



When a man neglects his health for a day he marks two days off the calendar of his life. When he neglects his health for two consecutive days he marks four days off his life's calendar. And so on. That's about the ratio, and it doesn't take many days to cross off an entire year. And yet men recklessly neglect their health for weeks at a time. It is the easiest thing in the world for the average man or woman to get good health and then keep it. It only needs a little stitch here and there. The big, dangerous maladies that threaten life are only the culmination of the little illnesses that are neglected. If when a man feels "knocked-out," "out-of-sorts," "run-down," overworked or overworn he will resort to Dr. Pierce's Golden Medical Discovery he will soon feel bright, strong and vigorous again and able to combat all the big maladies in the doctor's books. Moreover the "Golden Medical Discovery" is a sure and speedy cure for some of the most dangerous diseases. It cures 98 per cent. of all cases of consumption. It cures nervous prostration and exhaustion. These are not mere assertions. Thousands of grateful men and women have testified to the facts, and hundreds of their names, addresses and photographs are printed in Dr. Pierce's Common Sense Medical Adviser.

"I used Dr. Pierce's Golden Medical Discovery for rapid liver and indigestion, and obtained permanent relief," writes J. A. Williams, Esq., of Mill Brook, Washington Co., Tenn.

Dr. Pierce's Common Sense Medical Adviser has had a larger sale than any other book of this class ever offered the public. This book of 1,008 pages with 300 illustrations, is full from cover to cover, of practical advice on health matters. This great book, in heavy manilla covers, is now offered FREE to whoever will send 31 one-cent stamps to pay for customs and mailing only. If an elegant French cloth binding is desired, send 50 stamps. World's Dispensary Medical Association, Buffalo, N. Y.

**Y. M. C. A.**

The baths in the Association Building have been refitted, and are now in strictly first class condition. They will be open Tuesdays, Thursdays and Saturdays, from 2 to 10 p. m. Members are invited to patronise them; non members will be charged a small fee for their use. The Assembly Hall is now in good order, and will be let at reasonable rates Apply to the Secretary.

**TO LET**

For the summer of '98, a Seaside Cottage known as **The Hermitage**. Beautifully situated on Point Pleasant Farm, North River, overlooking the Hillsboro River, and the approach to the Harbor. An ideal spot for a summer outing. Apply to P. O. BOX 79

**WATCHES**

THE watch trade has been rather fluctuating of late, first the price went up, after a long period of low prices, now the prices have dropped again, whether because of war or greater variety of production we cannot say, but the fact remains that you can buy from us a reliable timekeeper cheaper than ever before, in fact that there is no need to buy shoddy goods at all.

If you want a good and also the cheapest watch for the money, we recommend a good movement in a nickel case instead of a poor one in a fine looking colored case that will only wear a very short time.

Soliciting a share of you patronage, we remain, Yours respectfully,

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**LOVE'S COMMON SENSE**  
BY JOHN A. STEWART.

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Because attention was directed to my hurt that it became all the more sensitive, but the smallest movement now caused a pang that cut the breath like a stab. Besides, I was in a raging fever of thirst. A water-skin dangled from my saddle-bow, and I reached for it in hope of relief. It was already cracking and shrivelling in the furnace-like heat, but there was a chance that some of the precious contents might still remain. Now that the idea of it came to me, my whole being called out vehemently for a mouthful of water as the sole hope of life. Nothing else could save me.

Eagerly pushing the dented sides of the skin apart, I looked in. The dazzled eyes saw only a vacant blackness. Merciful heaven, it could not be that the skin was empty. I peered deeper and deeper. My vision must be at fault, for if I did not see water I certainly smelled it. Thrusting in my hand I brought out a handful of mud, the refuse of some well trampled out to founlness by struggling, perishing men and beasts. The skin dropped from my nerveless fingers, and the oozy sediment came dribbling out. Before I knew what I was about, I was sucking it for dear life, but it stank so poisonously that I had to spit it out immediately. Yet moisture of any sort was too precious to be wasted, so I emptied the trickling mire upon my baking wound, rubbing it in with my finger as a smearer rubs his tar into the divided fleece of a sheep.

I cannot say that the application in the last assuaged the pain. And the disappointment of finding the skin empty gave an added poignancy to the throbbing of my inflamed throat and lips. Oh! for a single drop, just one drop of clear, cool water to ease that fiery torture. Worlds upon worlds would I have given for so much liquid as lies on the petal of a daisy at dawn, and worlds upon worlds could not have purchased it there.

I bandaged the wound—that is to say, I bound it roughly with a rag torn from my long Arab shirt. But what mattered it whether it was attended to or not? Why defer paying a debt that is exacted of all men? Would it not be best to let death distract at once, and have done with "this fever called living"? Utterly worn out with fatigue and fright and excitement, I was tired of being the sport of destiny. To think of triumphing over her was a fool's thought. No man had done it. No man would or could do it. Why should I prolong a bootless strife? The cry of the sick heart was the cry of the ancient Celt: "How evil was the lot allotted to Elywarch the night when he was brought forth! Sorrows without end and no deliverance from his burden! No deliverance from his burden! That was the sentence of old; it was the sentence still. A galling struggle tragically relieved the momentary illusions of hope and happiness, endless humiliations, crushing defeat and at least inevitable death. Yet it was hard to die; hard to think calmly of one's own bones being picked by those vultures which were already hovering above me in anticipation of a corpse to feed on. I was not yet philosopher enough for that.

Crouching on the sand, my head sank deep between my knees in an agony of despair. The sun beat down as if the heavens were a vault of fire, and millions of quivering arrows seemed to dart along my spine. It was rapidly driving me crazy. I was going mad with the consciousness of the calamity full upon me. Merciful God, I was to die a raving maniac in the burning wilderness! The thought thrilled for an instant in the brain, making me shiver as with a sudden chill, and then came a strange calm. That at least could be prevented. Drawing my sword, I felt its edge, thinking of Saul and his armour-bearer. The blade was of Damascus steel and as keen as a razor. A moment's courage and all would be over; so sharp an instrument could cause little pain, nothing to what I was already suffering.

I learned then that a man may take his own life smiling. I turned the edge inward toward the throat, glad that I had found such easy means of escape. A moment's courage, I kept saying to myself—no more; then everlasting relief. The edge touched the bare skin, and I leaped to my feet screaming with unutterable horror. No, no, I could not do that; the canon of the Almighty was clean against self-slaughter. Shaking like a leaf in the gale, I fell prostrate on my face, and prayed for strength and pardon.

**Spring Croubles.**

The troubles of Spring that you see are less dangerous than those you can't see, but which are there just the same. The Spring air is full of germs of disease, which have been freed from their congealed state by the warm spring sun. You cannot see them, yet only strong and healthful persons can withstand their attack.

**Abbey's Effervescent Salt**

...makes healthful systems, purifies the blood, strengthens the nerves, and gives energy to the worker. It is the greatest preventive of disease known.

J. A. S. Brunelle, M.D., C.M., Montreal, Professor of Surgery, Laval University Medical Faculty; Surgeon to the Hotel Dieu, etc., says: "I have found it particularly beneficial in the treatment of derangements of the liver and of the digestive organs, and consider that the regular use of a preparation of this nature has a decided tendency to prolong life. I am using it in my hospital practice."

**DESIRABLE PROPERTY**  
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I have received instructions to sell by Auction, at the premises, on Wednesday, the 1st day of June next, at 11 o'clock a. m.

The beautiful residence of the Hon. F. Peters, "Sidmount."

This property comprises 20 of acres excellent land, with large and commodious dwelling house and out buildings. The house is fitted with modern improvements, having hot and cold baths, heated with hot water, and lighted with electric lights.

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Terms easy and made known at sale.

K. MARISTO,  
Auctioneer

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All interested are cordially invited to call at the College and inspect our system of training, etc. work is general.

**TENDERS.**

Will be received by the undersigned, up to 12 o'clock noon, on Wednesday, 1st June, from parties willing to cater for A. O. H. sports, to be held on St. Dunstan's College grounds, on Friday, July 1st.

W. F. PAYNE,  
Sec'y of O. H.

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