GATES

LIFE OF WAM

fying them slightly accord to age or began to spin faster and faster until he

and rub yourself with a coarse towel until the skin is red. Do not stop it your mechanics or you deprive the a little rain will not hert you, the sum mer heat will not affect you when you have done it long enough to do you good. Then have dinner,

The great sources of mischief from eating are three — countril from contact was of countril was 50 or 500 feet deep. He made a valiant struggle, nevertheless.

As his supposed brain wrestled with the problem the temperature of his head increased and the thermopile in contact was of

the stomach, like a bottle being filled through a finnel, is full and overflowing before we know it. But the most important reason is, the food is availowed before time has been allowed to divide it in sufficiently small pieces with the teeth; for, like ice in a tumbler of water of water, the smaller the bits are the sconer they are dissolved. It has been seen with the naked eye that if solid food is out up in pieces small as half a pea, it digests almost as soon, without being chewed at all, as if it had been well masticated. The that it spild food is set ap. In spicos amall as half a pea, it digests almost as soon, without being chiwed at alm, at it is had been well maticated. The best plant, therefore, is for all persons to thus comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food and the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even if its well altered the comminute their food, for even in the comminute their food on the stometh, All and the comminute their food, for even in the comminute their food, for even in the comminute their food, for the comminute their food, for even in the comminut

man his life. Always breakfast before work or violent exceeding. No his board or could make year or to be sore half the modely ment.

Tailor

Totalior

Notified a size of the manual or the size of the manual or the size of the manual or the size of the size of the manual or the size of the size of the manual or the size of the size of the size of the manual or the size of the

The quinter thick desiration and the control of the

ated his willolem, if it were strike the bottom in deep is the shaft?

sound.' ordly necessary to say that the r struggled with that problem an energy born of despair. He kly forgot all about the electric periment and was bent upon recon-oiling the conflicting demands of the stone's downward flight and the time ordinary.

will power.

desires to live in .

dition should follow .

s, modition should sh lost interest in the problem, when it Get up not later than 7 a. m. Sponge began to slacken speed.

perspiring, but keep on till tired. It motor of its power. You must keep up your mentel exertion if you want a fairly long walk before and after to bore that hole. Thus adjured breakfast. Walk to your place of business. Attend to work in the usual nical and algebraic difficulties of the way, resisting every inclination you may have to give way to indolence. Walk home. Never mind the weather;

eating are three — quantity, frequency and rapidity—and from these come the horrible drepopalar which make the blood heat. As this difference in tem-human life a hurden. By eating fast, the stomach, like a bottle being filled

biscuit with a single cup of warm drink. Such a supper will always give better sleep, and prepare for a heartter break, fast, with the advantage of having the whole day to grind it up and extract its nutriment. Never eat without an inclination.—The Housenife.

at a fair profit. Lambs dropped in Boston from \$5 to \$8 in the early spring months, I do not present the above as an argument in favor of reciprocity, but simply to show the future prose that in the event of such relations. Dr. Twitchell in his lecture on 'The Breeding and Feeding of Animals,' delivered in Amheret a few weeks ago said that paying care.

He Thought a Hole Through a Board.

I can make you think a hole through a half-inch board, was the rather start ling remerk made to a New York reporter. The speaker was Elward be the case our abean raisest in the state of Maine, if such the such that including freight and duty, those raised in the state of Maine, if such that including freight and such that including

CAN'T SLEEP Sleeplessness and fearful dreams are the earliest and surest signs of brain exhaustion. In healthy sleep brain force is being stored, up to meet the most day's demands. But nowadays the nervous system has been so overtasked that it is unable to control the mind and are in the mind and are in the mind and are in the store. evt and v=1.2 gt,and you 12 feet per second for the the mind, and at night the worries, troubles, and work are as present as during the day. Hence the brain has not time to recuperate its energie. The proper medical remedies are sedatives, nerve tonics, laxatives, and regulators of the sense of the sedations. Occalives and nerve tonics de manded, and in Celery Comtonics de manded, and in Celery Comtonics de la company ound inliben effect is latiscoon scientific

the ma has brought sweet rest to thousands who tossed in sleepless sands who tossed in sleepless-ness from night to morning, or whose morbid dreams caused them to awake more lived than eve. All nervous sleepless, debilitate, or aged people will find vigor and perfect health in the great nervo-tonic, Paine's Colery, Compound,

Price, \$1,00. Sold by druggists. Circulars free. WELLS RICHARDSON & CO. Proprietors MONTREAL, P. Q.

ALWAYS



Windsor & Annapolis Raiw'y

Time Table. GOING EAST.

Halifax—leave...... 7 00 3 05

1 Richmond..... 5 Rockingham..... 9 Bedford..... | Bedford | 7 21 | 7 40 | 7 21 | 7 52 | 14 | Windsor June—leave | 7 38 | 8 40 | 17 | Beaver Bank | 7 45 | 8 50 | 27 | Mount Uniacke | 8 08 | 9 25 | 37 | Ellershouse | 8 32 | 10 00 | 40 | Newport | 9 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7 25 | 7

66 Port Williams



The Shortest and Best Route between Nova Scotia and Boston.

The Shortest and Best Route between Nova Scotia and Boston.

The Shortest and Best Route between Nova Scotia and Boston.

The Shortest and Best Route between Nova Scotia and Statistics, as the Western Counties Railway.

Returning, will leave Lewis' Wharf, Boston, at 10 a. m., every TUESDAY and FRIDAY, connecting at Yarmouth with Train for Halifax and Intermediate Stations.

The Yarmouth is the fastest steamer plying between Nova Scotia and the United States, being fitted with Triple Expansion Engines. Electric Lights, Steam Steering Gear, Bilge Keels, etc.

For ticket, state rooms, and all other information, apply to C. E. Barry, 126 Hollis St., Halifax, N. S.; Geo. M. Connor, North Street Depot, Halifax, N. S., or to any Ticket Agent on Windsor and Annapolis or Western Counties Railways.

The S. S. City of St. John, leaves Halifax every MONDAY, at 10 p.m., for South Shore parts and Karmouth, and leaves Yarmouth every THURSDAY, at 10 a. m.

The Shortest and Boston.

Terms from \$5 to \$8' per Week, According to Rooms.

Owing to the disappointment of the Spa Springs company not bottling on the grounds, and vegeting furnishing as was expected, they will for this season, be free to all.

J. R. HALL,

Proprietor.

FOR

IMMEDIATE

IMMEDIATE

IMMEDIATE

IMMEDIATE

IMMEDIATE

If 80, Try the Subscribe Boulds of the Spa Springs company not bottling on the grounds, and the grounds, and the grounds, and the grounds, the will be season, be free to all.

If 80, Try the Subscribe Boulds of the state of the spansor of Hurst Street, within six minutes walk of town. It consists of Hurst Street, within six minutes walk of town. It consists of Hurst Street, within six minutes walk of town. It consists of Hurst Street, within six minutes walk of town. It consists of Hurst Street, within six minutes walk of town. It consists of Hurst Street, within six minutes walk of town. It consists of Hurst Street, within six minutes walk of town. It consists of Hurst Street, within six

SPECHALIO BARGAINS

Ladies', Misses' and Children's

HOSIERY. CORSETS & WAISTS factured by the Wilmot Corset Co.

The St. Croix Soap M'f'g Co.,

THE BRIDGETOWN Marble Works,

MONUMENTS HEADSTONES.

Marble, Freestone & Granite, of all descriptions manufactured to order

ALSO . Furniture Tops! OLDHAM WHITMAN.

Bridgetown, Jan. 12th, DR. FOWLERS

SILK, TAFFETA AND LISLE GLOVES.

ENCOURAGE HOME INDUSTRIES,

BRIDGETOWN

in 1760.

of Ireland.

A BIG STOCK TABLETS. LIGHT HARNESSES, EXPRESS HARNESSES, TEAM HARNESSES TEAM and HARNESS COLLARS.

Trunks and Bags,

Direct from Manufacturer For Sale Low for Cash.

BEGS to thank his numerous customers for their very liberal patronage in the nast, and to announce that he will continue from New England in 1771. Wilmot and Shelburne by disbanded scene. soldiers and loyalists from the United

Cash Discount of 10 per cent. during the months of August and Septembe and challenges a comparison of quality and the County of Pictou.

Wentworth Eaton. . SPRING & SUMMER

If so, Try the Subscriber.

Joker's Corner.

Halifax was founded in 1749 the next year after the close of the war between England and France, as the result of which Nova Scotia by the Au is Chapelle came finally into the hands of the English. The 9th of May, 1748, Colonel the Honorable Edward Cornwallis was gazetted as Governor of Nova Scotia, and embarked the 14th of May. He assumed the governorship, July 14, 1749. A short time afterward, 1176 settlers, with their families, left England and became the founders of Halifax.

Cornwallis was governor until the 3rd of August 1752 when Col. Pergrine Thomas

DEY GOODS & GROCERIES, BOOTS & SHOES, READY MADE CLOTHING, SCOTCH and CANADIAN TWEEDS, a fine selection always in stock.

HAYING TOOLS sold at finest prices.
Also FLOUR and MEAL, etc.

WANYED.—100 dozen pair good heavy Socks in exchange for goods, during the next adays, for which good prices will be paid.

C. H. Shaffner.

South Farmington July. 9 th, 1888.

Cortwallis was governor until the death, oct.

Hopson assumed the government. He salled for England Nov. 1, 1753, and the flonorable Charles Lawrence a Lieut.

Governor assumed the governorship.
Lawrence became Governor, 23 July, 1756 and continued in office until his death, oct.

19, 1760. Jonathan Belcher, Chief Justice, then for a short time administered the government until "Mr. Ellis late governor of governorship Jonathan Belcher was appointed Lieutenant Governor, 21st November, 1761, Montague Wilmot assumed the lieutenant governorship 26th September, 1763, the governorship 31st May, 1764, May 23rd, 1766 Mr. Wilmot having died, Mr. Green administered the government until know what it was—dregging out beautiful and a lot of flip flop flounces over the whole thing. There wasn't no arms to it, and she had a lot of white the price of the proposition of the state of the proposition of the proposition of the state of the proposition of the proposition of the state of the proposition of the prop August 1752 when Col. Pergrine Thomas

Mr. Green administered the government A Diabolical Plot.—The brutality with Mr. Green administered the government until 23rd August, 1766, when Michael Francklyn was appointed Lieut, Governor. Nov. 27 1766 Lord William Campbell became Governor.

Lunenburg was settled principally by French and Germans in 1753.

Falmouth by emigrants from New England in 1759. Horton Cornwallis, Chester and New Dublin by settlers from Counceticut in 1760.

Liverpool by people from Massachusetts icut in 1760.

Liverpool by people from Massachusetts blaspheme when he saw the decorated trunks deposited in the half of the botel to which he went he may take rank with Job for patience.—Boston Courier.

Newport by people from Connecticut and Nor FOR INTRUSIVE EYES. - 'As you

She shyly said she would.

Then he folded her in in his strong

But let us withdraw from the

States, in 1783 Preston, Clements, Aylesford and Rawdon by the same in 1784.

(In 1783 and 1784 many disbanded hard and your life full of trials?

the County of Pictou.

The township of Aylesford, Kings Co., was settled in 1784,—By Rev. Arthur

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The Smallest Screws in the World.

The smallest screws in the world are

TROUBLE AHEAD, - Old Dady - you not playing ball with the other boys?

Little Boy - I muffed er fly in delication of the control TROUBLE AREAD. - Old Lady - Why are The smallest screws in the world are made in a watch factory. There can be no doubting that assertion on any score.

They are cut from steel wire by machine, but as the chips fall down from the knife it looks as if the operation was simply cutting up the wire for fun. One thing is they are continued in the world are made in a watch factory. There can be no doubting that assertion on any score. They are cut from steel wire by machine, but as the chips fall down from the knife it looks as if the operation was simply cutting up the wire for fun. One thing is looks as if the operation was simply cutting up the wire for fun. One thing is looks as if the operation was simply cutting up the wire for fun. One thing is decapt'n.

into the poorhouse. -N. Y. Sun.

Yarmouth by people from Massachusetts, in 1761. Onslow by people from Massachusetts, and Truto by people from New She shyly said she would.

J. W. ROSS.

1. To the policy of the borders of Pennsylvania and Maryland in 1767.

1. Barrington by people from Massachustetts, in 1767, Clare by Acadian French in 1768. Argyle by Acadians and people from what I thought it to be, that if you will give me a little time to—to think it over, I—I may—'

1. Sto thank his numerous customers from New England in 1771.

double the size. It is estimated that an ordinary lady's thimble would hold 100,000 of these tiny little screws. About 1,000,000 of them are made a mouth, but no attempt is ever made to count them. It is determined by the number, 100 of them are placed on a very delicate balance, and the number of the whole amount is determined by the weight of these. All of the small parts for the watch are counted in this way, probably fifty out of the 120. After being cut, the screws are hardened and put in frames, about one hundred to the frame, heads up. This is done very rapidly, but entirely by sense of touch instead of sight, so that a blind man could do just as well as the owner of the sharpest eyes. The heads are then polished in an automatic machine, 10,000 at a time. The plate on which they are polished is covered with off and a grinding compound, and on this the machine moves them rapidly by reversion motion, until they are fully polished.—Analyst.

Is the Pope to Leave Rome?

Is the Pope to Leave Rome?