

THE CHARLOTTETOWN GUARDIAN

TUESDAY MORNING, OCTOBER 6, 1908.

GOOD MANAGEMENT.

When Sir William Mulock stepped out of the Post Office Department, says Colliers, he left a pair of big shoes to be filled. But RODOLPHE LEMIEUX, a mere youngster as statesman go, stepped in and filled them to the King's taste. He proved that he had an old head on young shoulders and that the old head had room for big ideas that the young shoulders could shove through. He took up the great task of making the postal service cost less to the Dominion but bring in more to the Dominion. The motto of the department has been small profits but quick and plentiful returns. Penny postage within the British Empire has become an accomplished fact under Mr. LEMIEUX and his predecessor. Canadian postage which was three cents is now two cents. City-drop letters which were two cents are now one. The price to the public has been "shaded" all along the line, and the results prove that it is good business. An era of surpluses has replaced an era of deficits and the receipts show no signs of falling off. On the contrary, the people respond nobly to every reduction in postage, and simply crowd Mr. Lemieux's bargain counters to buy stamps. Whenever anything is marked down in the post-office shop the people seem to turn in and make Mr. Lemieux's enterprise a huge success. Space lacks here to recount all the reforms, betterments, and new ideas introduced into the postal service by Rodolphe Lemieux. The Postmaster-General follows up each new idea with characteristic energy, but it is perhaps with him as he was with the man in the song—the last one is best of all. The last one happens to be free rural mail delivery, and the farmers, who enjoy "its benefits," will be calling Mr. Lemieux blessed from one end of Canada to the other. And the knowledge is fairly common that it's not a bad thing to have the farmers calling one blessed at election time.

of the land which has been the means of doing so much good in this city and other parts of the province. In his own interests his resignation is preferable to his dismissal. SLEEP. Sleep is not a negative process, but a positive one; not a mere cessation of activity but a substitution of constructive bodily activity for destructive. Says Woods Hutchinson, M. D., in The American Magazine. The "anabolic," or up-building, processes are in excess of the "katabolic," or down-breaking, processes during sleep. During the waking hours the balance is reversed. It is not sleep that leads to death, but waking. Men have been known to sleep for weeks and even months at a stretch, with but little injury. Persistent wakefulness kills in from five to ten days. It is creditably reported that, with Oriental refinement of cruelty, death by sleeplessness is one of the methods of execution for certain high-class criminals in China. The wretched victim is forcibly prevented from going to sleep until death from exhaustion closes the scene, which is said to be seldom later than the fifth or sixth day. It should be explained that absolute sleeplessness is a very different thing from the insomnia of our nervous patients who "don't sleep a wink all night"—which latter means that they were awake from three to five times during the hours of darkness.

WE LAY US DOWN TO SLEEP.

We lay us down to sleep, And leave to God the rest; Whether to wake and weep Or wake no more be best.

Why vex our souls with care? The grave is cool and low— Have we found life so fair? That we should dread to go?

We've kissed love's sweet, red lips, And left them sweet and red; The rose the wild bee sips Blooms on when he is dead.

Some faithful friends we've found, But they who love us best, When we are under the ground, Will laugh on with the rest.

No task have we begun But other hands can take; No work beneath the sun For which we need to wake.

Then hold us fast, sweet Death, If so it seemeth best, To Him who gave us breath That we should go to rest. We lay us down to sleep; Our weary eyes we close; Whether to wake and weep Or wake no more, He knows. —Louise Chandler Moulton.

All sympathy and help to the Moral and Social Reform Leagues throughout the Province for their energetic and sacrificing efforts for honest elections. In the name of all that is good and pure, and for the sake of home and country, let every Provincialist give all possible help with their money and influence in helping forward so worthy a movement. It is a good investment for politicians both morally and financially.

STUBBORN INDIGESTION

One Who Had Suffered for Years Cured by Dr. Williams' Pink Pills

The symptoms of stomach trouble vary. Some victims have a ravenous appetite, while others loathe the sight of food. Often there is a feeling of weight on the chest, a full feeling in the throat. With others there is an intense pain and feeling of nausea after eating. Sometimes gas presses on the heart and leads the sufferer to think he has heart disease. Sick headache is another frequent and distressing symptom. Mrs. Alex. McK. McLellan's Mountain, N. S., says: "For years I was a great sufferer from indigestion, which was gradually growing worse and worse, and it would be impossible for me to tell how much suffering I endured. At different times I had treatment from three good doctors but it did not help me in the least. Then I began trying all sorts of advertised medicines and took ten packages of one medicine specially intended for dyspepsia, but with no better results. I had practically come to regard myself as incurable and to feel that I would be a continuous sufferer, when one day I read in a newspaper of the cure of indigestion through the use of Dr. Williams' Pink Pills, and I made up my mind to give them a trial. I had used nearly five boxes before they began to help me, but I do not wonder at this as my case so bad. I used in all a dozen boxes of the pills, and they cured me completely. I can now eat anything we raise on the farm for man to eat and have no longer the pains and discomfort I had endured for years. It is several years now since I was cured and I have never felt a symptom of indigestion since. I am quite at liberty to use what I say in the hope that it will benefit some other sufferer." All medicine dealers sell Dr. Williams' Pink Pills or you can get them by mail at 50 cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Brookville, Ont.

CALENDAR for OCTOBER 19 0

Table with columns for Day of Week, Sun, Mon, Tues, Wed, Thurs, Fri, Sat, High Water, and Low Water. Includes moon phases and tide information.

Eating Oil

This is a growing and sane idea. It is olive oil that is becoming one of the important foods of the world. Its value lies in the fact that it is all nutritious and is a kind of food that leaves no harmful waste in the system such as meat does. Instead it helps to expel the harmful waste matter that results from using other foods. Use all the olive oil you can, be careful about the quality only. That is insured by coming here for it. We handle a special brand that is absolutely pure and of fine flavor. Price 50c pint.

J. G. Jamieson, Reliable Druggist, The Medical Hall.

Remember

that your success in life largely depends on your eye-sight, therefore see us about your eyes if they trouble you.

G. H. Taylor, oculist and Optician

MARK WRIGHT FURN'G CO., SUNNYSIDE

Advertisement for ELEGANT GIFT LINENS. Features images of linens and text describing elegant cluny linen lace centerpieces, hand-drawn linens, and various sizes and prices.

Advertisement for DODD'S KIDNEY PILLS. Includes an image of the pill bottle and text describing its benefits for kidney diseases.

Advertisement for Goff Bros. Home Made Boots. Text describes the quality and variety of boots for men, women, and boys.

Advertisement for Reddin Bros. Soap. Text promotes their various soaps and fancy articles.

Advertisement for CHAS. F. DAVISO. Text describes funeral services and equipment.

Large advertisement for JAMES PATON & CO. featuring the word 'QUALITY' in large letters and text about fur goods and quality standards.

Advertisement for Election Competition. Promotes a contest with \$100.00 in prizes and details the rules and prizes.

Table showing the Result of the Dominion Election 1904. Lists candidates and their respective vote counts.

ELECTION COUPON. A form for voters to use to request five estimates from James Paton & Co. for goods purchased.

Advertisement for JAMES PATON & CO. Text describes various goods like wool scarfs, millinery, and men's underwear.