

BROTHER TOLD BROTHER

One Suffered for Fifteen Years, the Other for Thirteen.

The convincing powers of a testimonial were never more clearly shown than in the case of Mr. Hugh Brown, a brother, Lemuel Brown, of Avondale, N.B., read in the paper about Hon. John Costigan being cured by "Fruit-a-lives".



Hartland, N.B., Oct. 28th, 1907. "Three doctors told me that I had Liver Disease and serious Stomach Trouble. My stomach was very weak. I took their medicines for thirteen years and grew worse. My brother (who was cured of terrible Indigestion by "Fruit-a-lives" after suffering for 15 years), recommended me to try these wonderful tablets. I bought half a dozen boxes and have just finished the sixth. I eat all kinds of hearty foods without distress and am greatly improved in every way."

(Signed) HUGH BROWN. 50c a box, 6 for \$2.50; a trial box, 25c. At dealers or from Fruit-a-lives, Limited, Ottawa.

RAILWAY ACCIDENT AT OHIO.

Mrs. Cousins, wife of Councillor Cousins, of Digby, met with a serious accident while attempting to leave the D. A. R. train at Ohio on Thursday afternoon last. The train had only made a short stop, and by the time Mrs. Cousins reached the car door the train had started. In attempting to step off the car to the station platform she lost her balance and fell between the train and station platform, where she lay on the ground and saw part of the train pass close to her head.

LIFE.

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

TOWER'S FISH BRAND WATERPROOF OILED GARMENTS. Are cut on large patterns - designed to give the wearer the utmost comfort. LIGHT-DURABLE CLEAN GUARANTEED WATERPROOF.

"Actina"

The new method to cure all head and throat troubles. dull hearing, poor eyesight. Sure cure or no pay. A Strong Pocket Battery Mtd. by the Actina Appliance Co. Kansas City, Mo.

ACME PULVERIZING HARROW. Best Harrow on the market. CLOD CRUSHER, PULVERIZER, LEVELER, all in one.

Best Harrow on the market. CLOD CRUSHER, PULVERIZER, LEVELER, all in one. Send for Catalogue. Orders solicited and promptly filled. Please order at once. T. E. SMITH, General Agent. Central Clarence, Anna Co.

To Lengthen the Span of Life

Everyone in a healthy state of mind desires to prolong life, even if health and economic conditions are unpleasant. The common saying that "we shall be a long time dead" is not all of it, for there is implanted within us the love of life.

Yet still we worry. If there is no worthy cause for anxiety, we worry for fear the grocer will not send his goods in time, for fear the butcher may fail in his duty, for fear of dressmaker and milliner, and the ever-present torturing anxiety about the girl who threatens to leave if the meals are not more regular.

A well-known Yale professor maintains that fifteen years can be added to the span of life by taking thought in a scientific manner. This is as the Almighty pleases, but we can surely so live that our days are not shortened by our habits and not made miserable by them.

This Yale man, and just now Yale men seem to be of the elect, says that of all the frightful number of deaths from one cause, that of tuberculosis, fully three-quarters of them, and half the illnesses, could be prevented. Isn't that a startling assertion, especially when it is backed up by scientific research with proofs?

THE SAVAGE NEVER HAD TUBERCULOSIS. "To put the whole story in a word or two, the fact is that we have not been civilized long enough to know how to live under civilization."

Of late years the opinion has grown that the health of the savage has been over-estimated—that those who lived were strong only because they constituted the remnant who were too tough to be killed. Probably there is something in this theory. But we know the savage never had tuberculosis. Tuberculosis is the civilized man's disease, and came with the house. Nor did the savage, when he was living his own life, ever have pneumonia or typhoid fever.

Print By Request.

Mix the following by shaking well in a bottle, and take in teaspoonful doses after meals and at bedtime: Fluid Extract Dandelion, one-half ounce; Compound Keroon, one ounce; Compound Syrup Sarsaparilla, three ounces.

The mixture is said to cleanse and strengthen the clogged and inactive kidneys, overcoming Backache, Bladder Weakness and Urinary trouble of all kinds, if taken before the start of Bright's disease.

Those who have tried this say it positively overcomes pain in the back, clears the urine of sediment and regulates urination, especially at night, curbing even the worst forms of bladder weakness.

Every man or woman here who feels that the kidneys are not strong or acting in a healthy manner should mix this prescription at home and give it a trial, as it is said to do wonders for many persons.

Exercise of various kinds, physical and mental. Generally every muscle in the body should be exercised daily. "Muscular exercise should hold the attention and call into play will power. Exercise should be enjoyed as play, not endured as work."

"The exercise of the heart and lungs and vital organs is more important than of the muscles." "The exercise of the abdominal muscles is the most important in order to help the portal circulation."

"Exercise should always be limited by fatigue, which brings with it fatigue poisons. This is nature's signal when to rest. If one's use of diet and air are proper, the fatigue point will be much further off than otherwise."

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.

It is the fashion to talk about the great health of our forefathers. Once in a while a person lived to advanced age in those days when health was allowed to take care of itself, when exposure and hardship were the usual conditions and caused no comment.

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.

Care of Milk.

As soon as the milk is drawn it should be taken from the stable and strained. A milk room in the barn may be partitioned off from the cattle with tight walls and, if the barn is poorly ventilated and at times foul, the door to this room should be open from the outside to avoid stable odors and dust.

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 provided with a fine wire gauze and two or three thicknesses of cheese cloth.

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.

The mangers should be clear of the ground, tight enough to hold any feed that may be given, and they should be arranged so as to be easily cleaned. In the feeding of such fermentable stuffs as brewers' malt and beet pulp, the mangers and floors may be the sole cause of poor-keeping and bad-flavored milk.

BEST TREATMENT FOR COLDS. "Most ordinary colds will yield to the simplest treatment," says the Chicago Tribune, "moderate laxatives, hot foot baths, a free perspiration and an avoidance of exposure to cold and wet after treatment."

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. Picotte, 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 conducted by the Marist brothers.

Rev. Father Morrissey. A Combined Treatment That Really Cures Catarrh. Canadian weather, with its extreme cold and sudden changes, gives almost every one Catarrh, and makes it hard to cure.

Father Morrissey's No. 26. attacking the disease from within and without, soon cures. Mr. F. L. Mills, Box 63, Springfield, N. S., wrote on August 31st last: "I have had two prescriptions for catarrh from Father Morrissey, 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."

PURITY FLOUR. Take your choice of the "Purity" Family. SIZES differ, but quality is the same. Highest grade in the world. "More Bread and better Bread" Purity trade-mark guarantees satisfaction or your money back.

BRIDGETOWN CLOTHING STORE J. HARRY HICKS. Our new Spring Suits for Men and Boys are already here. Fit-Rite suits in elegant new patterns and smart styles.

SEED TIME BUY AT THE CENTRAL GROCERY. Annopolis Co. Timothy Seed Ontario 6 1-2c per lb. Red Clover 7 1-2c & 8c " "

H. & S. W. RAILWAY. Accum. Mon. & Fri. Time Table in effect Feb. 7th, 1909. Stations Read up. 11.45 Lv. Middleton A.R. 16.25

Advertise in the Monitor