A HEALTH BELLEVING TO THE REST OF THE REST

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(America.)

bitration and Peace Conference at stricted, no society so simple, in Hartford, Conn., ex-Secretary of State John Foster took up the three foreign wars in which our country has been engaged and distended, although justified in interthe befter judgment of the country. President Madison and a large majority in Congress strenuously opposed it, and it was only entered upon under the lead of a party known as the munity, however humble or unimpeace at Quebec. Five days after the happiness of those among whom Congress declared war and long before the news reached England, the she is thrown and who have not Orders in Council, which were the main cause of the war, were repealed. Peace was made without settling a single question about which the conquest begun. "Never was a war more fruitless in its conclusion. It was neither inevitable nor neces-

In the judgment of history the war with Mexico was provoked on our part and largely inspired by the spirit of slavery extension. Although the results of the war were greatly to the advantage of the United States, that does not change the fact that it was one of conquest and injustice on our part and might easily have been avoided. The war with Spain had some of the characteristics of that of 1812, in that the President was strongly opposed to a Spanish Government would in the anything else. end have yielded to the demands of our Government, if time had been allowed for negotiations. The illtimed catastrophe of the Maine caused our people to lose their reason, and the fear that we were erally the healthiest. It is the same mistaken as to the cause of that disaster has been one of the reasons which has delayed the raising of the wreck. It is historically correct to assert that the war was forced upon Spain by us, and that it might easily have been avoided with honor."

In conclusion, Mr. Foster said: "The review which I have made has shown that all the foreign wars ever saw. in which we have engaged were action, that they were not inevitable. and that they might have been avoided by the exercise of prudence and conciliation. It also shows that it has been possible for us to live in which we have the most extensive and intimate relations, the most perplexing and troublesome questions. Our history also shows that during our whole life as an independ ent nation no country has shown a disposition to invade our territory. If such is the case, is it not time should strive to curb the spirit of earnest sentiment against all war."

Bryn Mawr, President Taft gave a glowing tribute to the higher education of women. Several times during the development of the theme he dissented sharply from the view that academic and college training unfitted a man or woman for business, and he never scored barder than girl did make a good wife and mother. One paragraph of his address deserves to be remembered. It offers an admirable reply to an objection not rarely advanced by

Aching Joints In the fingers, toes, arms, and other

parts of the body, are joints that are nflamed and swollen by rheumatismthat acid condition of the blood which affects the muscles also.

Sufferers dread to move, especially after sitting or lying long, and their condition is commonly worse in we "I suffered dreadfully from the

but have been completely cured by Rood's Sarsaparilla, for which I am deeply grate ful." Miss Frances SMTE, Prescott, Ont "I had an attack of the grip which left me weak and helpleas and suffering from rheumatism. I began taking Hood's Sarsaparilla and this medicine has entirely cureome. I have no hesitation in saying it saved my life." M. J. McDonald, Trenton, Ont.

Removes the cause of rheumatism-no sutward application can. Take it.

hose who are lukewarm regarding the college training of women.

"There is one danger of a college education and four years life under college influences that it seems wise to warn against. It is the danger of discontent with the surroundings of the home to which a college girl goes back after graduation, and the 20 Wed 4 33 7 39 2 24 8 36 10 48 21 Thu 4 34 7 38 2 18 9 24 11 32 yielding to the feeling that her own town or city does not offer to her the 22 Fri 4 35,7 37 rises 10 11 23 Sat 4 37 7 36 8 57 0 15 10 56 opportunity which she is entitled to 24 Sun 4 37 7 35 9 25 0 55 11 46 in the use of the education which she 25 Mon 4 38 7 34 9 49 1 31 12 39 has acquired. It gives her, after 26 Tue 4 39 7 33 10 11 2 03 1 34 she is settled at bome again an un-97 Wed 4 40 7 32 10 33 2 33 2 27 28 Thu 4 41 7 31 10 56 3 02 3 17 happy spirit, a longing for some-29 Fri 4 42 7 30 11 22 3 34 4 14 thing she does not have, a spirit of 30 Sat 4 43 7 29 11 54 4 15 5 25 criticism toward everything which 31 Sun 4 44 7 28 morn 5 03 6 26 surrounds her, and a consequent in-

ability to contribute to the happiness Pulpit, Press and Platform. of those with whom she lives or comes in contact. This is not the right result of the higher education. If she has acquired, as she ought to. a true sense of proportion she will Addressing the New England Ar- realize that there is no place so rewhich she cannot make her greater knowledge, her better mental discipline and her wider mental scope

useful and elevating. If she has cussed them in detail. The war of acquired with her learning and her 1812 with Great Britain, he con- study and her association with her classmates the self-restraints and national law, was entered up against the proper appreciation of the rights and feelings of others, and the desire to be useful, she will be able at once to make her influence felt for the betterment of the family and com-"War Hawks," at the head of whom portant; she will adapt herself to her surroundings, making that were Henry Clay, John C. Calhoun, her surroundings, making that and other young public men, with the boast that we would dictate a only in books, but in character, the means of increasing and stimulating

> enjoyed the same advantages. "A young woman with a higher education has much to learn after graduation in the homely details and the drudgery of ordinary life, and the sooner she learns it the happier and the earlier she can adapt to its highest ese the knowledge and the mental training acquired in col-

Some Rules About Good Health.

(From "Good Health," by Francis Galick Jewett,)

Sleep is so important that when a resort to arms and struggled for man is ill the doctor often tells the peace to the last, and it was Con- nurse not to waken bim even for his gress and an excited press that un- medicine or his food. He says that necessarily forced bostilities. The sleep will do him more good than

> A doctor in Stockholm, Sweden, studied the health of children and found that those who did not sleep enough were ill the oftenest, while those who slept the most were genwith children in other countries. But there are some people in every

town and city who cannot sleep much, no matter how hard they try I knew a woman once who had only slept five hours that week, and she said nobody knew how she suffered. When she did sleep again she was the happiest woman you

There are certain things that help brought on by our own precipitate many people to go to sleep. The patter of rain on the roof is one, the rustle of leaves is another, and the gentle singing of a lullaby is still another. All these things help because they keep on without much peace with our nearest neighbor, with change. They are what we call monotonous. The sound goes on in the same tone, and it is soothing. But when the sound stops the people

waken at once. People know that monotonous things make them sleepy, so when towards us a spirit of aggression or they are excited or tired and cannot sleep they try all sorts of schemes that are monotopous. Sometimes that every true patriot, every lover they count slowly from one to one of his country and of its fair fame in hundred; then they count backthe world, every friend of humanity, wards from one hundred to one. Sometimes they repeat a verse of aggression and military glory among poetry over and over again, or they our people and seek to crea e an say to themselves, "Sleep, sleep, sleep," until at last they go to sleep. Children do not lie awake very

often. For them the principal ques-

In his address to the graduates at tions are when to go to bed and how in spring and summer, it's the natural time to store up health and vitality for the Scott's Emulsion

long to sleep. Or we might put it this way: If a man or a child wants his brain to work for him in the best way it can, how many hours ought

he to sleep each night? Babies need more sleep than young nen, and people who are feeble need more than those who are strong. From this we see that there can b no very definite rules. Here ar some pretty good ones, however:

1. Obildren four years old need to sleep about twelve hours. 2. Children seven years old need

sleep about eleven hours. 3. Children eight and nine years Hood's Sarsaparilla old need to sleep about ten and a

> 4. Children ten and eleven years ld need to sleep about ten hours. 5. Children twelve years old need sleep about nine hours.

> Even grown-up children are ealthier as a rule and can use their brains and bodies better when they sleep seven and a half or eight bours a night.

By using this table you ought to able to decide for yourself how nany hours of sleep you need each light. Notice whether you are wide-awake or sleepy when it is time ground. Mrs. De Jones will be here or you to get up in the morning. If you are sleepy, you must go to bed earlier; you need more sleep, and the time to get it is in the evenng, not in the morning.

Probably you are nine or ten years ld. In this case you ought to sleep en hours or more every night.

If you are healthy and strong, and you are wide awake in the morning, so that nobody has to waken you for breakfast, then perhaps ten hours will be enough. Let your plied on my breast, cured me comfather decide about that.

I know three children who go to the grammar school. They are about the best scholars in their classes. When they are not in school they are generally playing out of doors in the pure air.

Elizabeth is nine years old. She sleeps ten and a half hours almost every night. James is eleven, but chance on spoiling my style." he is strong, and after he has slept nine and a half hours he is wide awake. He can not sleep any more and his father lets him get up. Fred is thirteen. He is not quite so strong as James, so he sleeps ten hours and he is getting stronger

All three children are healthy, and are growing fast; they are good students and they are full of fun too. They think that sleeping is like putting money in the bank of health think so too.

I shall now give you three rules: 1. Sleep all you can. This will make you brighter and bigger. 2. Go to bed and get up at regular hours. This will belp you to get sleep enough.

3. Unless you are ill do not lie in bed many minutes after you wake in the morning.-Sacred Heart Re-

United States of Colombia.

The National Congress met i special session last month to consider certain amendments to the Constitution which were placed before the body by President Gonzalez Valencia. A correspondent writing from Pasto, the capital of the State of Narino, describes a beautiful ceremony held in the city on last Easter day, when, by vote of the civil authorities, the State was solemnly consecrated to the rabbit, "here's a bit of advice. Alof the solemn act it has been decreed to erect a statute to be paid for out of the public funds .- America.

During the winter mouths in Alaska gold mining is kept up. The pay of cabbage. dirt, however, is not washed until the eturn of spting gives a supply of water. This washing, by which the gold is separated from the clay containing it, is called the spring clean up. At Nome it is expected to produce this yest \$1,175,000, and at the new fields of Innoko and Iditarod, \$1,250,000. There is quite a rush of miners to these districts. The steamer Victoria, well known forty years ago in New York as the Parthia of the Cunard Line, has left Seattle for Nome with over five hundred passengers bound for them. Other steamers are sailing with large passenger lists.

The total trade of Great Britain with foreign countries during 1909 was £811,106,552. That of the British colonies with foreign countries was £283,123,571, and with Great Britain, £272,490,013. The total trade of the Empire, therefore, includ ing intercolonial trade, was £1,366,-720,136, of which over 40 per cent. was connected with the colonies.

The Bureau of Commerce notes the general increase in the value of international commerce. While admitting some increase in the quantity of merchandize exchanged, it points out, as America has already done, that the ncrease in value is chiefly due to enhanced prices . - America .

The Tablet observes that the demand for increased facilities of divorce n England comes chiefly from the lawyers, who want to increase professional business.

Minard's Liniment cures Distemper.

Had Weak Back. MARITIME Would Often Lie in Bed For Days, Scarcely Able To Turn Herself.

Mrs. Arch. Schnare, Black Point, N.B., writes:—"For years I was troubled with weak back. Oftentimes I have lain in bed for days, being scarcely able to turn myself, and I have also been a great sufferer while trying to perform my household duties. I had doctors attending me without avail and tried liniments and plasters, but nothing seemed to do me any good. I was about to give up in despair when my husband induced me to try Doan's Kidney Pills, and after using two boxes I am now well and able to do my work. I am positive Doan's Kidney Pills are all that you claim for them, and I would advise all kidney sufferers to give them a fair trial."

DOAN'S KIDNEY PILLS are a purely

DOAN'S KIDNEY PILLS are a purely vegetable medicine, realizing quick, permanent relief, without any after ill effects. A medicine that will absolutely cure Backache and all forms of Kidney and Bladder

Price, 50 cents per box, or 3 for \$1.25, at all dealers or The T. Milburn Co., Lim-

ited, Toronto, Ont.
In ordering specify "Doan's." Friend-What on earth are you doing to that painting of yours? Dauber-I'm rubbing a piece of raw meat over the rabbit in the fore-

today, and when she sees her pet dog

smell that rabbit she'll buy the pic-

MINARD'S LINIMENT CO., LTD. Dear Sirs,-This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it burt me to breathe, I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINI-

C. H. COSSABOM. Rossway, Digby Co., N. S.

MENT, warmed on flannels and ap-

"Do you read Dickens or Thackeray?" "No," replied the best seller author. "I know I'd enjoy them, and some time I'm going to read their books. But at present I can't take a

Minard's Liniment cures Diphtheria

"Do you know him well enough to "I know him well enough not to

Muscular Rheumatism.

Mr H. Wilkinson, Stratford, Ont., says:-It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price a box 50c.

Little Willie-Say, pa, what is a matrimonial prize? Pa-A matrimonial prize, my son, s the woman some other man married.

A Sensible Merchant.

Mrs. Fred. Laine, St. George, Ont. writes :- " My little girl would cough so at night that neither she nor I could get any rest. I gave her Dr. Wood's Norway Pine Syrup and am thankful to say it cured her cough quickly.'

"And now, son," said the old Sacred Heart of Jesus. In memory ways keep on the good side of a dog." "But, pop," queried the youngster, who was about to go forth into the big world, "which is the good side of a dog?"

"The outside, son," answered the old rabbit as he bit off another hunk

Minard's Liniment cures Distemper.

Quick Lunch Waitress-How do you like your eggs, sir? Hardened Patron-In their teens.

"Bronchitis."

THE SYMPTOMS ARE

Tightness across the Chest, Sharp Pains and a Difficulty in Breathing, a Secretion of Thick Phlegm, at first white, but later of a greenish or yellowish color coming from the bronchial tubes when coughing, especially the first thing in the car load.

Bronchitis is generally the result of a cold caused by exposure to wet and inclement weather and when neglected Chronic Bronchitis is one of the most general causes of Consumption. Cure the first symptoms of Bronchitis by the use of Dr. Wood's Norway Pine Syrup

++++++ Miss Martha Bour-

Miss Martha Bourget, Little Pabos, Que, writes: "Last Cured. Spring I was very poorly, had a bad cough, sick headach ache, could not sleep, and was tired all the time. I consulted two doctors, and both told me I had bronchitis, and advised me to give up teaching. I tried almost everything but none of the medicines gave me any relief. One of my friends advised me to try Dr. Wood's Norway Pine Syrup. I had scarcely taken the first bottle when I began to get better and when I had taken the fourth bottle I felt as well as ever, my cough had left me and I could steep well.

Dr. Wood's is the original Pine Syrup.

Mathieson, MacDonald & Stewart,
Newson's Block, Charlottetown Barristers, Solicitors, etc.
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Morson & Duffy Dr. Wood's is the original Pine Syrap. It is put up in a yellow wrapper, the pine trees the trade mark, and the price 25 cents. There are many imitations of

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Price \$2.50 Amherst

Boots Are the Farmer's friends.

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Men's Amherst Boots, \$1.60 to \$2.75 1.50 to 2.00 1.10 to 1.35

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The subscriber offers for sale, at a moderate price, his Farm of 75 acres, located on Peake's Road, Lot 52. This is known as the "Wallace" Farm, and fronts on Peake's Road. Fifteen acres of excellent land are cleared, and about twenty acres very easily cleared. The remainder is covered with hard and softwood. There is on the farm a house 20 feet by 16 in good condition. For terms and full particulars

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