPING.

Wherein consists good housekeeping? asks a writer in the 'Christian Herald.' For one thing it implies such keeping of a house as makes everybody, from daddy to the baby happy and comfortable. The housekeeper is responsible for the smooth running of the family machine. The order of the home depends upon her management. If she is a heedless person who has no system, meals will never be in season, and things will be at sixes and sevens all through her domain. If she be a slave to her system, cramped by it and unable to give or take any freedom, the family will suffer. System must needs be elastic in the best regulated home.

In good housekeeping, there are well-kept, tidy and clean rooms, dust and cobwebs are not in evidence. Breakfast, dinner and supper are appetizing meals, however simple. The house is restful. Old people enjoy it. The children bring their friends into the home sure of a welcome. The work is done; it does not drag. If there is a maid, she is loyal. She holds a relation of friendliness to the whole family and is not a mere hirling.

Good housekeeping means room for expansion in every faculty of soul and body. It takes no ordinary woman to be a perfect housekeeper and homemaker.

THE VALUE OF LAUGHTER.

The immediate physical results of indulgence in laughter are numerous. In the first place, the act of laughing involves the exercise of a large number of muscles, including many of those of the face, neck, chest, and abdomen, which, if they are exercised sufficiently, often become correspondingly well developed, as do also all other tissues in intimate connection with them. The facial muscles, for example, of the man who laughs often and easily are generally developed to a degree which gives him the facial roundness of a contented child. But laughter accomplishes much more than this mere outward appearance of well being. It has a highly beneficial influence on those two vital organs, the heart and the lungs.

During what is called a "fit" of laughter the lungs may be almost completely emptied of their contained air. Fresh air is then drawn in to the fullest extent of their capacity, inflating, perhaps, those little used air cells which contained previously only stagnant air and bacilli—for in the shallow breathing we ordinarily practice comparatively large tracts of air cells are not used. During this process the general circulation is accelerated, impure air is hurried out of the system and fresh air hurried in. With the forcible ascent and descent of the diaphragm during inspiration and expiration the liver and other abdominal organs undergo a kind of kneading not unlike that undergone during massage, and which is of great benefit in rousing them from that torpor to which they are liable.

The heart is also stimulated to more vigorous contraction during the active circulatory process. Persons who, so to speak, let themselves go, and laugh with a will, sometimes bring almost all the principal muscles of their body into play, twisting, turning and bending themselves almost double in sheer muscular exhilaration. It is a matter of everyday experience that one feels the better for a good laugh, an explosion of laughter being, in truth, a nerve storm, comparable in its effect to a thunderstorm in nature (on a very small scale), doing good by dissipating those oppressive clouds of care which sometimes darken the mental horizon.—London 'Chronicle.'

DRINKING HOT WATER.

There are four classes of persons who should not drink large quantities of hot water: First people who have irritability of the heart. Hot water will cause palpitation of the heart in such cases. Second, persons afflicted

stomachs. Third, persons afflicted with sour stomachs. Fourth, persons who have soreness of the stomach or pain induced by light pressure. These rules are not for those who take hot water simply to relieve thirst, but as a means of washing out the stomach. Hot water will relieve thirst better than cold water, and for that purpose is not to be condemned. But hot water is an excitant, and in cases in which irritation of the stomach exists should be avoided.

IMAGINATION.

Many of the diseases of which people complain exist only in the imagination of their supposed victims. Physicians, generally, understand this, and they not infrequently enjoy the imaginary effect of their harmless remedies. A great deal of what is called heart disease is simply a mild dyspepsia. Nervousness is a fashionable name for an irritable and bad temper. The majority of so-called cases of malaria are largely laziness. Amusing incidents are related of those who imagine their troubles. An old lady in Massachusetts had kept her bed for several years, believing herself to be a hopeless paralytic. One night her friends got up a ghost to scare her, and she ran half a mile before they could catch her. A clergyman of Philadelphia firmly believed that he could not sleep after preaching on Sunday night, unless under the influence of an opiate. His physician gave him sweetened water as "a morphia", and from its effects he dozed off as soundly as a tired child. A person who thought he was the victim of heart disease called a physician, who discovered that the "creaking sound," of which he complained whenever he took a deep breath was caused by a little pulley wheel on a pair of suspenders which he wore. Probably no class of people are more subject to hallucinations than the negroes of the South. They have a peculiar horror of the common difficulty known as "elongation of the palate." Physicians have succeeded in curing their troubles by advising them to tie their hair back from their foreheads.—The Watchman.

TO MAKE A HAPPY HOME.

Learn to govern yourselves and to be gentle and patient.

Guard your tempers, especially in seasons of ill-health, irritation, and trouble.

Remember that valuable as is the gift of speech, silence is often more valuable.

Never retort an angry word. It is the second word that makes the quarrel.

Learn to say kind and pleasant things whenever the opportunity offers.

Cucumbers are an important part of a fish salad that is possible only at this time of the year. Shad roe is boiled and put on the ice to cool. When it is ready to serve as a salad the skin is removed, and the roe, surrounded by alternate slices of cucumber and small tomatoes cut very thin, serves as a garniture, and counteracts the effect of the rich mayonnaise.

C. C. RICHARDS & CO.

Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consider it has no equal.

I would not start on a voyage without it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN,

Schr "Storke," St. Andre, Kamouraska.



DO YOU KNOW
THAT BACKACHE
IS THE FIRST
SYMPTOM OF
KIDNEY TROUBLE.

It is! and you cannot be too careful about it.

A little backache let run will finally cause serious kidney trouble. Stop it in time.

TAKE DOAN'S KIDNEY PILLS.

They cure where all others fail. As a specific for Backaches and Kidney Troubles they have no equal. Here is what

MR. GEO. H. SOMERVILLE,

of Stewart, N.B., writes: "I was so troubled with a sore back I could not get out of bed in the mornings for over a year. I got a box of Doan's Kidney Pills and before I had them half taken I could see I was deriving some benefit from them, and before I had taken them all my back was O.K. and I have not been troubled since."

THE
AUTUMN TERM

commences on
TUESDAY,

5th
SEPTEMBER

AT
MARITIME BUSINESS
COLLEGES.

Send for particulars to
KYLE & SCHURMAN
Chartered Accountants.
Halifax, N. S.

Insurance. Absolute Security

QUEEN INSURANCE CO.
Ins. Co. of North America

JARVIS & WHITTAKER,

General Agents.

74 Prince William Street, St. John, N. B.

FOR SALE

FARM AT LOWER SELMAH. A great bargain. 100 acres. Hay, Tillage, or chards, 60 trees, all in bearing. Cuts 30 tons hay could be made cut 50 tons, has wintered 18 head of cattle, 6 horses and 12 sheep. House 18x33. Ell 24x16, Barn 60x30, wagon and 1 house 24x26, one of the best and privilege on the bequid bay—sufficient to keep up the farm for all time. Is a fine word by and pasture. Price \$14,000. Address: A. A. Ford, Berwick and Hants County, R. R. Estate Agent.

A. A. FORD, Manager.

Recreation

and study are both essential to proper education. This residential collegiate school neglects neither for the other. Moral influences are of the best. For 49th yearly calendar address A. L. McCrimmon, WOODSTOCK COLLEGE, WOODSTOCK, ONT.

College re-opens September 5th, 1906

BIBLE

Abridged from

Third

JULY

Lesson IX
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