Rest is a True Food for the Body and Birength for the Spirit. Almost a Lost Art now.

The absence of rest accounts for much of the ill-health, irritability and despondency that we find everywhere about us. We can't sat our pudding and have it, nor can we go on wasting our energies without soon reaching the limit of our receive power.

Better not let it go on this far. Much wiser to take Perrosone when that fired enervated feeling is first noticed. Nervous collapse is avoided in this way. If you feel the fixed of rest, but can't get it because of overwoodyth nerves, nothing in the world will do you so much good as Perrozone, which is noted for promptly recone, which is noted for promptly recone, which is noted for promptly rene, which is noted for promptly re-

the fundamental basis of Bearth.

Men the body is given a margament.

Men the body is given a margament. the fundamental basis of health.

When the body is given a new supply of blood the circulation is quickened. This gives the weak nerves something to feed upon. They quickly lose their sensitiveness, and your old irritable companions become a help instead of a drawback. Pretty soon you begin to feel the vim and buoyancy that Perrozone always brings. Your strength increase, you can work longer, toil harder, sleep better than ever before.

It half the pale, nervous pipule.

longer, toil harder, sleep better than ever before.

If half the pale, nervous prople could only realize how beneficial Ferrozone is, there would be a lot more happiness in the world. No remedy applies so directly to the peculiar ills from which women suffer. It is a specific for anaemia and brings a rund dy glow of health to pale checks in a remarkably short time. In all discases arising from impairment of blood or nerve tone, in cases where a tonic is needed to stimulate appetite and digestion, nothing is more help-tst thas Ferrozone. It replaces tiredness and lack of energy by a reserve of force, and maintains such a healthy condition of the system that sickness impossible.

Every person, man, woman, or child who wants more strength, more flesh, stronger nerves, purer blood, should wish the principle of the European hostility. Her principle is a number of the European hostility. Her Friend—"Thinkstronger nervers, purer blood, should wont the way visit fing a life tour-year-old Ben was visiting a unit is aunt's. After running all over the house he came to his aunt and remarked: Your pantry looks so much like ours that I nearly took a biscuit.

Goed Bigestion.

If you can keep your digestive system in proper condition the body will be well aportished and element to the organs of digestion and for this reason are indiscriment. Plain a unit is aunt's. After running all over the house he came to his aunt and remarked: Your pantry looks so much like ours that I nearly took a biscuit.

Goed Bigestion.

If you can keep your digestive system in proper condition the body will be well aportished and remarked: Your pantry looks so much like ours that I nearly about extended the bounch of the more than a conic is auch to such a such so much like ours that I nearly about extended the bounch of the such and the marked? Your pantry looks so much like ours the house he came to his aunt of the marked: Your pantry looks a bunch like ours the house he came to his aunt of the marked: Your pantry looks so much like ours the house

who wants more strength, more flesh, stronger nerves, purer blood, should use Perrozone. Price 50c. a box, or six boxes for \$2.50, at druggists or by mail from N. C. Polson & Co., Kingston, Ont., and Hartford, Conn., U. S. A.

mail from N. C. Polson & Co., Kingston, Out., and Hartford, Conn., U. S. A.

The Country Dector.

Rural Physicians—One of the Heroes of the Country.

There was a sharp ring at the bell. which was followed by footsteps in side and the door was opened.

Mrs.—— is very sick.

It was 1 o'clock in the morning. Mrs.—— was poor. She already owed a considerable bill: to the doctor who had just answered the summons. The wind whistled about the open door, and the flakes eddied in and melted against the chimner of the lamp in the doctor's hand. The calter left, and in a quarter of an hour the doctor was on his way in the face of the storm. He stilled the voice of pain in that house 12 miles away. He brought to alselp, and left the sufferer pointing towards recovery.

When he turned from his stable door and entered his home, the sun was up and the cock had crowed the was up and the cock had

pointing towards recovery.

When he turned from his stable door and entered his home, the sun was up and the cock had crowed the

doctor as the smart equipage of the city physician passes your door? He is one of the heroes of our young nation. As peace has her victories, she has her heroes, even greater than those of war. He who fights with blood and flesh visible, dressed in the uniform of the enemy kepts while.

Fred—'Why, what's the matter unished on permission of the universe of the universe of the control of the universe of the control of the universe of the univer now?

phil—Well, I was just thinking the world watches, fights to kill, the world watches, fights to make his same known ere the smoke has clear de away. The soldier fights for rosses, decorations, and recognition. The soldier fights for rosses, decorations, and recognition with what of the country doctor who lights to save, who fights the foe inrisble, fights without the calcium of lie press being pointed on him, fights

Abbed A Well A Well A Well A Miles of the wenty five cont size, w.s. than the first point of the twenty five cont size, w.s. the form for a well and the calcium of lie press being pointed on him, fights

Abbed A Well A Well A Miles of the wenty five cont size, w.s. than the first point of the twenty five cont size, w.s. the first point of the wenty five cont size, w.s. the first point of the wenty five cont size, w.s. the first point of the wenty five cont size, w.s. the first point of the wenty five cont size, w.s. the first point of the wenty five cont size, w.s. the first point of the wenty five cont size, w.s. the first point of the wenty five cont size, w.s. the first point of the wenty five the first point of the wenty five cont size, w.s. the first point of the wenty five the first point point of the wenty five the first point point of the wenty five the first point of the wenty five the first point point of the four four of the wenty five the four four of the wenty five the first point of the four four of the wenty five the four four of the four or five years with a continuous cough, which he are with a continuous cough, which h country away. The soldier hights for crosses, decorations, and recognition. Put what of the country doctor who fights to save, who fights the foe in-visible, fights without the calcium on the press being pointed on him, fights through cold and heat, darkness and

of Resting.

Is the anatomy of the son of the soil, of the hand-maiden of the country, is it less complicated, is it less delicately constructed, than that of

900 DROPS

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Fac Simile Signature of Chat H. Fitcher.

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WOLFVILLE - N S

GREATLY ALARMED

GLEANED BY THE WAY.

'Did you get your lost dog back

Bears the Signature of Chart H. Thickers

proposing to a girl, 'said the confi ling youth.

'Yes,' answered Miss Cayenne, 'and bernanent guests.

EXECUTE: Execute accommodation for transic and permanent guests.

By Rates function.

eepted him.

Phil Ossifer—The world is full of inconsistencies.

Fred—'Why, what's the matter now?

By a Persistent Cough, but Permanently Cured by Chamberlain's Cough Remody.

Mr H. P. Burbuge, a stude t at law in Greenville, S. C., had been troubled for

Alfred A. Taylor of Mugaree, says: One bottle of MINARD'S LINIMENT used a swelling of the gamble joi-t, and aved a bo se worth \$140.00. Thos. W. Payne, of Bathurst, sayed a in life of a valuable home that the Yethad given up, with a few ARD'S LINIMENT.

Remember the country doctor.
He has no concliman.
His own hands become numbed and blue with the driving. There are no brass buttonic beside him, there is no high-stepping lackey in front and pneumatic-tired carriage to ride in.
He knows no asphalt.
Did you ever try the side lines and feel the corduror?
Matriculant of the same school, residing to the same university, seat made, chum, fellow of his conferer of the city, they parted at the convocation. They attended the same location. They attended the same form the tales told in his titue with the they parted. He to the country to the city, they parted. He to the country to the city, they parted. He to the country to the same operations, eaching her breath that this work in man is upon no house plate, or reflected to hurrying humanity from a transoom.

His name is no tooled in the press and these transfers of time and the titley are filled by the carry to the city, the does perform remarkable operation. They accome ment from the tales told in his titue with the fill with the fill when they parted. He to the country to the city, they parted. He to the country to the city, they parted. He to the country to the city, they parted at the country to the city, they parted. He to the country to the city, they parted. He to the country to the city, they parted at the country to the city, they parted. He to the country to the city, they parted the same operations, eaching her breath but Tinive winto that the press of the city, the does perform remarkable operation. They accome ment is upon to break plants. The man can be had by applying to the city, the does perform remarkable operation. They accome ment to make the pressure and rich. It supplies more nourishment of the city, the does perform remarkable operation. They are the country to the concept of the concept of the country to the country to



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You must find it wearing to be the HOUSE OWNESS and Builders wite of a genius.

Yes: so many fools went to know and a roofn or cover new coofs canada how t am able to get along with him.

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Sure in season to come from the mill;
They drank as they ate,
Whicer and summer, early and late;
And as the cassons crept along.
And a the casson crept along.
An sware admittant bases.
They labored less and aquandered more than the did to the seed of the No Need of going out of Town

some way stumbled at his own gate cure every ty and broke his leg,' The color left and asthma. and broke his leg.' The color left Mrs. Crauston's face. Mrs. Wright's ittle temperance talk came back to her mind, the tears sprang to her eyes.

'Oh, Edward,' she said, 'do you think I could have been to blame? I am sure he was perfectly sober when he was here, but I was so delighted that he had done so exquisite a piece of work that I wanted to show him unusual courtesty, so I offered him a glass of wine. He healtach, but a glass of wine. He healtach, but assured him it was perfectly pure and could sot harm him and he took the glass and drank every drop of it. She could keep the tears back no longer.

'Yoursense, Mr. Crauston and Mr. Wassand asthma. Use only Catasreasons complete outfit \$1.000 sample size 25.

Mrs. Homer-Jane, open that wis tous.

Jane-It isn't fresh air at all, mem it's the same are that's been about her all this moraing.

Wicks—Tiere should be a law to read them.

Wicks—You don't have to read them.

Wicks—No, but you usually have to listen to some idiot behind you reading and explaining them.

THE WHITE RIBBON. 30 Yrs. of Eczon **Cured at Last**

saying:

'I went to the jewsiler's this morning and asked him if he could send some one to fix the big clock here so it need not be moved, and he sent Mr. White right away. See, he has done it so delicately no one would ever dream that it had been broken.' Mr. Cranston looked and admired and congratulated his wife over her good fortune and a moment later he asked:

'Was Mr. White quite sober when he was here? I heard this morning he was drinking again and was sent the sale of the course of the rest of the most stubborn yield in a congratulated his wife over her good fortune and a moment later he asked:

'Was Mr. White quite sober when he was here? I heard this morning he was drinking again and was sent the sale of the early store and the sale.

'I went to the jewsiler's this morning to the park of the early store and the sale of the early store and the sale.

'A was drinking again and was sent me to the balasmic vapor of the course of the c Bad breath is one of the early sys

Nothard & Lowe,

FRUIT SALESMEN,

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SP All Fruit consigned to NL is sold by them on Cotton's Wharf by private sale only, and not handed to other firms in London for disposal by anction.

She could keep the tears back no long to the control of the could keep the tears back no longer.

WARRANT EVERY POTTLE.

If troubled with theumatian, give that started him he must have been about ready, anyway. It probably unade not difference, so do not waste about ready, anyway. It probably unade not difference, so do not waste open the control of the control of the short reading and explaining them.

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If troubled with theumatian, give dissurance and probably unade not difference, so do not waste open that started him he must have been about ready, anyway. It probably unade not difference, so do not waste open that started him he must have been about ready, anyway. It probably unade not difference, so do not waste any more tears on him.

After Mr. Cranston had gene back to his basiness the thought of the toroning returned and as burdened Mrs. Cranston, that she resolved to call on Mrs. Wright and lay the whole matter before her. This was the cause of her early call that ufter only the control of the started him he must have been about ready, anyway. It probably unade not difference, so do not waste any more tears on him.

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