

NERVOUS PROSTRATION.

Miss W. Childs-Blackburn, Secretary of the Rock Island Literary and Art Society,

Writes a Special Letter to Mrs. Pinkham Telling How She Was Cured.

The relation of woman's nerves and generative organs is very close; consequently nine tenths of the nervous prostration, nervous dependency and nervous irritability of women arise from some derangement of the organism which makes her a woman. Herein we prove conclusively that Lydia E. Pinkham's Vegetable Compound will quickly relieve all this trouble.



MISS W. CHILDS-BLACKBURN.

"DEAR MRS. PINKHAM:—I take pleasure in acknowledging the effects of Lydia E. Pinkham's Vegetable Compound. In my estimation there is no female remedy to equal it. Weakness not properly attended to, together with the close confinement at my desk brought on nervous prostration, so much so that for a year I doctored continually. I tried different remedies which only succeeded in poisoning my system, and my stomach refused food. A neighbor who had suffered with ovarian troubles and was perfectly cured, called my attention to your Vegetable Compound, and I made up my mind to give it a two months' fair trial. However, before one month had passed I was like a new woman, and after six weeks faithful use of the Compound I was in perfect health. It certainly is of great benefit to women, and I wish every poor suffering woman could have a chance to try it. Yours very truly, Miss W. CHILDS-BLACKBURN, 2922 Fifth Ave., Rock Island, Ill.

Nothing will relieve this distressing condition so surely as Lydia E. Pinkham's Vegetable Compound; it soothes, strengthens, heals and tones up the delicate female organism. It is a positive cure for all kinds of female complaints; that bearing down feeling, backache, displacement of the womb, inflammation of the ovaries and is invaluable during the change of life.

How Mrs. Pinkham helped Mrs. Borst.

"DEAR MRS. PINKHAM:—When I wrote to you some time ago for advice I really thought my days were numbered. I was so ill that I could not stand on my feet for fifteen minutes at a time. I had female troubles in many of their worst forms; inflammation and ulceration of the womb; leucorrhoea; bearing down pains; headache and backache; nervous prostration. My kidneys were out of order and blood in a bad condition. Everyone, and even my doctor thought I was going into consumption. I followed your advice faithfully for six months with the result that I became a well woman, and it cost me much less than a doctor's bill. I feel that Lydia E. Pinkham's Vegetable Compound saved my life."

The above letter shows how unerring is the advice which Mrs. Pinkham gives to women who write her about their sickness; as the advice is free and always helpful it is not strange that she advises more than one hundred thousand sick women every year. Her address is Lynn, Mass.

\$5000 REWARD.—We have deposited with the National City Bank of Lynn, Mass., which will be paid to any person who can find the above testimonial letters in any magazine, or newspaper, or who obtains the writer's special permission. Lydia E. Pinkham Medicine Co., Lynn, Mass.

Did You Ever

NOTICE that sweet, delicious taste that our baked goods always have!

Our Breads, Pies, Cakes, Buns, etc., are always fresh and tasty. Once a customer you will stay with us.

Wm. Somerville, Confectioner

Next Standard Bank Chatham.

Principles are Eternal

A Fundamental Business Principle

"Not what you spend"

"What you get for what you spend"

That counts

The Best is cheapest in the end.

Gibson's Photos are the Best.

GIBSON'S

8, 10, 12, 14, King St. Chatham

Spring Medicine

Radley's Sarsaparilla, a powerful purifier of the blood. A blood and skin to meet the popular need for a blood purifier. Put up in different sizes.

Prescriptions a Specialty

Camphor, Moth Balls, Moth Camphor, Etc.

Radley's Drug Store King St., Chatham

THE SICK ROOM.

Suggestions for Asisting in Bringing Back the Normal Condition of the Patient.

Nothing is so exasperating to an invalid as to have attendants or members of the family whispering about something or other. The sick person is generally in more or less nervous excitement, and even if it were otherwise, nervous excitement would be produced by the whispering. The mystery of it is irritating. No matter how weak or apparently unconscious the patient may be, in nine cases out of ten he is trying to hear what is being said.

A loud whisper, "Do you think he is going to live?" or even, "Hush, you mustn't come in here!" is alarming, and lessens the chance of recovery. Whatever must be said should be in an ordinary tone of voice. There should be no mystery about the sick room.

Gas logs, or gas stoves, are now, for two reasons, used in the sick room. Their use involves less noise, and they are always ready to light. Care must be taken, however, that there is no leak in the connections, for hardly anything is more serious in its effect on a sick patient than escaping gas. A vessel of water with a large surface should always be placed near the stove or the hearth where the log is burning, to moisten the atmosphere of the apartment. A boiling kettle on a gas stove, when the stove is used, is even better.

In sudden illness those who attend the sick are too much inclined to fly to stimulants, especially brandy. It is a principle of first aid to the injured that when there is bleeding, even when fainting has ensued, alcohol should never be given, for it causes increased heart action, with a consequent increased loss of blood. This is particularly important to remember in cases of bleeding from the lungs.

When a person faints he should be laid flat on his back, and all articles of clothing that appear tight should be loosened. Fresh air should be admitted to the room, smelling salts or hartshorn should be applied to the nostrils, and the face and head bathed with cold water. If neither salt nor hartshorn can be obtained, a smouldering rag will often revive the patient. When the person has regained consciousness, of the fainting was not accompanied by bleeding or the result of bleeding, then a small quantity of brandy or other alcoholic stimulant may be safely administered.

Many doctors still encourage the use of the old-fashioned mustard plaster or the flaxseed and bread and milk poultices of our grandmothers' time. When a mustard plaster or a hot poultice is removed, it is important to dry the parts quickly with flannel or cotton wool. This is to prevent cold from exposure.

The sick room should be a large and cheerful apartment. The windows must be arranged so that the room can be darkened when necessary. Often the glare of too much light in a large room is as depressing to a patient as the stiffness of a small one. Once a day the patient should be well wrapped up, and the room aired, no matter what the weather may be. Rugs are better than carpets, and a good matting better than either. Beut wood or wicker furniture is preferable to that which is upholstered.

Every day, if possible, there should be a change in the general effect produced by rearranging chairs or by changing the place of pictures or by hanging new ones. But the value of this will be lost unless the changes are made when the patient is unconscious of them. Do not always have the bed dressed exactly the same. Change the white counterpane for one that has some color.

If the health of the sick person permits it, shift the bed occasionally from one side of the room to another or change the head for the foot. All these things break the monotony of the sick room and assist as much as medicine in bringing back the normal condition of health and spirits.

THE HOUSEWIFE'S PART.

Oh, men, and oh, brothers; and all of you others, I beg of you pause and listen a bit, And I'll tell without altering any of it.

The tale of the housewife's part: Mixing and fixing, Brewing and stewing, Lifting and sifting, Stoning and boning, Toasting and roasting, Kneading and seeding, Straining and draining, Frying and soaking, Choosing and using, Reasoning and seasoning, Paring and sharing— This is the housewife's part.

Filling and spilling, Pounding and sounding, Creaming and steaming, Skimming and trimming, Mopping and chopping, Corning and pouring, Shelling and selling, Grating and minding, Firing and tiring, Carving and serving— This is the housewife's part.

Oiling and boiling and broiling, Buying and trying and frying, Burning and tarring and churning, Frying and icing and slicing, Hashing and mashing and splash ing, Scanning and planning and canning, Greasing and queezing and freezing— This is the housewife's part.

Aching and baking and making and shaking, Heating and heating and setting and treating, Oh, men, and oh, brothers, and all of you others— Do you envy the housewife's part?

Susie M. Rest, in New Orleans Times-Democrat.

Mr. Robert Rose

Eulogizes Dr. Pitcher.

The Originator of the Well-known "Rose Hair Grower" Speaks in Glowing Terms of the Benefits he Derived from the use of Dr. Pitcher's Backache Kidney Tablets.

They Cured Him of Backache and Kidney Trouble, Which Had Bothered Him for Year.

The many patrons of the "Rose Hair Grower" all over Canada who are using that excellent preparation for the hair and scalp will no doubt be pleased to learn that the originator and compounder of that splendid hair tonic is now in the best of health, having been cured of the severe backache and kidney trouble which formerly afflicted him.

"Having been a sufferer from backache and kidney trouble for years, and having been advised to try Dr. Pitcher's Backache Kidney Tablets, I did so. The result in my case has been most satisfactory, as I am entirely cured and can highly recommend this remedy to all sufferers from pain in the back or kidney trouble in any form. I have heard many persons speak highly of these tablets, and I know in every case where I recommended them they produced a prompt and permanent cure."

(Signed) ROBERT ROSE.

Remember, Dr. Pitcher's Backache Kidney Tablets are altogether different from the common kidney pills with which the drug stores are filled. Every tablet goes to the right spot, and you can feel every dose doing you good. They remove every bit of pain from the sore, aching back, because they take at the origin of the ache in the kidneys.

There has no medicine ever before been compounded like these Tablets for backache, kidney, and urinary troubles of both sexes. Do not fritter away your health and money and prolong your misery experimenting with all sorts of remedies which in many instances are prepared by persons ignorant of the science of medicine or not skilled in the treatment of kidney and urinary diseases, and whose pills and potions frequently aggravate your trouble instead of alleviating it.

Dr. Pitcher's Backache Kidney Tablets are small in size, chocolate coated, easy to take, and every dose helps the cure. One tablet a dose, fifty tablets in a bottle, Price, 50c a bottle, or three bottles for \$1.25; at all druggists, or sent by mail, The Dr. Zina Pitcher Co., Toronto, Ont.

Beethoven's Will. The composer Beethoven was possessed of a grim satiric wit which resembled nothing so much as the caustic humor of Carlyle. It is related of him that one day his brother, who was very proud of a little piece of property he owned, called on him, but found him out, so he left a card inscribed: "Johann von Beethoven, land proprietor." Next day he had it returned to him, written on the back: "H. von Beethoven, brain proprietor."

Heard at a Church Concert. He—How I envy the man who just sang the solo. She—Why I thought he had an exceptionally poor voice! He—Oh, it isn't his voice I envy, it's his nerve.

Come, Let us Reason Together

You will readily acknowledge the fact that defects and derangements of digestion are amongst the most common of human ailments. These digestive derangements not only complicate, almost every form of disease, but they constitute by themselves serious torments to a vast number of healthy people.

If you are unfortunately numbered amongst those who are users of common oatmeal and other starchy and indigestible grain foods, producing stomach irritations, eruptions, water-brash, heartburn, heated blood and skin eruptions, why continue to use such grain foods when the use of Malt Breakfast Food perfectly maintains digestive vigor and robust health?

Malt Breakfast Food has proved a revelation to the dyspeptic; it has banished his troubles and given him a natural and healthy appetite. Malt Breakfast Food is predigested, readily assimilated, delicious, appetizing and strengthening. Its use in the home for one week, will gladden your heart, and you will never have a desire to give it up. See your Grocer.

One bad example spoils many good precepts. BRONCHIAL Affections, coughs and colds, all quickly cured by Fennel-Balsam. It has no equal. Acts Manufactured by the proprietors of Perry Davis' Pain-Killer.

No man thoroughly occupied was ever miserable. Messrs. C. C. Richards & Co.

Gentlemen—After suffering for seven years with inflammatory rheumatism, so bad that I was eleven months confined to my room, and for two years could not dress myself without help. Your agent gave me a bottle of MINARD'S LINIMENT in May, '97, and asked me to try it, which I did, and was so well pleased with the results I procured more. Five bottles completely cured me and I have had no return of the pain for eighteen months.

The above facts are well known to everybody in this village and neighborhood. Yours gratefully, A. DAIRT, St. Timothee, Que., May 16th, 1899.

He who rules must humor fall as much as he commands. WELCOME as Sunshine after storm is the relief when an obstinate, pitiless cough has been driven away by Allen's Lung Balsam. No opium in it. The good effect lasts. Take a bottle home with you this day.

When a man is expending for a fight he is naturally too fresh. One Fact is Better than Ten Hear-say. Ask Doctor Burgess, Supt. Hospital for Insane, Montreal, where they have used it for years, for his opinion of "The D. & L." Menthol Plaster. Get the genuine, made by Davis & Lawrence Co., Ltd.

Minard's Liniment Cures Burns, etc.

The Lament of the Adult.

IN one of Dickens's novels—those novels which we are tearfully assured nowadays are not in the least funny—an ungrateful brick-maker rejects the little volume which has been brought him, because "it's a book fit for a baby, and I'm not a baby. If you was to leave me a doll, I shouldn't miss it."

Something of this unchastened spirit stirs within our middle-aged hearts when we read a modern story, or see a modern play. It is probably the nicest kind of a story, and the nicest kind of a play, and if we were only fourteen instead of forty, or fifteen instead of fifty, we should thoroughly enjoy them both. Nothing is better calculated to make us regret our lost youth than fiction and the drama as they exist today. With what glorious emotions we should have dilated childhood over Mr. Crockett's desperate brigands, or Miss Johnston's dauntless heroes. How we should have steeped ourselves—figuratively speaking—in gore, and revelled in romance. Sicilian outlaws, noble Indians, cruel half-breeds, courtly villains and heroines of wild, unearthly beauty—time was when these things made our pulses jump. But now seventeen murders excite us less than one, and duels are no longer the thrilling episodes they were in the happy past. It is hard to grow old, and it is made harder by the fact that nobody, save one's family doctor, has anything to offer to age. We should still like, even at forty or fifty, to be amused, but nobody caters to our amusement.

When a veteran actor like Mr. Drew, who ought to sympathize with adults—entertains us with a drama that calls to mind the school plays of happy infancy, and the last act of which must certainly have been written by Miss Edgeworth, we feel that we are indeed friends in the evening of our lives. It is cold comfort to be told that the drama is intended for the debutante, and the novel for her younger brothers and sisters. It is even less agreeable to hear it hinted that we do not like these pure and wholesome performances, it is because we want something evil. Does nothing, then, interest the adult save sin? Are bankers and brewers, anxious mothers and hard-working spinners indifferent to all but vice? Must we either frolic like lambs—being lambs no longer—or devote ourselves seriously to the metaphysical? Life has issues, not wholly unimportant, yet disconnected with love-making of any kind. Men—middle-aged men—desire many things besides their neighbors' wives. Women—middle-aged women—sometimes strangely indifferent to their neighbors' husbands. We may be pure of heart, yet unable to take pleasure in "The Old Homestead" or "Beulah." We may be virtuous and intelligent adults. Will no one write novels and plays for us?—Agnis Reppel in "Life."

Turning Smoke Into Gold.

QUEEN ELIZABETH of England was not a thoroughgoing spinster, for she had so little prejudice against the practice of smoking that she permitted Sir Walter Raleigh his pipe in the royal presence. She was sufficiently a woman, however, to twist him openly on his devotion to the weed, and it was on one of these occasions—or so the author of "The Sovereign Herbs" shrewdly surmises—that the knight replied: "I can assure Your Majesty that I have so well experienced the nature of it that I can tell even the weight of the smoke in any quantity I consume."

"I doubt it much, Sir Walter," replied Elizabeth, holding it was impossible to weigh smoke, and mayhap scenting a joke, and I will wager you twenty good angels that you do not solve my doubt."

Gallantly accepting the wager, Raleigh filled his pipe with a weighed quantity of tobacco, smoked it out, and, weighing the resultant ash, announced the weight he had smoked away.

"Your Majesty cannot deny that the difference has disappeared," said the Queen. "Truly, I cannot," answered the Queen. Ordering the wager to be paid, she turned to the courtiers around her and said: "Many alchemists have I heard of who turned gold into smoke, but Raleigh is the first who has turned smoke into gold."

Musical M.D.'s of the Future.

A PATIENT having been cured of smallpox by the witching strains of a violin, a contemporary thinks it not at all unlikely that it may long be discovered that music has a therapeutic value heretofore undreamed of. Music may in time become a most important branch of medical science, and the doctor of the future may, after diagnosing his case, take a violin or a cornet from his bag, as the case may demand, and render the wedding march from "Lohengrin," or Schubert's "serenade," according to the progress the malady has made. Different tunes rendered on different instruments, in various tempos, may become necessary at critical moments, and this will naturally develop a new science—that of writing musical prescriptions. Musical boxes and orchestras may yet be used in hospital-wards, and the shops in which sheet music and musical instruments are now dispensed are likely to be the drug stores of the future. Patient music is a possible successor of patent medicine, and we may yet take a five-minute dose of "Lullaby" or "Adagio," or a seven-minute-and-a-half dose of Mendelssohn's "Songs Without Words" and, for our neuritis or psoriasis, medical music and medical instruments are now dispensed are likely to be the drug stores of the future.

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Little Mothers in Japan. Although the Empire of Japan is said to be a "paradise of children," where they are allowed to do very much as they please, and where they seldom, if ever, cry, their life is not all play. The little boys and girls have their work to do, but in many skilful ways they turn work into play. Take, for instance, the little girls who have baby sisters or brothers to care for. They tuck the youngsters into their queer garments and go on with their games of doll.

If the baby grows tired and begins to fret the "little mother" jones it up and down over her shoulder with a peculiar bumping motion of her back, without stopping the game. All the time she sings some pretty song.

Paine's Celery Compound.

Permanently Cures All The Varied Forms of Rheumatism.

It Purifies the Blood and Removes Every Trace of Poisonous Acid.

The Great Medicine Has Cured More Rheumatic Sufferers Than All Other Combined Remedies.

Sufferers from the varied forms of rheumatism—articular, muscular, inflammatory, lumbago, and gout, should bear in mind that there is a morbid principle in the blood when rheumatism is present. This morbid principle is uric acid, which circulates with the blood and acts upon the joints and muscles, causing the pains and agonies of rheumatism. Paine's Celery Compound is the only scientific remedy for the permanent banishment of every form of rheumatism. If your joints are painful, if the knees, elbows, wrists, or ankles are swollen, a bottle of Paine's Celery Compound will soon remove all your troubles and pains. If you have inflammatory or sciatic rheumatism accompanied with fever, acute darning pains in the sciatic nerve from the hip down the leg, Paine's Celery Compound taken at once will soon drive out the disease, and make you strong and active.

Mr. G. J. McDonald, Cornwall, Ont., writes of his happy cure, as follows: "After giving your Paine's Celery Compound a thorough testing, I am pleased to say a few words in its favor. For three years I suffered terribly from rheumatism. It seemed to me that I was forced to endure all agonies and pains that a mortal could possibly experience from the dreadful disease."

"While suffering I tried many of the advertised medicines, also doctors' prescriptions but never found a cure until a supply of Paine's Celery Compound. It worked like a charm—it seemed to strike at the very root of my trouble. I am now cured; all pains are banished, and in every respect I am a new man."

"I shall always consider it a pleasure and duty to strongly recommend Paine's Celery Compound to all who are afflicted with rheumatism."

If you want apple trees to bear, this out the fruit. A BUILDER—ARE YOU LOSING Weight?—The D. & L. Emulsion will always help and build you up. Restores proper digestion and brings back health. Manufactured by the Davis & Lawrence Co., Ltd.

A grass crop is fatal to a peach orchard. For twenty-four years Vapo-Cresolene has been extensively used for all forms of throat and bronchial troubles. All Druggists.

Effective Mar. 12, 1902

AKIE RAILWAY & DELRO RIVER L. E. & D. R. R. TIME CARD NO. 1

Table with columns for Station, Express, Mail, and Freight times.

THOS. MARSHALL, A. G. P. A., Walkerville.

WABASH

Cheap Excursion to California

The Wabash Railway Company will sell round trip tickets to Los Angeles and San Francisco, Cal., at less than the one way first class fare. Tickets on sale April 19th to 27th going to Los Angeles and return before June 25th, 1902. Choice of routes going and returning. All tickets should read via Detroit and over Wabash, the short and true route from Canada to California.

Full particulars from any Railroad agent or J. A. RICHARDSON, Dist. Pass. Agent, N. E. Cor. King & Yonge Sts., Toronto, and St. Thomas. W. E. RISPIN, City Pass. Agent.

CANADIAN PACIFIC

\$58.70 CHATHAM

Los Angeles, San Francisco, Cal and Return

Going and returning via direct U.S. lines and returning via Vancouver and Canadian Pacific.

Minard's Liniment Cures Garget in Cows.