

MC2465 POOR DOCUMENT

THE GRANITE TOWN GREETINGS

PHYSICIAN GIVES ADVICE

Tells Why So Many Suffer from Catarrh and Rheumatism.

A distinguished physician, famous for his successful treatment of catarrh and rheumatism, states as follows:—
"Our climate being more or less damp and changeable, is bad for catarrh and rheumatism, and care must be taken not to let these troubles gain headway. In addition, he states that a great many Canadians are careless in their habits, and to this as much as climatic conditions is due a great deal of the trouble. Insufficient clothing and improper eating will cause rheumatic and catarrhal troubles in any climate."

This eminent authority gives the following as the simplest and best treatment known to science, and to it he gives credit largely for his success: Fluid Extract Cascara, ¼ oz.; Fluid Extract Carriana Compound, 1 oz.; Compound Syrup Sarsaparilla, 6 oz. Directions: One teaspoonful after each meal and at bedtime.

The ingredients are all vegetable, and have a direct and specific action on the liver, kidneys and bowels, eliminating all poisonous matter from the system. Any druggist can dispense this, or you can buy the ingredients separately and mix at home by shaking in a bottle. Many of our readers should benefit by this article. Save the recipe.

Sunday Thoughts

The noblest vengeance is to forgive. In jealousy there is more love of self than of anyone else.

It is a sign of wisdom to be willing to receive instruction.

A judicious silence is better than truth spoken without charity.

People seldom learn economy till they have little left to exercise it on.

Before you give way to anger, try to find a reason for not being angry.

The worst misfortune is to be unable to bear misfortune.

A man is born for great things when he has the strength to conquer himself.

Nothing is so pleasant as a good and beautiful soul. It shows itself in every action.

Whatever difficulties you may have to encounter, be not perplexed, but think only what is right to do in the sight of Him who seeth all things, and bear without repining the result.

Kind words are the music of the earth. They have a power which seems to be beyond natural causes, as the angel's song which came down on

made truly religious persons, and certain actions, which are extremely good; but men must have righteous principles in the first place, and then they will not fail to perform virtuous actions.

If your Bible is left to get dusty, your conscience will also get rusty.

Do not repeat the mistakes of yesterday; rectify them.

The biggest battles of life are fought in one's own heart.

No Christian character is complete if self-denial is excluded.

The glory of a worthy deed is the doing of it, not the telling of it.

Your light isn't of much use unless it is shining on some other person's path.

It is greater to live nobly in obscurity than to win the empty applause of the multitude.

No work is well done or healthily done which is not enthusiastically done.

The most powerful sermon is that of a godly life.

They who forgive most shall be most forgiven.

Croup positively stopped in 20 minutes, with Dr. Shoop's Cough Remedy. One test alone will surely prove this truth. No vomiting, no distress. A safe and easing syrup—20c. Sold by all Dealers.

Riches

I should as soon think of going in to my barnyard and saying: "O, Alderneys, be careful about giving too much milk," as I should think of saying to men, "Avoid getting rich. I do not care how much milk my cows have. If it is good, rich milk, the more there is of it the better I like it. I have never exhorted men not to seek wealth; but I have said to men, 'Riches alone do not make manhood nor produce happiness. A man may and be a fool. A man may and be miserable.'—H. W."

F. M. CAWLEY

Undertaker and Embalmer

I wish to announce to the people of Charlotte County that I am prepared to do all business in this line Cheaper and Better than ever

Besides carrying a complete stock of First Class Caskets, Robes and all other funeral supplies, which I am prepared to sell 20 per cent. less than any competitor, I have lately added to my stock a good line of Cloth-covered caskets, which I will sell from Fourteen to Twenty Dollars. I have also a good line of Coffins which I will sell at from Ten to Fourteen Dollars.

Anyone requiring anything in this line, will do well to examine my stock and get prices for themselves. Pay no attention to the Middleman or hired agent but satisfy yourself with me personally.

A Free Telephone is at your service and all orders promptly attended to as in the past

All goods will be delivered FREE

The Girl Who Wouldn't Marry

In one of the mills in Fall River I met a girl whose marriage created some excitement because of the bitter opposition it met with on the part of her mother. Observe that in New England mill towns the father and mother work in the mills until the oldest child, or more commonly, until two children are old enough to work. Then one parent, usually the father, I observe, leaves the mill forever. The other parent leaves as soon as the combined wages of the children amount to a living income. The mother assuming her rightful function of housekeeper and housekeeper, the family enjoys a degree of comfort and prosperity they never knew before. They live in a decent house, eat good food, and have some pleasures of existence.

The mother of this girl in Fall River, Lillie, was aroused to a perfect frenzy of apprehension as soon as Lillie began to "keep company" with a good-looking young French Canadian teamster. She forbade him the house, she watched the girl to prevent her meeting him outside, she did all she could to break up the affair. Finally she told Lillie that if she dared to marry without her consent, she would have Lillie arrested! declares Rheta Childs Dorr, in "The Wreck of the Home," a remarkable sociological study in the November issue of Hampton's Broadway Magazine.

Now Lillie, who was a weaver and earned ten dollars a week followed the universal custom of carrying her pay envelope unopened to her mother. She received a trifle back for pocket money, but she was unaccustomed to independence, and she trembled under her mother's threat. The teamster's arguments and pleadings finally prevailed and they eloped, although she believed that her disobedience was criminal. When she found that marriage was allowed even to working girls, and against the will of parents, her joy was amazing. I never saw a happier bride. She continued to work in the mill, of course, for the teamster's wages were only seven dollars a week, which is not enough to live on. Seven dollars and ten dollars are seventeen dollars—a fortune to a girl who had never had so much as a dollar at a time to spend. Life, for the present became a brilliant thing. The teamster not only permitted Lillie to keep her own envelope, but gave her his, and went with her to market to teach her how to spend. "William," said Lillie with pride, "has ideas. He intends to live like people ought to."

Yet this beautiful resolve can only be realized in the rare event of their having no children. When the children come William's wages will be smaller than ever, nor will Lillie's ten dollars look quite so large. Thus it will be that during the time their children are small and need nourishing food, there will be little money to provide it. Worse, much worse, there will be no mother at home to cook the food and care for the children. In Fall River, old women, broken-down mill hands, plus soothing sirup, take care of the babies. Lillie will bury a third of her children. When the surviving ones are well grown she will leave the mills and realize once more, in her old age, a little of the comfort and happiness she knew in her bridehood—until her children begin to marry.—Ex.

Which Liniment Is Best?

For muscular pains and aches a thick, oily preparation can't penetrate—that's why Nerviline beats them all—it sinks right in. "I wouldn't live without Nerviline in my house," writes J. B. Cottam of Mastown, N. S. "If you have rheumatism or soreness in the muscles or in fact any need of an honest liniment, Nerviline fills the bill. I can recommend it highly because I have proved that in one application of Polson's Nerviline there is more virtue than in a whole bottle of ordinary liniment." Try one of the large 25c. bottles.

The Reason Why

"Now, Peters," said the teacher, "what is it that makes the water of the sea so salty?" "Salt," said Peters. "Next?" said the teacher. "What is it that makes the water of the sea so salty?" "The salty quality of the sea water," answered Peters. "It is due to the admixture of a sufficient quantity of chloride of sodium to impart to the aqueous fluid with which it commingles a saline flavor, which is readily recognized by the organs of taste!" "Right," said the teacher. "Go up one!"

The Dangers That Lurk In "Soft" Drinks

According to a writer in the London Lancet, there is hardly less danger to body and mind in so-called "soft" drinks than in those which are unblushingly alcoholic. This gentleman declares with considerable vehemence that if one wishes wholly to avoid the demon of alcohol it is necessary to eschew not only lemonade and ginger ale, but even more water than is absolutely requisite for quenching the thirst, since, in the purest of water, there is a small percentage of natural alcohol. This reformer agrees with the celebrated French satirist that "the only superiority ordinary drinking men show over the animals lies in their ability to drink when they are not thirsty." He opines that many of the dyspeptic and heart evils of the day arise from drinking more than is required to quench the natural thirst. To indulge in tea or coffee drinking, or in seltzer or ginger ale or lemonade drinks, in order to quench an unnatural or educated thirst, is to confess oneself in the same category as drug takers and dram drunkards.

Much of the artificial-drink abuse of our time is due, says the writer in the Lancet, to the idea that municipal water is mostly tainted, and that it thus accounts largely for the death-rate. He points out that the best and purest waters of the natural spring are not free from a certain taint, and that the evils of tannin, alcohol, carbonic-acid gas, glucosid and ginger are far more to be apprehended than the impurities of ordinary water, since the human body is not without its own natural poisons and impurities and their natural antidotes. Lemonade which is so freely recommended as a refreshing and stimulating drink to reforming toppers, is, says this physician, a pregnant source of gastric trouble. At first the harm is not noticed; gradually, however, when the citric acid has had its play upon the coating of the stomach, dyspeptic gases begin to form, the eating of a meal becomes a source of apprehension as regards after-effects, and bilious trouble makes its entry. Ginger ale is hardly less harmful; in time the ginger corrodes the coating of the stomach, the same being the case with seltzer waters and ever-infused tea.

Are You Drowsy After Meals?

Is there a fullness in your stomach—a drowsy, lazy desire to sleep—this isn't natural in healthy folks and only occurs when the liver is torpid. You need a stimulating tonic—need Dr. Hamilton's Pills to stir your liver and put life into sleepy organs. You'll feel brisk and lively—you'll eat, digest and sleep well after regulating with Dr. Hamilton's Pills. No medicine so universally used, so mild, so sure to benefit as Dr. Hamilton's Pills. Sold by all dealers in 25c. boxes.

For a home to be a home in the highest sense of the word, and not merely a place to sleep and eat, each member of the family must contribute his or her share. There must be forbearance, sympathy and love. A great deal depends on the parents. They should in the early childhood of their children teach them to make the home the dearest place on earth. The aged live more in the past than the present. Their reveries are principally of their boyhood and girlhood. How necessary then that these days be made happy, that their reveries may give them pleasure. It is not a perfect home where the inmates hold themselves aloft. It is where the guest is ever welcome, where friends delight to come and come again. Those that shut themselves from the world become selfish and narrow minded. It requires interchange of thought to expand the mind. And what is more delightful than the happy interchange of thought between friends in a happy home.

A national fund is being raised in Siam to commemorate the King's reign of 41 years, the longest reign in the history of the country. The fund will be devoted to the erection of a statue to the King, and any surplus remaining will be handed over to His Majesty to be expended for public purposes. The Crown Prince is acting as president of the committee of the fund.