

THE HOME

MILK FOR BABIES SHOULD NOT BE STERILIZED.

Dr. E.M. Still of New York writes: "It has been my fortune for a number of years to oversee the feeding of many hundred babies on pasteurized milk, and after numerous and careful experiments, I am forced to believe that in the vast majority of cases, produce rickets and scurvy rickets and kindred diseases, if given continuously, these diseases being cured by the use of raw milk with no other treatment. Several years ago when there was so much talk of the virtues of pasteurized milk for babies, I examined several hundred babies and found that ninety-seven per cent of them showed signs of rickets, scurvy and scrofula and it was only after these careful observations that the fallacy of heated milk in infant feeding was made known to me."

Dr. J. H. T. Iden of Denver, states: "A little while ago pasteurized milk was the only kind to use. A doctor who would not insist on all his patients using pasteurized milk, who would not use it himself and who would not declare that it was the only milk fit to use, was pointed out as non-progressive, a quack, and a menace to public health. "Because I would have nothing to do with it, would not use it, and would not recommend it, I made myself quite in ill-favor with those who had that sort of milk to sell. I still live, however, and the pasteurized milk is going rapidly, and really it is in its milkly and dotage. "The popularity of this plan of taking care of milk was so great that a little while ago when I insisted that my baby patients be fed pure milk, fresh from the cow, my clients were reminded by some of their friends that a doctor who would, in this way and age, feed unsterilized milk to sick babies, should be prosecuted for malpractice. This is what makes life very interesting. My reply to such statements usually was: "I would rather preserve prosecution for malpractice for using unsterilized milk than to prosecute for murdering innocent babies by feeding them sterilized and de-vitalized milk."

"Why is sterilized milk injurious to nursing babies? Because young children have not much vital resistance, and if they are given food that is de-vitalized they do not possess enough vitality to sustain life and vitalize such food, hence, very soon after they are put upon such food they fall sick from food poisoning—not being able to digest and vitalize the food, it ferments, then decomposes and the outcome that is set free soon overcomes all resistance and the baby goes down and out. "This truth is beginning to dawn upon a few people: the time will come when the unearned popularity of pasteurized milk will go just as far in the opposite direction, and it will receive the deserved condemnation. There is a legitimate place for pasteurized milk, namely, as a food for adults or children older than nursing babies, and in sections of country where it is impossible to secure fresh milk; perhaps the condensed milk will answer all purposes. The main contention of the advocates of pasteurized milk, is however, being proven false, and that is that it is the only milk fit for children, sick or well. This contention was based on a theory that is also fast losing ground, namely that pasteurizing removed the danger of germ infection, for it is gradually coming to light that milk treated in this way takes on germ infection much more readily. Of course! Why not? Kill anything and its intrinsic resistance is lost."

In the North American Review, Henry Dwight Chapin, M.D., writing on "Milk a remarkable food," declares that there has been learned about milk of practical value in infant feeding in the last three or four years, than in several centuries previous. He said a revolution among the medical profession concerning the milk question is now taking place, regarding bacteria in the milk. He writes: "If bacteria were as harmful as some imagine, no one would be alive, for who has not drunk butter, milk, or eaten cottage cheese made from sour milk, which contains so many bacteria that few could grasp the numbers contained in a pint of it." As to pasteurization, Dr. Chapin declared that it kills most of the harmless bacteria, and leaves a free field to some of the worst forms, which are often killed off by the harmful kinds. He added: "This is often seen when unsweetened condensed milk is used. If the can is left open in a warm place it does not sour, but putrefies, and becomes like tainted meat, which is often intensely poisonous. Pasteurized milk should be kept cool or it will soon be swarming with bacteria, which are likely to be more harmful than the bacteria of unheated milk."

In conclusion, Dr. Chapin got in the following sly dig on medical authorities: "The opinions of authorities have been known to change, and it is to be feared that there are fashions in authorities, as well as in clothes."

Otto Carque of Los Angeles, formerly of Chicago, is one of the leading authorities on food values in America having devoted a lifetime to the subject, more especially to the mineral contents of foods, recently wrote as follows on this subject. "Nature has destined the milk of the cow like that of all other mammals, for the nourishment of their respective young. There is perhaps no food material which so readily changes its organic combinations of the composing elements as milk. For that reason any process by which milk is preserved and prepared on a commercial scale must naturally be done at the cost of the nutritive value of the milk. That commercially pasteurized milk is more unsafe and less to be trusted than ordinary milk is abundantly proven by the investigations of many scientists and physicians of wide experience. Their experiments both on the feeding of infants and young animals have shown that heated milk is not only a preserved food, but has lost a large proportion of its nutritive quality, thus giving an adequate and scientific reason for rickets, scurvy, malnutrition and kindred diseases."

Dr. J. H. Kellogg, head of the great Battle Creek sanatorium, writes in his "Home Book of Modern Medicine": "Experience has shown that the continued use of sterilized milk for any considerable length of time leads to malnutrition, and is likely to result in scurvy, rickets, and other disorders. To prevent this raw fruit juice of some sort should be used daily in all cases where feeding with sterilized milk is employed."

Many people look on "Fruit-a-tives" as a miraculous medicine. It has indeed performed what have seemed like miraculous cures in hundreds of cases of chronic Indigestion, Dyspepsia, Constipation and Biliousness. "Fruit-a-tives" is the only medicine in the world made of fresh fruit juices and valuable tonics. See a box, 6 for \$2.50, or trial size, 25c. All dealers or from Fruit-a-tives Limited, Ottawa.

Pointers on Pruning. If we do not pay proper attention to the pruning of young trees during the first three or four years we will have a tree that will fill to pieces with a heavy crop. I believe that lots of us make a big mistake in leaving too many branches which have to be cut out later on. Three to five mains are enough to leave on the tree. Then, pruning later on will simply be the cutting out of young wood.

The advantage of a tree with a central leader is that if one main breaks off this space will fill in. In the vase-shaped tree the loss of one branch cannot well be repaired, and when such a tree rots in the crotch, the whole tree falls to pieces.

A central leader and three main branches is my ideal of pruning. I would recommend using the pruning knife every year on young trees, always keeping one leader ahead of the others. I would not head back the central leader at all the first few years. I do not advocate heading back young trees very much in our climate, but pruning is necessary to shape the tree for the first three or four years.—W.T. Macoun, Dominion Horticulturist.

15 YEARS A DYSPEPTIC

Forced to Live on Stale Bread and Porridge.

"FRUIT-A-TIVES" CURED HIM

AVONDALE, N. B., October, 1911. "I have been a great sufferer from indigestion for fifteen years. I was forced to deny myself all such hearty foods as beans, meats, potatoes and could not drink tea or coffee. For the past two years, I lived on porridge, stale bread, etc. I had treatment from two doctors, and tried nearly every kind of medicine, but got worse. "Finally I saw a testimonial of "Fruit-a-tives" and concluded to give them a trial. I took nearly four boxes of "Fruit-a-tives" and they have made me feel like a new man. I can eat all kinds of hearty foods without suffering, and am no longer constipated."

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Why Hesitate? An Offer That Involves no Money Risk if You Accept it

We are so positive our remedy will completely relieve constipation, no matter how chronic it may be, that we offer to furnish it free of all cost if it fails.

Constipation is commonly caused by weakness of the nerves and muscles of the large intestine. To expect a cure you must therefore tone up and strengthen these organs and restore them to healthier activity.

We want you to try Rexall Oritolone on our guarantee. They are eaten like candy, and are particularly good for children. They seem to act directly on the nerves and muscles of the bowels. They apparently have a neutral traction on the other organs. They do not purge or cause other inconvenience. We will refund your money if they do not overcome chronic or habitual constipation and thus all habits of dependence on purgatives are broken.

NO MORAL DIFFERENCE. There is no difference in moral quality between keeping a saloon and running a whiskey advertisement. Both are done for money, and both are corrupting. And there is no difference in moral quality in advertising whiskey and drumming for whiskey concerns. Papers which help the liquor business to the same extent hurt the homes and the state. All papers ought to quit the liquor business.—Baptist Standard.

RHEUMATISM, LUMBAGO and LAME BACK can be cured by the great fruit kidney and liver remedy.

FIG PILLS Brantford, Ont., Aug. 13, 1911. Your medicine, Fig Pills, has worked wonders for me. The rheumatic pains have entirely left me and I owe everything to your remedy. You are at liberty to publish this. R. H. GAILMAN. At all dealers 25 and 50 cents or mailed by The Fig Pill Co., St. Thomas, Ont.

THE ACCELEROMETER.

An Instrument That Measures Power and Road Resistance.

In a paper on the use of an accelerometer in the measurement of road resistance and horsepower, read at a recent meeting of the engineering section of the British association, H. E. Wimperley described the form of accelerometer recently invented by him.

The instrument consisted of a brass box about four inches across, containing a copper disk mounted on a vertical pivot and "damped" in its motions by a permanent magnet. The center of gyration of the disk was purposely removed from the axis, so that when the box moved forward one side of the disk tended to lag behind, thus partially winding up a coiled spring and actuating a pointer, which moved over a scale. To prevent the reading from being affected by any accelerations at right angles to the direction of motion, a second parallel axis was fitted, which was geared to the first one and had attached to it masses having the same mass movement as the disk itself. Couples about these two axes added up in the direction of motion, but neutralized one another in any direction at right angles. The accelerometer, therefore, read in, one of the three directions of space only and not affected by even violent movements in the other two directions.

With this instrument, the author had measured the road resistance of various classes of road and had obtained figures varying from 50 pounds to 210 pounds per ton. On main line railways the resistance was usually from twelve pounds to thirty pounds per ton, depending on the speed. Measurements had also been made of the resistance to motion when a motorcar was coasting. In this way the horsepower and the engine friction could be measured and a figure for the mechanical efficiency could be obtained. By the use of the accelerometer road resistances could be read off at sight, the air resistance of various shapes of car body could be determined, the boiler horsepower and indicated horsepower of the engine could be obtained for various speeds, while it was possible to trace step by step the losses of power in transmission to the road wheels.

MINE RESCUE DEVICE. Apparatus Permits Men to Work For Hours in Deadly Gases. Experiments at the Lancashire and Cheshire miners' rescue station, Atherton, the first station of its kind in Great Britain, have developed a rescue apparatus with which it is said that the men so equipped can work for five or six hours in the most deadly gases without the slightest inconvenience or exhaustion.

The weight of the apparatus is twenty-eight pounds, but nearly all this weight is borne by a belt around the waist, says Popular Mechanics. The feature of the device is the absence of a helmet. A headpiece, provided with straps, holds the mouthpiece in position over the chin and lips, and a light clamp fits over the nose, closing the nostrils. The supply of air is drawn from the breathing bag, which hangs down from the shoulders in front, through pipes leading to the mouthpiece. The exhaled breath is carried by another pipe to a receptacle filled with caustic soda, by which the poisonous gases are absorbed. Goggles are worn to protect the eyes.

A New Explosive. Cheddite, an explosive that has been extensively used for the past few years in Europe, is about to be introduced in Canada, says Mines and Minerals. The explosive will not freeze and is practically nongaseous. It will burn in the open air without explosion. Nitric, hydrofluoric and sulphuric acids when poured over the powder do not cause it to explode. Nitric acid has no effect on it whatever, but it effervesces under the action of hydrofluoric acid and burns brightly when sulphuric acid is poured over it. When it is charged in a drill hole and exploded the smoke is not injurious, and men can go back at once to their working places without even obtaining a headache.

Color of Sparks. The color of the sparks given off by an emery wheel is a guide to the kind of metal being ground. Sometimes this is the most easy and handy way of distinguishing tool steels. Cast iron gives off dull red sparks, and they stay close to the emery wheel. Wrought iron gives a spark similar to cast iron in color, but more like the spark from mild steel, which is bright yellow and flies from the wheel considerably. Self-hardening tool steel and the tungsten alloy steels make a thick shower of dull sparks, very much like the cast iron sparks in color.

COULD NOT RAISE MY RIGHT ARM

Old BRIDGEPORT, C. B. "For the past 4 years, I have been suffering with Rheumatism. When I read in the papers that GIN PILLS would positively cure rheumatism, I wrote you for a free sample to try. I could not raise my right arm because of the awful pain in my shoulder—not able to drink. After taking a few GIN PILLS, I was able to lift my hand and put it on the top of my head."

I went to the Islands of St. Pierre and Miquelon and met an old fisherman named La Pape. His limbs were stiff from Rheumatism and I gave him some Gin Pills. I met him again in a few days and he told me he could lift his arms, which he had not been able to do for ten years. ADOLPHE E. MAHE. See a box—6 for \$2.50—money back if not satisfied. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Dept. N 8 Toronto.

MANGA-TONE BLOOD AND NERVE TABLETS—an ideal tonic for weak, nervous women. See a box, 107

WOMAN BURNED TO DEATH. New York, Feb. 6.—A cat overturned a small oil-stove in an apartment house in thirty-fifth St. early today igniting its fur and then ran wildly about the house, setting fires to half a dozen rooms simultaneously. The fire cost the life of the cat's mistress Mrs. Mary McDonald, seventy-eight years old, another aged woman Mrs. Rose Murphy, was so severely burned that she will die. The property loss from the fire was small.

HAIR HEALTH. If You Have Scalp or Hair Trouble, Accept This Offer. When we promise your money back for the mere asking if Rexall "93" Hair Tonic does not do as we claim it will, you certainly have no reason for even hesitating to try it. We do not ask you to obligate yourself in any way.

We could not afford to so strongly endorse Rexall "93" Hair Tonic and continue to sell it as we do, if it did not do as we claim. Should our enthusiasm carry us away, and Rexall "93" Hair Tonic not give entire satisfaction to the users, they would lose faith in us and our statements and in consequence our business prestige would suffer.

Therefore, when we assure you the Rexall "93" Hair Tonic will promptly eradicate dandruff, stimulate hair growth and prevent premature baldness, you may rest assured we know where we are talking about.

We honestly believe that Rexall "93" Hair Tonic will do more than any other human agency toward restoring hair growth and hair health. It is not greasy or will not gum the scalp or hair or cause permanent stain. It is as pleasant to use as pure cold water. It comes in two sizes, prices 50 cents and \$1.00. Remember you can obtain it only at our store—Rexall Store, Royal Pharmacy, W. A. Warren.

Despatches from Ottawa state that N. W. White of Shelburne, will get the vacant Nova Scotia senatorship. He does not please the Bridgewater Bulletin (Conservative) which remarks: "Just why this should be, when it is a well-known fact that Mr. White rattled from the conservative party during several elections, we cannot understand. We think we opine the opinions of many good conservatives, that there are many other men in the party, many who could be relied upon through thick and thin, who are more deserving or, senatorial honors than Mr. White of Shelburne.

Girls Have Best Color Sense. Interesting experiments have been carried on by Dr. Warburg in the schools of Cologne, Germany, on the subject of distinguishing between different colors. He found that the power of telling one color or shade from another was much more strongly developed in girls than in boys. He also found that the more intelligent the pupils were the better color sense they had.

Some colors, he discovered, seemed to make a much stronger impression on the eye than others. White and black are the easiest colors to recognize. Red, yellow, green and blue follow in the order named, though blue is much harder to perceive than green. Of another class and far more difficult to recognize are brown, gray and violet.

To Utilize Old Paint. To utilize old and thick paint when a paint grinding mill is not at hand grind the paint through an old meat cutter, using the nut butter grinder. Thin it with turpentine and oil. In this manner all accumulated leavings in paint cans can be used.

Minard's Liniment cures Diphtheria.

TWO MAGNETS

Invention That Has Changed the Method of Handling Iron.

The employment of lifting magnets has greatly simplified the handling of pig iron, steel and iron scrap, castings, rails and other miscellaneous magnetic matter.

The cost of handling the molten stock used by open hearth furnaces from cars to stock pile or from stock pile to the charging boxes has been reduced from approximately 8 cents a ton by hand methods to 2 cents a ton by the use of the lifting magnet in connection with suitable cranes.

It is a great convenience and saves time for the crane operator to be able to transfer an empty charging box to a new location without the help of a ground man or to be able to handle a heavy ingot or billet without waiting for chains or hooks to be attached. It is no unusual thing at some plants to unload 100,000 pounds of machine cast pig in thirty minutes with one magnet.

Rail bolts and billets are difficult to handle by hand, but so easily taken care of by the magnet. At one plant handling billets from an indiscriminate pile the average of 790 lifts was 1,710 pounds, and 675 tons were handled in thirteen hours and twenty minutes. At a puddling furnace 64,000 pounds of light bushing scrap were handled in twenty minutes.

It required four hours for a teamster and helper to load 1,500 pounds of steel turnings from a lathe pit to a wagon. The turnings were long, heavy and tangled, from locomotive driving wheels. The magnet unloaded this wagon and put the turnings on the stock pile in three lifts. The time consumed was two and a half minutes.

MYSTERY OF FIREFLIES. Light Emitted by Insects Not Due to Phosphorus. Despite the fact that science has been puzzling over the problem for many years—experimenting and analyzing and dissecting—the glowworm's secret is still unsolved. We knew very little more about its mysterious lamp—physiologic lights the experts call it—than did our forefathers. Even its purpose is still hidden.

Except to delight the human eye, the firefly's aimless flashing through the trees, the noctibea's flashing illumination of the sea, seem to be absolutely purposeless. They may have something to do with the reproduction of the species, says F. A. McDermott in the Popular Science Monthly, but this is mere speculation.

Mr. McDermott goes on to tell what little we do know regarding physiologic light. It may be summed up as follows: The common notion that the light is due to the presence of phosphorus in the insect's body is a mistake. Analyses show very minute quantities of this element and these in the form of phosphates. The light is the most economical form of illumination known. Its efficiency is 93 per cent as compared with 4 per cent for the best artificial illuminant known.

The amount of heat produced by the firefly in running its lamp is so small that it cannot be measured. The light from different phosphorescent organisms has been described as of very various colors—red, blue, green, yellow, etc. Spectroscopic analyses of the common firefly's flashes showed "an unsymmetrical structureless band in the red, yellow and green." A fluorescent substance may be extracted from the common firefly. When some of its luminous tissue is carefully dried it may be made to glow again by moistening it with water. It retains this power for considerable periods if kept dry.

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Real Estate

RESIDENCE FOR SALE.

Situated on Granville St., Bridge-land and pantry on first flat. Six bedrooms and bath room on second flat. Basement contains summer kitchen, laundry and cold storage room. Heated by furnace. Hot and cold water. Apply to JOHN IRVIN, Agent.

FARM FOR SALE.

Medium size Farm, fine large buildings, large young bearing orchard, marsh, pasture, wood. Situated at Granville Centre. Apply to SOMERS McCALL.

FARM FOR SALE

The subscriber offers his valuable farm for sale, situated in Clarence, four miles from Bridgetown, consisting of a splendid orchard, good hay farm. Plenty of wood and water, good buildings.

Part of purchase money can remain on mortgage if desired. ADONIRAM RUMSEY. Clarence, Jan. 29th, 1912.

FARM FOR SALE

At a sacrifice, in North Williamston, formerly owned by the late Simpson Charlton. Is in prime condition. A young orchard yielding 700 to 1000 barrels of apples. A good hard-wood lot attached. Two good pastures. Has a good house and barn. Apply to the owner, T. A. NEELY, Bridgetown, Jan. 29th, 1912.

To Let

The Hall over Monitor Office, formerly occupied by the Foresters. Audience room with two side rooms. Wired for electric lighting. Heated if desired. Suitable for business offices.

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IMPORTANT NOTICE

According to the postal law now in force newspaper publishers can hold for fraud anyone who takes a paper from the post office and refuses payment, and the man who allows subscriptions to remain unpaid and then orders a postmaster to send notification of discontinuance to the publishers lays himself liable to arrest and fine. Postmasters are also liable under the law for the cost of papers delivered to other persons after the death or removal from their office district of the persons to whom the paper was first addressed.

WANTED

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS & TALLOW. CASH PAID AT THE HIGHEST MARKET PRICES. MCKENZIE CROWE & Co., Ltd.

500 Barrels Kerosene Oil

TO COME FORWARD We have one carload a week arriving. There is a slight change in price. Write for quotations.

QUALITY

Our customers say it is the best that has been sold in the Annapolis Valley.

Milsley & Harvey Co., Limited, PORT WILLIAMS

COSTS LITTLE Accomplishes Much

A two cent stamp does a lot for very little money, but it would require thousands of two cent stamps and personal letters to make your wants known to as many people as a 25c investment in our Classified Want Ads.



Headaches—nausea—indigestion—muddy complexion—pimples—bad breath—these are some of the effects of constipation. The mild, sensible, reliable remedy is NA-DRU-GO LAXATIVES. They contain the latest discovered and best evacuant known, which empties the bowels without the slightest discomfort and without disturbing the rest of the system. Constipated persons do not need any special diet. If your druggist has not yet stocked them, send 25c, and we will mail them. 25c a box. National Drug and Chemical Company of Canada, Limited, Montreal.

RHEUMATISM, LUMBAGO and LAME BACK can be cured by the great fruit kidney and liver remedy. FIG PILLS Brantford, Ont., Aug. 13, 1911. Your medicine, Fig Pills, has worked wonders for me. The rheumatic pains have entirely left me and I owe everything to your remedy. You are at liberty to publish this. R. H. GAILMAN. At all dealers 25 and 50 cents or mailed by The Fig Pill Co., St. Thomas, Ont.

NA-DRU-CO Ruby Rose Cold Cream. A toilet delight, with the exquisite fragrance of fresh roses. Makes chapped hands smooth and soft and keeps them so. Preserves the most delicate complexion against exposure to the severest weather. Try it—you'll certainly appreciate it. In 25c. opal jars, at your druggist's. NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED, 184

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