

THE CURSE OF THE NATION IS CONSTIPATION

"Fruit-a-lives" Alone Cures This Disease

A famous scientist states that Constipation, or non-action of the bowels, causes more deaths than all other diseases combined. Constipation inflames the kidneys, ruins digestion, is the forerunner of Rheumatism, poisons the blood, causes Headaches, Neuralgia, Nervousness and Insomnia.

Constipation is caused by a weak or sluggish liver. It is the only negative of the body, is secreted by the liver, which in turn should pour out into the intestines sufficient bile to move the bowels. Unless the liver is active, there cannot be enough bile to move the bowels regularly and Constipation is the result.

"Fruit-a-lives" the famous fruit medicine, will always cure Constipation because it acts directly on the liver—relieves the congestion—increases the quantity of bile—and strengthens the bowel muscles.

It's the "knowhow" that counts. With out it genius is a lame duck and luck is an also ran. Inspiration that doesn't inspire you to train your head and hand is as empty as last year's bird nest. You may have ideas that the world is burning to see worked into iron or brass or literature.

You may have discovered the secret of eternal youth or solved the riddles of the ages. But if you don't know your job, if you haven't the experience necessary to put your ideas into concrete form, you're a few hundred degrees below the digger of ditches in the scale of human values.

If you haven't got the "knowhow," you've buried your talent and are an unprofitable servant to your fellow mortals. Also, you'd better have one talent with the "knowhow" than ten without it. Millions of ten-talent men go to the bill-ions of one-talent men with the talent who their names indelibly on the book of fame.

"Furthermore, there's only one thing that will keep you from having the "knowhow" and that is laziness. No man is born with the "knowhow," and the only school in which you can get it is that excellent institution conducted by Prof. Asor Experience. But it's the easiest thing in the world to get—alloyed with do as is work."—Uncle Gav.

CLOSED UP FOUR THOUSAND BUCKET SHOPS.
Attorney-General Tells of Successful Crusade in United States.

Washington, Feb. 23—Attorney-General Wickham today declared that final reports of the nationwide campaign against bucket shops show that more than four thousand offices of that character were put out of business as a result of the crusade. The reports which Mr. Wickham has received also indicate that the men who ran the bucket shops have in most cases, engaged in other business. One former bucket shop dealer has told Mr. Wickham that one result of the campaign has been entirely to stop gambling in stocks and grains in many small cities and towns.

KENDALL'S SPAVIN CURE
is the remedy you can depend on. No other preparation has done so much for the horse and the horseman.

KENDALL'S SPAVIN CURE
cures Spavin, Curb, Splint, Ringbone, Swellings, Bony Growth, Cuts, Sprains, Bruises and all Lamenesses.

Every Medicine Shelf
should have a bottle of Kendall's Spavin Cure—the best liniment in the world for man and beast. Nothing when you will have the right remedy when the emergency arises.

Dr. B. J. KENDALL CO.
Enochburg Falls, Va.

Some of the Debts That Man Owe to Animals

Realizing the need of education on the subject of animals experimentation, the Boston Scientific Society invited the Dr. B. L. Arms, director of the bacteriological laboratory of the Boston Board of Health, to make for it a brief course of the subject, which was done under the title, "Some of the debts that Man Owe to Animals." In this introduction Dr. Arms spoke of the use of the word "vivisection," which is no more applicable when speaking of animal experimentation than it would be in speaking of human surgical operations. "Usually the only thing done to the animal is to inject material into it subcutaneously. When any operation of a cutting nature is necessary anaesthetics are used to get the best results in animals as well as man, the operation must be performed with as little injury to the tissues as possible. Now for a few of the debts of man," continued the speaker, "smallpox, that scourge of civilization in the sixteenth, seventeenth and eighteenth centuries has been brought under control; diphtheria has been robbed of its terrors; and rabies has been reduced. Animal experimentation has made the fight against tuberculosis possible and it offers a chance to conquer cancer.

ENORMOUS DIMINUTION OF SMALL POX

Smallpox, which prior to the discovery of vaccination by Jenner in the latter part of the eighteenth century claimed its victims by the thousands is to-day one of the least troublesome of the acute infectious diseases from the public health standpoint. Minnesota, taking the stand that no citizen should be unvaccinated, has ceased to quarantine small-pox patients, claiming that it is the fault of the individual if he contracts the disease. Montana has just adopted State Board of Health says, "Get the same policy, the bulletin of the vaccinated and protect yourselves. Small-pox is a disgrace and a reflection upon any person of intelligence. Dr. Arms presented a few figures regarding small-pox and the effect of vaccination. In 1802 Admiral Berkeley, in a speech before the House of Commons, announced that in the United Kingdom alone forty-five thousand persons die annually of small-pox. Dr. de Condamine in 1754 stated that "every tenth death is due to small-pox, and one-fourth of mankind is either killed by it or crippled or disfigured." The disease was introduced into the western hemisphere by the Spaniards about fifteen years after the discovery of America. In Mexico within a short time after three million five hundred thousand persons are said to have died from it. Catlin, in his discussion of the North American Indians published in 1841, states that of twelve million Indians, six million fell victims to small-pox. The early records of the London Asylum for the Indigent Blind show that two-thirds of the inmates lost their eyesight through small-pox. According to Sir William Aikin, ninety per cent. of the blindness encountered in the bazaars of India is due to this disease. This is so common that Surgeon General Pinkerton asserts that a new word, "vaxan," was coined to the blind language, meaning blindness in one eye. The official figures of the medical faculty of the University of Prague for the seven years, 1795-1802, show one-seventh of the average deaths to be due to small-pox, while for the twenty-four years from 1822 to 1855, the total number was less than the previous annual loss.

Americans will be interested particularly in the story of the Philippines in this matter. The United States sanitary authorities, with Dr. Victor G. Heiser at their head, performed in 1905-06 the enormous number of 3,094,530 vaccinations. Dr. Heiser reports, June 3, 1907, "In the provinces of Cavite, Batangas, Cebu, Batavia, La Union, Rizal and Laguna, where heretofore there have been more than six thousand five hundred deaths annually from small-pox, it is satisfactory to report since the completion of vaccination in the afore-said provinces, more than a year ago, not a single death from small-pox has been reported." "Surely Thomas Jefferson was a prophet," said Dr. Arms, in concluding this topic "when he wrote in 1806 to Edward Jenner these words: "Future generations will show only by history that the loathsome smallpox has existed and by you has been extirpated."

CONSUMPTION FIGHT DEPENDS ON ANIMALS.

In considering the relations of animal experimentation to tuberculosis, Trudeau, who has said, "Everything we know today of the etiology of tuberculosis, everything that has a direct bearing on the prevention and control of the disease, we owe to animal experimentation." The same au-

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The inside steam lap with our Reflex Edge (patented) absolutely prevents water from coming in at the front. Only five buttons. Ask for the Fish Brand REFLEX and you will receive a better finished, better looking slicker in every way.
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thority in another place has said: "The new knowledge of tuberculosis of such overwhelming importance to the human race, an knowledge already gives assurance that generations to come will not die of this disease to the extent that former generations has, been won in recent years by animal experimentation. For all this, is the death of any number of guinea pigs and rabbits too high a price to pay? Are we to stop on the threshold of this new acquired knowledge, and not be denied humanity?" the speaker outlined the advances of knowledge of tuberculosis, the first diagnosing of the disease by means of animals by March Koch in 1882 of the tubercle bacillus as the direct cause of the disease. Koch's postulates for diagnosis recognize the place of the animal. Trudeau found that fresh air and proper feeding were of the greatest consequence in the care of the inoculated animals, and upon this depends the present method of treatment, fresh air, sunlight and a good supply of nourishing food. "Think what this means for mankind! It has changed the entire conception of tuberculosis and its prognosis. From being considered certain death, it now means, when treated early, simply a change in the mode of living, with a good chance of a cure and long life."

The speaker went next into the technical consideration of obscure cases, the history of a number being given, in which tests through animals furnished definite information concerning the presence of renal tuberculosis. In one of these cases the right kidney was removed, it showing tubercular lesions, and the patient within four months was recovered, gaining in weight and returning to her former occupation. It is true that the case is recent, but the outlook is exceedingly favorable. A second case was very similar. Thus two young women owe their lives to animal experimentation, and the instances can be multiplied each year in every city.

If you have trouble in getting rid of your cold you may know that you are not treating it properly. There is no reason why a cold should hang on for weeks and it will not if you take Chamberlain's Cough Remedy. For sale by all dealers.

FELL DEAD IN PULPIT.
Montreal, Feb. 19—"When I saw Him I fell at His feet as one dead," from Revelations 1, 17, was the text chosen by the Rev. Dr. Mowatt of Epiphany Church in his sermon this morning, the subject being "A vision of Christ." The choir was singing the introductory hymn to the sermon when members of the congregation noticed that their pastor was in distress. Willing arms bore him to the vestry, where he passed away immediately without recovering consciousness. The congregation was at once dismissed.

Dr. J. S. Calder who lived and practised his profession in Bridge-water for many years. Dr. Mowatt was well-known here when he visited and preached on various occasions.—Editor Bulletin.

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs. 25 CENTS

Quick Results
May be depended upon from the use of our Want Ads. The British, death, marriage and the other Classified Columns are usually included in even a very perfunctory perusal of the paper. They are as good for general business as they are for "Help Wanted," etc.

SMUGGLING TALES.

Stories of the Evasion of the Officers at the Boundary.
The higher a dam is raised, increasing the quantity of water held back, the greater the liability of the water to overcome the obstruction either by seeping it away or by cutting out for itself a new channel.

A tariff is a sort of dam to the natural current of commerce which would flow in upon a country were it not held back or at least obstructed by customs officers.

Smuggling is the leakage around the tariff dam; and as with the water, so with trade, the more that is held out the greater its effort to break through.

For example, when the duty on tobacco was considerably increased a few years ago, it was stated in the House of Commons by members representing frontier constituencies that the demand for tobacco would be supplied by means of smuggling.

One day a certain officer seized an American buggy, on which no duties had been paid, at a village some miles distant from his office. The seizure was made in the evening, and he remained in the village night at the village tavern, and in the morning took the buggy home being again just for the sake of old times—for of course there is no smuggling to-day.

On one occasion an officer seized an American buggy, on which no duties had been paid, at a village some miles distant from his office. The seizure was made in the evening, and he remained in the village night at the village tavern, and in the morning took the buggy home being again just for the sake of old times—for of course there is no smuggling to-day.

Just as he was about to get into an idea entered his mind that he should make his buggy safe by fastening the cord around one ankle. This done, he turned in and soon fast asleep.

The owner of the buggy knew where it was housed, and planned recapture. During the night he came to the shed with a harnessed horse, and hitched on as quietly as possible, jumped into the vehicle and drove smartly off. The cord around the sleeping officer's ankle was awakened him with a start. He was dragged out of bed, across the floor, and almost out of the window, when the cord broke.

The crown never recovered the buggy. A few years ago there was seized at St. John's a considerable quantity of American cigars and cigars. The officers rightly suspected that the goods had been brought in by a farmer whose home was in the southern part of the province, about a couple of miles from Alburgh, Vermont.

The farmer was something of a trader, one of his occupations being the buying of fat cattle and hogs from his neighbors throughout the parish, butchering them and carrying the meat to the St. John's market.

Occasionally he picked up a part of his load from his neighbors in Alburgh, Vt., who he visited after supper, and whose local market at that time was not very good.

With the best of his load often contained large boxes of American cigars for which he had regular orders in St. John's. The profit on this portion of his freight was handsome.

Italians In Canada.
The emigration authorities in Rome have been for some time studying the possibility of encouraging emigration to Canada. With this object in view, a report was recently made to discover how many Italians emigrated to the Dominion. At the present time the figures relating to the total number of foreign immigrants yearly entering Canada do not afford any indication regarding the nationality.

The Canadian authorities place immigrants in two categories—English-speaking and non-English-speaking. The former average about 75 per cent. of the total. Therefore, the number of Italian immigrants is very low. A majority of the Italians bound for Canada, however, pass through the United States, and are very often included in the category of English-speaking.

So far as the Italian authorities have ascertained, between 1900 and 1909 about 57,000 Italians emigrated to Canada. By comparing these figures with those of the last census in 1901, when the Italians in Canada numbered only 10,834, proof is afforded that Italian emigration to Canada is increasing.

Manitoba Cattle Scarc.
The report of the Manitoba Department of Agriculture contains some pertinent figures on the cattle industry. Last year there were 372,520 cattle in the province; in 1908 there were 418,483 cattle, and in 1907 there were 453,262. The decline of nearly one hundred thousand head in two years in the face of a rapidly increasing population is a serious matter. There is an even more marked decline in the sheep industry. As long ago as 1893 there were 38,400 sheep in Manitoba. The numbers have steadily decreased, until in 1909 there were but 17,922. The hog industry alone seems to be thriving; the numbers have been gradually increasing, jumping from 194,112 in 1905 to 128,541 last year.

Begins to look as though the whole world is confronted with a long period of beef scarcity.—Toronto World.

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Electric Balm is very highly recommended by those who have proved it to cure Eczema, Cuts, Burns, Sores, Piles and Chapped Hands, etc. See our booklet of remarkable true testimonials. Test this Balm on your risk, if it is not satisfactory we will cheerfully refund you the money paid for it.

Electric Balm can be had from the stores of S.N. Turner, W.A. Warren, Mrs. S.C. Turner or direct from us in a box.

A House on Your Hands
Did you ever figure out how small a percentage of our population own your house where they could see a "To Let" sign, or how large a percentage read our paper? Good tenants are wanted in going round looking for signs. They look in our Want Ads.

Underwear Dealers
Have you placed your order for Eureka Underwear for the season 1911-1912? If not it would be a good idea to see about it right away. Judging by the way these goods have been bought in previous years are increasing their order thus far there is going to be an overflow of orders.

Farm for Sale
The subscriber offers his valuable Farm for sale situated in Clarence, four miles from Bridgetown. Has a fine orchard and a good hay farm. Plenty of wood and water.

FOR SALE
About 20 Tons Upland Hay, baled.
Very fine 10 months old Colt, sired by Regal Pandect.

Machinery for Sale
Spoke Lathe, Turning Lathe, two Planers, Jig Saw, Shafting and Drums.

W. W. WADE
Bear River
ADVERTISE IN THE MONITOR—IT REACHES THE PEOPLE.

FIVE CHILDREN LEFT.

MOTHER DIED OF CONSUMPTION AND ONE LITTLE GIRL IS NOW AT GRAVENHURST.
A short time ago a woman in the advanced stages of tuberculosis died in her own home. By her death five little ones were left without the care of their mother. There was money enough in the family to make some provision for the care of the children, but it was almost impossible to secure anyone who would rear these children, so afraid are many people of this dread disease. A visitor to the home says that time and time again she had found the baby sleeping in her sick mother's bed, and near by food was absent from which the children partook. A sequel is revealed in the fact that to-day one of these five children is a patient in Gravenhurst, and the baby is in the children's ward at the Toronto Free Hospital for Consumptives.

It is for the care of such sufferers as these that the Maskoka Free Hospital for Consumptives has been built. The tax on the accommodation is light, and the Trustees have only been able to make the large extensions of the present year by borrowing heavily from the bank. An appeal is now made for funds to help on this work and provide a place where children, such as are referred to here, may find a home with good probabilities of cure.

Contributions may be sent to W. J. Gage, Esq., Chairman Executive Committee, 24 Spadina Avenue, or Sec. Treas. National Sanitarium Association, 347 King St. W., Toronto.

The Maskoka Free Hospital accepts patients from any part of the Dominion, and not a single patient has ever been refused because of poverty.

ALL DAMAGE
is covered by a good fire insurance company; the damage by fire, by water, by smoke and by firemen in their efforts to extinguish the flames. The man who

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by insurance has little fear of fire. If you have forgotten your insurance, permit us to remind you of it. As a sensible man you will thank us for the suggestion and instruct us at once to

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To Our Advertisers

If you want to stay in business stay in the advertising field. No matter how much business you are doing, keep up the energy that makes it.

You might as well cut off your leg because you are running well in a foot race as to cut off your advertising because your business is too good.

You might as well tell the insurance man that you are so healthy you will drop the policy for a few years as to stop advertising because the orders are piling up.

"Don't need to" is the eventual preliminary to "Can't do it."

The only man who doesn't need to advertise is the man who has retired from business.

The only policy holder who doesn't need to pay his premiums is dead.

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