BROTHER

One Suffered for Fifteen Years, the Other for Thirteen. The convincing powers of a testimobrother, Lemuel Brown, of Avondale N.B., read in the paper about Hon. John Costigan being cured by "Fruita-tives." Knowing the Senator would only endorse a medicine which had cured him, Mr. Lemuel Brown tried "Fruit-a-tives." They cured him of Chronic Indigestion and Constipation, so he urged his brother to try them.



Three doctors told me that I had Liver Disease and serious Stomach Trouble. My stomach was very weak. took their medicines for thirteen ears and grew worse. My brother "Fruit-a-tives" after suffering for 15 years), recommended me to try these wonderful tablets. I bought half a I eat all kinds of hearty foods without distress and am greatly improved in every way. "Fruit-a-tives" also cured the Chronic Constipation which was so distressing in my case.
(Signed) HUGH BROWN.

RAILWAY ACCIDENT AT OHIO.

Limited, Ottawa.

car door the train had started. In ine or fancy. Therefore an habitual for a much longer time than other- The mangers should be clear of the attempting to step off the car to the comfortable state of mind can do station platform she lost her balance much to lengthen our lives. and fell between the train and station platform, where she lay on the tains that fifteen years can be added from a hygienic standpoint, ought to cleaned. In the feeding of such ferground and saw part of the train to the span of life by taking thought be optimistic and serene, and this mentable stuffs as brewers' malt and pass close to her head. She had pres- in a scientific manner. This is as the attitude should be striven for not beet pulp, the mangers and floors ence of mind enough to draw close to Almighty pleases, but we can surely only in order to produce health, but

bones were broken, but her body was badly bruised. She is now confined to her bed at Ohio. It is feared that her spine may be injured. It will be some time before she can be removed to her home.-Yarmouth Herald.

LIFE.

Vociferation. Liquefaction. Mastication. Education. Spoilation. Osculation. Domestication. Ossification. Plantation. Transportation.



"Actina"



throat troubles. dull

T. E. SMITH, Ageut for Anna, Co. pneumonia or typhoid fever. Pneu-

Best Harrow on the market milk. In fact, 80,000,000 savages CLOD CRUSHER, PULVER-would probably have been consider-IZER, LEVELER. all in one ably ashamed of themselves if 3,000. Send for Catalogue. Orders solici- Of the circulation of the blood and cited and promptly filled. Please strengthening of the muscles, he says:

order at once T. E. SMITH, General Agent. "The hygienic life should have a should have Central Clarence, Anna Co. proper balance between rest and ex-

To Lengthen the Span of Life

mind desires to prolong life, even if doses after meals and at bedtime: unpleasant. The common saying that within us the love of life. And yet, nial were never more clearly shown within us the love of life. And yet. than in the case of Mr. Hugh Brown. A thoroughly realizing that many things done by us daily must surely strengthen the clogged and inactive tend to shorten our lives, we still go Kidneys, overcoming Backache, Bladon our unhygienic ways, doing the der Weakness and Urinary trouble of things we ought not to do and leavought to do. digging our graves positively overcomes pain in the vided the straining may be done out through prejudice against fresh air and regulates urination, especially at and fear of taking cold if exposed to it, drinking in shortness of days in impure water, in drams and drugs. feels that the kidneys are not strong must balance each other or our mix this prescription at home and health suffers; that worry not only give it a trial, as it is said to do disfigures our faces but weakens our

minds and bodies. worthy cause for anxiety, we worry mental. Generally every muscle in or three thicknesses of cheese cloth. for fear the grocer will not send his the body should be exercise daily. goods in time, for fear the butcher | "Muscular exercise should hold the be well cleansed after every milking. may fail in his duty. for fear of attention and call into play will dressmaker and milliner, and the power. Exercise should be enjoyed as ever-present torturing anxiety about play, not endured as work. the girl who threatens to leave if "The exercise of the heart and washing compound has been added. the meals are not more regular. if a lungs and vital organs is more imnew range is not bought at once, if portant than of the muscles. the kitchen is not enlarged, and all "The exercise of the abdominal when possible, should be thoroughly wears and grew worse. My brother thousand and one things muscles is the most important in or- steamed. dozen boxes and have just finished the optimism is the ideal state of mind: not only in standing but in sitting is who has lived with an optimist stagnated blood, are very helpful. 50c a box, 6 for \$2.50; a trial box, holds good as when the clever definer "Exercise should always be limited 25c. At dealers or from Fruit-a-tives, Mrs. Cousins, wife of Councillor of the present or promised cloud and will be much further off than other- lime put in the gutters every day af-Cousins, of Digby, met with a seri- consider ourselves rather superior to wise. ous accident while attempting to the happy-go-lucky individuals who "One should learn to relax when fect. Cattle cannot be kept clean and leave the D. A. R. train at Ohio on habitually and without effort look on not in activity. The habit produces will not do their best if compelled to Thursday afternoon last. The train the bright side of everything on this rest, even between exertions very stand and lie in filthy mud puddles. had only made a short stop, and by mundane sphere. Of course it is true close together, and enables one to Lime should be freely used on all the time Mrs. Cousins reached the as we really think, not as we imag- continue to repeat those exertions earth floors.

After the train had passed she was miserable by them. "Her own worst conveyed to the residence of Dr. enemy" does not always apply to Hawkins, where it was found that no the confirmed drunkard. In fact the drunkard may have an inherited tendency that lays a large portion of the blame for her sad case upon a parent or grandparent, and that progenitor in that case would be rightly considered the poor creature's worst enemy. But habits of personal cleanliness, of exercise and rest, of eating. sleeping, breathing, standing, sitting, thinking, are what should be corrected in most of us if we wish to have length of days and have those days

of use to ourselves and to those deaths from one cause, that of tuberculosis, fully three-quarters of them. by scientific research with proofs? To drinking. we have been so immersed in trivial- ed by illness. ities, in pedro clubs, in spring sew- It is the fashion to talk about the is what this scientific man thinks conditions and caused no comment. about fresh air'

THE SAVAGE NEVER

HAD TUBERCULOSIS. "To put the whole story in a word how to live under civilization. The savage, if not opulent in material things, was a Rockefeller in health. The new method to Of late years the opinion has grown or at least active life, should not be cure all head and that the health of the savage has perceptibly increased.—Caroline Harbeen over-estimated-that those who lived were strong only because they hearing, poer eye- constituted the remnant who were sight. Sure cure or too tough to be killed. Propably there is something in this theory. A Strong Pecket Battery But we know the savage never had Mitd. by the Actina tuberculosis. Tuberculosis is the civilized man's disease, and came with Appliance Co. Kansas the house. Nor did the savage, when he was living his own life, ever have

monia is largely a product of bad ACME PULVERIZING HARROW diet, and wornout nerves, while tydaily after meals. phoid comes with foul water and bad

Print By Request.

Mix the following by shaking well Everyone in a healthy state of in a bottle, and take in teaspoonful

ealth and economic conditions are Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce: Compound Syrup Sarsaparilla, three "we shall be a long time dead" is ounces. A local druggist is the au- is poorly ventilated and at times not all of it, for there is implanted thority that these simple, harmless ingredients can be obtained at nominal cost from our home druggist.

The mixture is said to cleanse and all kinds, if taken before the stage of Bright's disease. Those who have tried this sav it

night, curing even the worst forms of bladder weakness. We well know that exercise and rest or acting in a healthy manner should

Yet still we worry. If there is no ercise of various kinds, physical and vided with a fine wire gauze and two

which can enter into the mind of wo- der to help the portal circulation. man. Of course, we all know that For the same reason erect posture but isn't an optimist a most tor important. Breathing exercises, both menting companion? The old defini- by suction and otherwise, for pumption of a pessimist that he is one ing the portal circulation free of

first said it. And so we excuse our by fatigue, which brings with it selves for doubt and worry, for look- fatigue poisons. This is nature's sig- rounding the cans occasionally. ing on the worst side of everything. nal when to rest. If one's use of diet for declining to find the silver lining and air are proper, the fatigue point larly and as often as necessary, and

A well.known Yale professor main- mental rest. One's mental attitude, should be arranged so as to be easily the platform to prevent the car so live that our days are not short- as an end in itself, for which, in fact ing and bad-flavored milk. Musty or wheels from passing over her. ened by our habits and not made health is properly sought." FATIGUE A DANGER SIGNAL.

> But fatigue is a danger signal, as is a headache, which should not be disregarded for a typical succession of events is fatigue, then colds, then tuberculosis, then death. The present working day. from a physiological standpoint, is too long and keeps a large majority of men and women in

a constant stage of over-fatigue. When over-tired, a craving for drink or some other stimulant is experienced. Gratify this craving. The next day the over-fatigue is again followed by the desire for a stimulant. Gratify this desire. Keep right on overworking, keep right on seeking This Yale man, and just now Yale relief from its effects by the temptmen seem to be of the elect, says ing stimulant-which by the way that of all the frightful number of gives only temporary rest or exaltation and then is followed by depression and an intensified feeling of fatigue-and a habit of iron strength and half the illnesses, could be pre will be formed, a habit which the vented. Isn't that a startling asser- strongest find hard to break. Aside by tion, especially when it is backed up from the formation of the habit of overwork, over-fatigue causes inefficiency and poor work and think that we can prevent the illness it is estimated that the loss from and BEAR RIVER DRUG STORE. of a dear son or daughter and that this cause is greater than that caus-

ing, in house-cleaning, in changes of great health of our forefathers. Once in a while a person lived to advanced style, that we have neglected the age in those days when health was plain duty, so plain and so close allowed to take care of itself, when that it has never been ignored. Here exposure and hardship were the usual But the truth is that sixty-five years was a very ripe old age and that a man of fifty-five was considered old. Nowadays, notwithstanding the wisdom of the young reporter who or two, the fact is that we have not able, men and women of sixty-five been civilized long enough to know are in active business and doing good work in the world. And with care in eating, drinking, breathing, bathing, exercising and resting, there is no reason why the usual span of life.

Good Digestion.

You are only at your best when your digestion is perfect. When it is faulty, weakness and pain are certain and disease is invited. Mother Seigel's Syrup corrects and stimulates the digestive organs, banishes the many ailments which arise from indigestion and invigorates the whole system. Take it

MOTHER

60 cts. per bottle. Sold everywhere. A. J. WHITE & CO., LTD., MONTREAL.

Care of Milk.

should be taken from the stable and strained. A milk room in the barn foul, the door to this room should be ble odors and dust. Milk that is stable any length of time is often nearly unfit for use because of the bad odors it has taken up. If a room remote from the cows cannot be prowith our teeth, breathing in death back, clears the urine of sediment of doors, care being taken lest rain Every man or woman here who the can between strainings with a

> As soon as the milking is finished, the cans should be placed in cold water, the milk stirred occasionally for a few minutes and the covers left off until the milk is thoroughly cooled. precautions being taken that no dirt gets into the milk. In order to hasten the cooling process, it may be necessary to change the water sur-

The stable should be cleansed reguter cleaning will have a beneficial ef-

BEST TREATMENT FOR COLDS.

the simplest treatment," says the Chicago Tribune. "moderative laxatives, hot foot baths, a free perspirto cold and wet after treatment.' While this treatment is simple, it requires considerable trouble. and the Red Clover almost sure to be contracted, and in Brown Top many instances pneumonia follows. an old reliable preparation like Chamberlain's Cough Remedy. that is famous for its cures of colds and can always be depended upon? For sale

W. A. WARREN, BRIDGETOWN: A. E. ATLEE, ANNAPOLIS ROYAL TEACHERS SHOULD

· BE MORE CAREFUL

Montreal, April 10 .- An inquest was held on Saturday afternoon on the remains of a young boy named Gabriel Picotte, the eight-year-old son of Dr. Piccotte, of this city, who had died, apparently, as a result of a blow given him by his teacher at L'Ecole St. Pierre, a school conductclasses everyone of forty as vener- ed by the Marist brothers. The evidence showed that young Picotte had been attending school and about a month ago was corrected by a teacher, Emil Bernard, who struck him over the head with a wooden pointer. The boy went home still suffering from the blow which raised quite a lump on his head. The lad, however. recovered and returned to the school. only to again become ill for a time. and once more returned to school. About three weeks aco. however, he became seriously ill with tuberculosis trouble, which finally set un meningitis, from which he died on Friday. Medical evidence showed that the boy had been suffering from tuberculosis, which had been aggravated by the blow he received and that as a result the meningitis had been set up. The medical evidence showed, however, that the boy had been suffering from tuberculosis for some time, and that there was no certainty that his death had been caused by the blow. which it was stated had been given inadvertently. Brother Bernard was not present at the inquest. haring cone to the country for a rest. The nard had punished the dead hov.

may be partitioned off from the cattle with tight walls and, if the barn open from the outside to avoid stastrained and allowed to stand in the and dirt enter the can. This trouble can be largely averted by covering clean, moist cloth.

Under the best of conditions, some dirt will get into the milk, and the strainer is always a very important utensil and will remove a great deal of this dirt if well cleaned and pro-The strainer and cheese cloths should with warm water to which some and scalding. All dairy utensils should be cleaned in this manner and

"The same principles apply to feed that may be given, and they may be the sole cause of poor-keepmanure, etc., should not be stored where they will contaminate the milk, but should be well removed from the stable. Odors from such materials are readily taken up hy

SEED TIME

HARRY

BUY AT THE CENTRAL GROCERY

Bridgetown Clothing Store

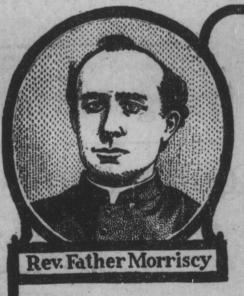
"Most ordinary colds will vield to BUY EARLY AND GET THE BEST. WE HAVE A LARGE STOCK OF THE MOST RELIABLE VARIETIES

ation and an avoidance of exposure Annapolis Co. Timothy Seed Ontario for a day or two, or a fresh cold is Alsike and White Mixed '

Is it not better to pin your faith to Liberal reduction given on FLOWER and GARDEN SEEDS for Cash.

J. E. LLOYD.

Telephone 23



A Combined Treatment That Really Cures Catarrh.

6 I-2c per lb.

20c " "

7 I-2c & 8c

17c & 18c

Canadian weather, with its extreme cold and sudden changes, gives almost every one Catarrh. and makes it hard to cure. Some recommend internal remediessome external applications.

Father Morriscy used both tablets to be taken three or four times a day to invigorate the system, purify the blood, and help it throw off the disease, and a soothing, healing, antiseptic salve to be applied inside the

nostrils. This combined treatment known as "Father Morriscy's No.

attacking the disease from within and without, soon cures. Mr. F. L. Mills, Box 431, Springhill, N. S., wrote on August 31st last: "I have had two prescriptions for catarrh from Father Morriscy, No. 1 Course and No. 2, but I think No. 1 has done me the most good, and that is the one I am getting filled from time to time. I would recommend this prescription in full for Catarrh, as his tablets are the only remedy I can get to h., me. The No. 26 Tablets are a great tablet."

Don't trifle with Catarrh--cure it with Father Morriscy's No. 26. 50c for the combined treatment at your dealer's.

Father Morriscy Medicine Co. Ltd. - Chatham, N.B.

tise children in the way Prother Fer Advertise in the Monitor DISTEMPER.



This should be done by first rinsing SPRING IS COMING

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Seeds! Seeds! Rennie's Best XXX Timothy and Clover, and

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WANTED- Pink Eye and Yellow Eye Beans, Field Peas, Eggs and North HICKS Mountain Silver Dollar Potatoes in exchange for

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* Clarence

Bridgetown

* Granville Centre

12.16

13.00

14.50 Granville Ferry 13.16 14.34 * Karsdale 13.34 AR. Port Wade Lv. * Flag Stations. Trains stop on signal. CONNECTIONS AT MIDDLETON

15.54

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