


MC2465 POOR DOCUMENT

THE GRANITE TOWN GREETINGS



A Combined Treatment That Really Cures Catarrh.

Canadian weather, with its extreme cold and sudden changes, gives almost every one Catarrh, and makes it hard to cure. Some recommend internal remedies—some external applications.

Father Morrissey used both—tablets to be taken three or four times a day to invigorate the system, purify the blood, and help it throw off the disease, and a soothing, healing, antiseptic elixir to be applied inside the nostrils. This combined treatment known as

"Father Morrissey's No. 26"

attacks the disease from within and without, soon cures.

Mr. F. L. Mills, Box 121, Springfield, N. S., wrote on August 1st last: "I have had two prescriptions for catarrh from Rev. Father Morrissey, No. 1 and No. 2, but I think No. 1 has done me the most good, and that is the one I am getting filled from time to time. I would recommend this prescription as a cure for Catarrh, as his tablets are the only remedy I can get to help me. The No. 26 Tablets are a great tablet."

Don't trifle with Catarrh—cure it with Father Morrissey's No. 26. 50c for the combined treatment at your dealer's. 29

Father Morrissey Medicine Co. Ltd. Chatham, N. B.

Consumption

ITS CAUSES, TREATMENT AND PREVENTION

From a Layman's Point of View

HOW TO AVOID OR PREVENT CONSUMPTION

The important points in the prevention of consumption are: pure air, sanitary surroundings, an abundance of light and fresh air, and cleanliness in the dwelling, office, school and workshop, proper clothing, good food properly cooked, moderate rest and recreation, avoidance of all excesses, in other words, moderate living. The excessive use of alcoholic liquors lowers vitality, favors infection and hastens a fatal termination.

Every one should be prepared to battle with consumption. The disease spares no class of people. It spreads its terrors in the huts of the poor and the dwellings of the rich. Weakly persons, particularly those who have been exposed to the disease, or those descended from consumptive parents, should constantly be on their guard against this disease. These persons should seek outdoor occupation.

Join in the anti-spit crusade. Favor the enactment and enforcement of laws prohibiting the spitting on sidewalks, on floors, in street cars or other conveyances.

Do everything you can, by influence, persuasion, example, or power to prevent those with whom you live or work or associate or whom you employ, from spitting on carpets or floors of the house, the school, the office or the shop, and use every endeavor to cause the consumptive with whom you live, work or associate to properly dispose of his sputum.

If you are a woman, do not wear skirts which sweep the sidewalk or store floor or the spit of the consumptive and other filth, and thus carry disease into the house.

Don't put in your mouth money or articles which have been promiscuously handled by others.

Don't put your finger in your mouth or nostrils unless it is perfectly clean.

Don't neglect to wash your hands before you eat.

Keep the body clean. Bathe frequently.

Exercise daily in the open air in cold weather or in warm. Walking, rowing, swimming, cycling, golfing, horse-back riding or other exercises causing deep breathing are all of advantage if practised in moderation. Walk erect. Breathe through your nostrils always.

Do not imagine that the strenuous exercises so much recommended nowadays will so strengthen your body as to prevent consumption. Many who have taken these exercises have died of consumption, and many persons in

Do not neglect a cold or cough. Countless graves are filled with those who have done so. Colds reduce the vital force of the body, and make it easy for the germ of consumption to get a foothold in the lungs. The history of a large percentage of consumption cases is the history of neglected colds. Watch your general health. A prescription for your cough may save your life and the life of others. Avoid patent medicines or 'cure all' fitted for each and every person.

Do not fail to consult a physician should you notice the presence of any suspicious symptoms.

Let your food be simple and nourishing, taken at the same time each day, and properly cooked. Take plenty of pure milk, butter, eggs, and fresh fruits and vegetables. Avoid parboiled tea and intoxicating liquors.

A consumptive mother should not nurse her children.

CONSUMPTION AND SCHOOL ROOMS

The confinement of a large number of children in schools unquestionably makes a school-room a source of danger from contagious or infectious diseases. A susceptible child exposed to consumption is exceedingly liable to contract the disease.

No teacher known to be afflicted with consumption should teach in a school. No pupil known to be afflicted with consumption should attend a school. No employes known to be afflicted with consumption should be allowed to work in the school.

The school-room should be well ventilated. The best uses should be made of the poorest facilities of ventilation.

The school room should be flushed with fresh air during intermissions, by opening the windows and doors. Children should not be permitted to use any pencil or other article belonging to another which is liable to be put in the mouth. And pupils should not be permitted to use slates 'cleaned' as slates are too often cleaned.

Children should not be permitted to spit on the floor.

Pupils should be instructed to rinse the school drinking cup before using, or, much better, to have individual drinking cups.

Children should be instructed to carefully wash before using all whistles or other instruments or toys purchased in shops or of hawkers on the streets, which may have been put in the mouths of would-be purchasers or of vendors displaying their wares.

The floors of school-rooms should be scrubbed frequently and should be wet before sweeping with sawdust saturated with Standard Disinfectant No. 3, which is inexpensive. Unclean, dusty floors harbor disease germs and are very common carriers of contagion.

(Continued on page 6.)

STATISTICS IN MEDICINE

OLD REMEDIES RETAIN THEIR POPULARITY

Investigations of French Physicians Show that Large Production of Synthetic Medicines is Not Crowding Out the Old Favorites.

A late despatch from Paris says:—Prof. Grimbert presented a notable paper before the Academy of Medicine on therapeutic tendencies in the last ten years. Basing his figures on medicines furnished to 219 large asylums and hospitals by the State Pharmacy, he finds that the old-fashioned medicines retain their popularity.

An expert authority on being interviewed states that the tendencies of the medical profession in Canada are along exactly the same lines. He gives the following old-fashioned vegetable mixture as the safest and best treatment for all stomach and liver troubles, constipation, disorder of the kidneys and bladder, and states that many of the leading physicians use these ingredients in some form, often by some fancy and expensive name: Fluid Extract (Cascara, ½ oz.; Compound Syrup of Sassafras, 1 oz.; Fluid Extract of Cascara Compound, 1 oz.; Compound Syrup Sassafras, 5 oz.). Take one teaspoonful after each meal and at bedtime.

This acts in a pleasant way, and is free from the bad effects of strong purgatives and synthetics. We advise all our readers to cut this valuable formula out and use it. Any druggist can supply these ingredients at a small expense. You can make it up at home if you prefer.

TIME TABLE

Evansville Southern Railway.

TIME TABLE No. 32.

In effect January 3rd, 1909

Atlantic Time

Trains West Trains East

Read Down Stations Read Up

Train No. 1 Train No. 2

Leave A.M. Arr. P.M.

7:30 St. John East Ferry

7:45 St. John West

7:53 Duck Cove

8:08 Spruce Lake

8:10 Allan Cot

8:25 Prince of Wales

8:35 Musquash

9:00 Lepreau

9:15 New River

9:25 Poedlogan

9:41 Pennfield

10:15 St. George

10:32 Bonny River

10:58 Dyer's

11:11 Caspell's

11:17 C.P.R. Junction

11:42 Oak Bay

12:00 St. Stephen

Arr. Noon Leave P.M.

Trains run daily, Sunday excepted.

Ticket, Baggage and Freight

Offices, St. John West

Railroad connections West with

Canadian Pacific and Washington Co.

Railways.

East with Canadian Pacific, Inter-

colonial & Dominion Atlantic Rys.

HUGH H. McLEAN, President

St. John, N. B., Dec. 1908

INTERCOLONIAL RAILWAY

On and after SUNDAY, Jan. 10th,

1909, trains will run daily (Sunday

excepted), as follows:

TRAINS LEAVE ST. JOHN.

No. 6, Mixed for Moncton, (leaves

Island Yard) 6:30

No. 2, Express for Halifax, Camp-

bellton, Point duChene and

Pictou 7:00

No. 26, Express for Point duChene,

Halifax and Pictou, 12:40

No. 4, Mixed for Moncton, 13:15

No. 8, Express for Sussex, 13:45

No. 138, Suburban for Hampton, 18:13

No. 134, Express for Quebec and

Montreal, via Moncton 19:00

No. 10, Express for Moncton, the

Sydney, Halifax and Pictou 23:25

TRAINS ARRIVE AT ST. JOHN.

No. 9, Express from Halifax, and

Moncton 6:30

No. 13, Suburban Express from

Hampton 7:50

No. 7, Express from Sussex, 9:00

No. 5, Mixed from Moncton, (arrives

at Island Yard) 17:15

No. 5, Mixed from Moncton, (arrives

at Island Yard) 19:30

No. 25, Express from Halifax, and

Campbellton, Point duChene, and

Campbellton 17:35

No. 1, Express from Moncton and

Truro 21:20

No. 11, Mixed from Moncton (arrives at

Island Yard daily) 4:00

All trains run by Atlantic Standard

Time (twenty-four hour notation) 24:00

o'clock is midnight.

Eastern Steamship Co

Reliable and Popular Route

BETWEEN

St. John and Boston

First class fare \$3.50

Stateroom \$1.00

Steel steamship Calvin Austin leaves

St. John at 8 a. m. on Thursdays for

ECONOMY STORE

Your Attention Please

Yesterday has gone, To-day is very short, Tomorrow may never come

So what you do must of a necessity be done today. What you need is right here. We have always on hand a large assortment of Staple groceries and Dry Goods. Also holiday goods in abundance. Everything for useful Christmas presents, from a Carpet-sweeper to a hat-pin. The most fastidious can be suited. Write or telephone your orders today. Everything delivered free.

ANDREW MCGEE - Back Bay

COME ALONG

now to the new store in the YoungBlock

FRUIT, CANNED GOODS, CONFECTION-ERY and SOFT DRINKS always on hand

ALL POPULAR BRANDS CIGARS AND TOBACCO

GIVE US A CALL

FRANK MURPHY

GLENWOOD RANGES

Make Cooking Easy

When in Eastport

Visit Martin's Variety Store

Martin carries a full line of Motor Boat Supplies. Kerosene oil 11c. per gallon. Gas Engine and Cylinder oil, 50c. per gal. Gasoline by the barrel, Stoves, Plumbing and job work done on Motor Boats, Clam Diggers.

E. S. MARTIN & SON

73 WATER STREET, EASTPORT, ME.

J. B. SPEAR

Undertaker and Funeral Director

A full supply of funeral goods always on hand.

Telephone at Residence

All goods delivered free. Prices to suit the people

Vroom Bros. Ltd

are showing a very complete stock of

Carpets of all kinds as well as Oil Cloths and Linoleums from one to four yards wide. As these goods were all purchased previous to the recent advance, they are offering them at very attractive prices.

Mail orders will receive prompt attention

VROOM BROS., Ltd.

St. Stephen, N. B.

F. M. CAWLEY

ST. GEORGE, N. B.

Undertaker and Embalmer

Complete stock Funeral Supplies on hand

Prices lower than any competitor