

# The Weekly Monitor

AND

## Western Annapolis Sentinel.

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BRIDGETOWN, ANNAPOLIS COUNTY, NOVA SCOTIA, AUGUST 19, 1908

NO. 18

### WAR AGAINST THE WHITE PLAGUE

Philadelphia Department of Health and Charities Making Notable Progress in Reducing the Ravages of Tuberculosis. Public Should Aid in Suppressing Infection.

Deaths from tuberculosis in Philadelphia during the first three weeks of July show a decrease of 15 per cent., as compared with the same period of last year, and, if this percentage is carried through the year, 459 lives will be rescued from the "White Plague" at a saving of approximately \$2,745,000.

In the weekly bulletin of the Department of Health and Charities attention is called to these figures with the purpose of enlisted every citizen's aid in carrying on the war for the extermination of tuberculosis.

"That tuberculosis is a preventable disease which, with the aid of the medical profession, can effectually stamp out, if sufficient interest is taken, is one of the facts laid down by the department in giving out simple rules which it asks all individual citizens to assist in carrying out."

"Every taxpayer has a financial interest in this result," declares the department bulletin, "for in many instances where the wage-earner is incapacitated or dies, the family becomes a public charge to be maintained at the city's expense."

"Tuberculosis, or consumption," says the bulletin, "is caused by the growth of a certain germ in the tissues of the body. There can be no such disease without this germ. The popular theory of its being inherited is erroneous in great part. Babies, as a rule, become infected by intimate and close contact with a tuberculous mother or father."

"The disease is communicated to others by the carelessness of those suffering from it. Each spitting of a consumptive may contain millions of germs, which may be breathed into the lungs with the air, may be taken into the stomach with food or drink, or find lodgment in some wounded surface. It is fortunate, however, that the disease seldom develops unless the body is in a run-down condition."

"Consumption may be prevented and stamped out by the destruction of a consumptive's spittle, by preventing any one from spitting in public places, by public vehicles and street cars; by discarding the long dresses worn by women, as they sweep up infection with dust from the street and carry it into houses; by bringing all persons suspected of having consumption under the care

of a physician, hospital or dispensary, as the disease is curable in its early stages.

"A bad or chronic cough should be treated immediately by a physician. Methods of stamping out the disease are:

"The disinfection of all rooms occupied by a consumptive, as soon as vacated. Such disinfection will be made by the Bureau of Health without cost.

"Repeated cleansing and frequent disinfection of all rooms occupied by consumptives. These rooms should never be dusted; cleansing should be done with soap and water.

"Instructing the consumptive patient what he, being the real source of danger to others, should do to prevent the spread of this disease.

"Notwithstanding a recent editorial criticism on 'don'ts' in general, we would advise the following in particular:

"Don't spit on the sidewalk; it spreads disease and is against the law.

"Don't spit on the floor of your shop or hallway.

"Don't spit on the floor of your mouth.

"Don't cough without holding a handkerchief or your hand over your mouth.

"Don't kiss a person with a cough or cold.

"Don't live in rooms where there is no fresh air.

"Don't work in rooms where there is no fresh air.

"Don't sleep in rooms where there is no fresh air.

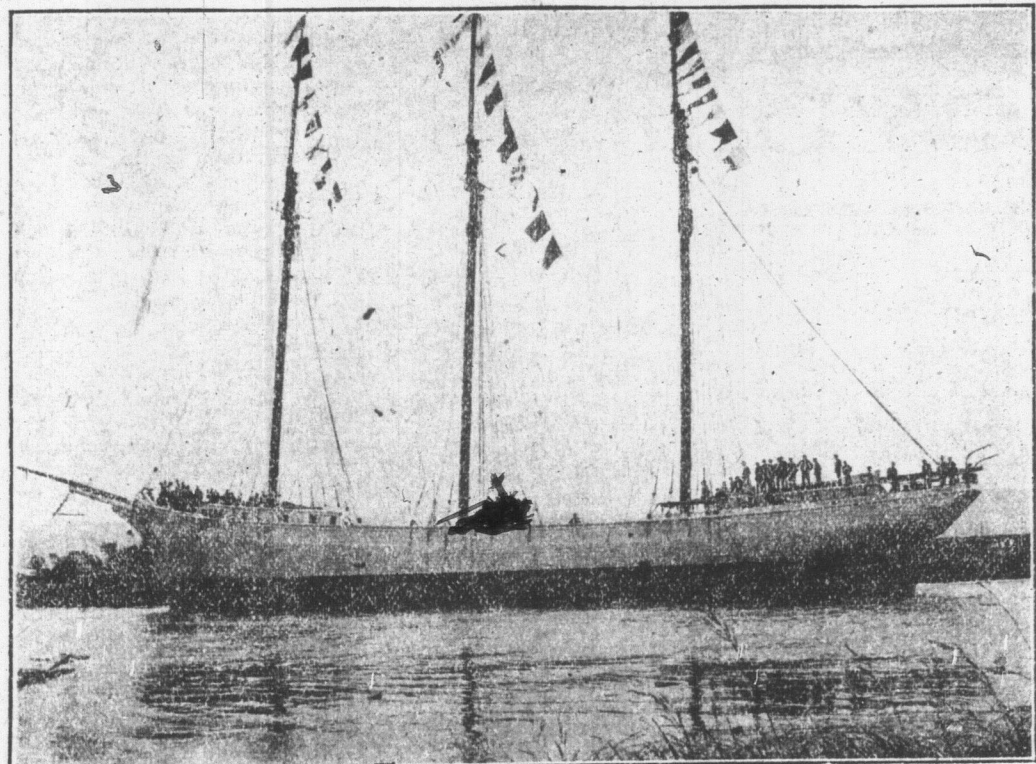
"Don't eat without washing the hands.

"Don't neglect a cough or cold.

"Don't waste your money on patent medicines or nostrums for consumption. Go to a doctor or dispensary.

"Don't drink whiskey, beer or other intoxicating drinks. If you have consumption it will make it harder for you to get well.

"Acknowledgment is hereby made to the medical profession at large for its aid to the department in the crusade against tuberculosis by more full reports of cases of consumption. The registration of the disease for the first three weeks in July, as compared with the similar time in 1907, has shown an increase of 56 per cent."



SCHOONER C. D. PICKELS AS SHE APPEARED THE DAY OF THE LAUNCHING, JULY 22ND, 1908.

### Special Prizes for the Fruit Growers of Annapolis Co.

The attention of the fruit growers in this County is called to the special prize lists in fruits of the exhibition to be held in Kentville on October 7th, 8th and 9th next.

We find the following special prizes open to exhibitors from Annapolis County only:

Sec. 62—Best 5 boxes, one of each Blenheim, Ribston, Kings, Spy, Golden Russet, 1st prize, \$24.25, offered by E. H. Lewis & Sons.

Sec. 71—Best 3 barrels, one of each Blenheim, Ribston, Kings, 1st prize, \$25.00, offered by Edward Jacobs.

Sec. 78—Best 5 barrels, one of each Blenheim, Ribston, Kings, Greening, Golden Russet, 1st prize, \$48.50, offered by Walter Ford.

Sec. 81—Best box Blenheim, 1st prize, \$3.00, offered by G. H. Vroom.

Sec. 82—Best 2 barrels Gravensteins, No. 1 and 2, 1st prize, \$10.00, offered by W. G. Clarke.

Sec. 87—Best 2 barrels Nonpareil, Nos. 1 and 2, 1st prize, \$10.00, offered by S. W. W. Pickup, M. P. P.

Sec. 88—Best barrel Ribston, 1st prize, \$5.00, offered by O. T. Daniels, M. P. P.

Sec. 89—Best barrel Bishop Pippins 1st prize, \$6.00; 2nd prize, \$4.00, offered by Maritime Business College.

These prizes offer a splendid opportunity for our Annapolis Orchardists to capture large sums in prizes.

The regular prize list of this exhibition is double the amount ever offered before in Canada.

Send to F. C. Rand, Kentville, for prize list.

### Degrades the Taste of the Public

The Sunday newspaper. Its chief harm is not that it is prepared and printed on Sunday, for it is almost wholly completed before midnight on Saturday. Its distribution is direct desecration of the Sabbath, however, for the work employs a great army of men and boys, to whom Sunday morning is anything but a holy season.

The Sunday newspaper deliberately provides for the day of rest the most sensational and distracting paper of the week. It is there as ever good in it, the coarseness and vulgarity it contains have long ago overbalanced that.

The Sunday newspaper's special Sunday features, on which it depends so largely for its sale, are doing more to degrade the taste of the people than any other one agency. Its notions of artistic humor are set forth in the hopelessly vulgar "comic supplement," and its ideals of good literature are crystallized in illustrated articles on "the richest dor in the world," and like elevating themes.

It is not strange, when the Sunday paper comes in, that love for the Bible and for worship should go out.

### R. P. Williams, Champion All-around Athlete.

Professor R. P. Williams, who has been for the past six years physical director at the New London Y. M. C. A. and public schools, is now holder of seven world's records. They are as follows:

20 yard dash, 2 1/5 seconds.

50 yard dash, 5 5/8 seconds.

100 yard dash, 9 1/5 seconds.

Standing broad jump, w. weights, 15 feet, 4 inches.

Standing back jump w. weights, 12 feet, 5 inches.

Running high kick, 9 feet, 6 inches.

During his athletic career he has been track team coach of Tufts' College three years, two years physical director of the Washington, D. C. one season physical director Bridgeport, N. Y. M. C. A., one season playground association, two years athletic coach of Orient Heights Athletic Club. He has also placed nineteen young men as athlete and physical directors and trained them for it. He is acknowledged as being one of the best all-around gymnasts in America. Among his most noteworthy performances are the following:

May 24th, 1905, Mr. Williams invaded England where at the Campborne Championships on June 24th, he defeated Jack Sampson of Pennsylvania, 6 yards on a grass track in 9 4/5 seconds, and also won 440 yards in 48 2/5 seconds. On May 21st, 1904, he won 100 yards dash at Harvard games in 14 2/5 seconds, and 440 yards in 48 seconds, off 5 yards in 1 1/2 seconds.

On Sept. 1st, 1905, he made the following records in an athletic meet: 100 yard dash, 9 1/5 seconds; running high jump, 6 feet, 1 inch; running broad jump, 22 feet, 8 inches.

Aug. 23rd, 1904, at Johnston, Penn.—Run 50 yards in 3 1/5 seconds; 100 yards in 9 1/5 seconds; running high kick, 10 feet, 3 inches.

July 12th, 1905, at Millford, N. S., made the following records, in an athletic meet—50 yards in 5 1/5 seconds; 100 yards in 9 1/5 seconds; standing broad jump, w. w., 15 feet, 4 inches; standing back jump w. w., 12 feet, 9 inches; running broad jump 24 feet, 6 inches; running high kick 10 feet, 1 inch.

June 2nd, 1906,—run exhibition, 100 yards, and was timed 9 seconds flat by several watches.

July 10th, 1906, at Madison, Wis., made the following records in an athletic meet—50 yards, 5 1/5 seconds; 100 yards, 9 1/5 seconds; 12 lb. shot put, 31 feet, 7 inches; running high kick, 10 feet, 1 inch.

A physical directors athletic meet was held at Cobanite May 6, 08. The summary of events is as follows: 100-yard dash—R. P. Williams, 9 1/5 seconds; scratch, 1: H. Nousek, 22 yards, 2: F. B. House, of Providence, 13 yards, 3.

100-yard dash, special—H. McLaughlin, 1: Nousek, 2: Rouse, 3. Time, 11 1/5 seconds.

60-yard handicap—R. P. Williams scratch, 1: McLaughlin, 8 yards, 2: Nousek, 10 yards, 3. Time, 6 seconds.

Running broad jump—R. P. Williams, 24 feet, 4 inches; McLaughlin 15 feet, 4 inches; Rouse, 15 feet, 2 inches.

12-pound shot put—Williams, 49 feet, 2 inches; McLaughlin, 31 feet, 11 inches; Nousek, 30 feet, 9 inches.

Running hop step and jump—Williams, 45 feet, 11 inches; McLaughlin, 34 feet, 11 inches; Rouse, 32 feet, 9 inches.

### Rev. H. R. Grant in Scott Act Legislation

Rev. H. R. Grant thinks that the new amendment is practically valueless. In a communication to the Editor of the Halifax Chronicle, he says:—

In a recent issue of your paper a writer gives his views of legislation upon our statutes, against the liquor traffic. Permit me to place before your readers the view of the Nova Scotia Temperance Alliance. We believe in the work of moral suasion for the individual, and the enforcement of law for the suppression of the traffic—in other words the Gospel for the individual and the law for the liquor business. The work of moral suasion is being carried on in our churches and temperance organizations very earnestly and systematically.

There is an overwhelming sentiment against the liquor business. This sentiment calls for its abolition and here the Alliance takes issue with those who say "present legislation is all that reasonable temperance workers should demand." We claim that it is very inefficient. Permit me to note some defects, which could be remedied by a Provincial law:

(1)—The Inspector may make every offence a first, and he almost without exception does.

(2)—The Magistrate may impose the jail penalty for a first offence.

(3)—Under the Scott Act a search warrant must be executed in the day time. It should permit of a search at any time.

(4)—The Scott Act and the License Act can not be used to suppress clubs. The Acts are too local and too optional.

The above are a few of many defects in the Acts.

The clause which permits the shipment of liquor into Scott Act Counties "for personal or family use" makes all recent amendments practically valueless. Any boy, or group of boys, can order a bottle or a barrel, and as heretofore the I. C. R. can carry loads of liquor into Scott Act counties.

When will our legislators come to the rescue of people cursed by the traffic, and give to this province a law which will be of real service, in the work of reform?

### MINARD'S LINIMENT

RELIEVES NEURALGIA.

You will feel more comfortable during the warm weather if you keep a supply of

## SOVEREIGN LIME JUICE

on hand. Mixed with ice water, it makes the ideal thirst quencher.

A large bottle 25 cents—about one cent for three glasses.

NATIONAL DRUG & CHEMICAL CO., LIMITED, HALIFAX, N. S.

### MARITIME BOARD OF TRADE

Discussing Resolutions to Promote Tourist Travel, Railway Improvements, Reduction in Freight Rates, To Prohibit Exportation of Pulp Wood, etc.

The annual meeting of the Maritime Board of Trade is in session today, August 19th, at Halifax. That the time of the members will be well occupied is shown by the list of subjects for discussion which will be introduced by the local boards.

The different boards proposing questions will be supposed to be ready to debate them when called, and to submit such resolutions on them as they desire to have approved. The list is as follows:

ANNAPOLIS ROYAL.

Resolved—The subject of advertising this Province by issuing a Sporting Guide to Nova Scotia so as to induce a larger number of tourists and sportsmen to visit the province be endorsed by the Maritime Board of Trade, and it is recommended that all Boards of Trade furnish necessary information from their respective counties.

And further resolved—That a special committee be appointed to devise ways and means to print a guide so as to furnish books at the lowest cost for distribution and sale.

BERWICK.

Resolved—That the laws of our Province should be so altered, that the valuation of property in the various school sections for the purpose of assessment or taxation for the support of schools therein, should be made by assessors appointed by the rate payers of the school section, at the annual school meetings.

DARTMOUTH.

Whereas—An effort is about to be made to shorten the line of the Intercolonial Railway between Moncton and the Port of Halifax.

And Whereas—it is understood that the Dominion Government is about to make a survey for the purpose of finding out if it is possible to shorten said line.

And Whereas—it is reported that a line from Grand Lake to Dartmouth can be obtained, which would shorten the distance between these points about nine miles.

Therefore Resolved, the Secretary write the Minister of Railways, calling his attention to this fact, and asking him to have such route surveyed.

HALIFAX.

(1) Running rights to the Canadian Pacific Railway over the Intercolonial Railway.

(2) Improved cable communication between Canada, the British West Indies and Demerara.

(3) Resolution endorsing the All Red Route.

(4) Appointment of Canadian Atlantic Fisheries Board.

(5) Enforcement of Act regarding the provisioning of dories for fishermen.

INVERNESS.

(1) The general fulfilment of the Contract between the Government and the Inverness Railway and Coal Co., such as better passenger service, freight rates, accommodation at the junction of the Intercolonial Railway etc.

(2) Consideration of the subject of opening up Inverness Harbor, with a view to strengthening the hands of our Federal representatives in seeking Federal Government Aid for this important project.

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KENTVILLE.

(1) Resolved—That this Board is of the opinion that the exportation of Pulp and Pulp Wood from Canada should be prohibited by the Federal Government.

(2) Resolved—That this Board considers the express charges on all lines of railways in Canada to be excessive, that the same should be reduced to a fair basis, and that the Federal Government be asked to have the Railway Commission investigate and remedy this wrong.

(3) Resolved—That whereas many Canadians are returning from the United States to Nova Scotia to permanently reside in their native land, the Maritime Board of Trade have a booklet prepared containing a description of farms and residential places which are on the market for sale, and have the same placed at proper distributing centres.

PICTOU.

That a united effort be made by the Maritime Board of Trade to secure a reduction in the telephone toll rates throughout the province.

TRURO.

Insurance on stocks of retail merchants.

WINDSOR.

(1) The inconvenience, delay, and wasting of people's time by the unpunctual manner in which the passenger trains on the various railways of Canada are run.

(2) The high and excessive rates on Nova Scotia express business in Western Nova Scotia.

WOLFVILLE.

(1) That the Local Government be asked to offer a prize for the best scheme to make possible the continuous use of tidal rivers of the Basin of Minas and Bay of Fundy, for the development of power for manufacturing and electrical purposes.

(2) That the Government be urged to acquire the important historic lands (now private), of this province for the purpose of protecting and preserving them.

YARMOUTH.

The advisability of the Dominion Government taking over the railways of Western Nova Scotia, and making them a part of the Intercolonial system.

SACKVILLE.

Whether it would be well for the Board of Trade to make enquiry as to the effect of the liquor business upon commercial life, and whether for economic reasons the nation, or any part of it, might not well prohibit the sale of intoxicants just as many large corporations have deemed it wise to do.

ST. JOHN.

(1) Granting to mail steamers, subsidized by the Federal Government, privileges of choosing the terminal port in Canada at which they may find it most advantageous to land mails.

(2) The cost of coal in the Maritime Provinces, for manufacturing purposes.

(3) The desirability of conducting retail business on a cash basis.

(4) Permanent highways to Provincial centres.

### Game Laws for 1908

1. Close season for moose December 1st to October 1st, and under the age of one year at all seasons.

2. No person shall kill more than one moose during one season.

3. Every person who kills a moose shall within ten days report the same to the Chief Game Commissioner.

4. No moose meat shall be exposed for sale until the person who killed the moose shall have obtained a certificate from a Warped or Justice of the Peace.

5. Any person keeping moose meat for sale shall have such certificate in his possession and shall forward the same to the Chief Game Commissioner within ten days from the date of issue.

6. Unlawful to kill any deer.

7. Close season for birch partridge November 1st to October 1st.

8. No person shall in one day kill more than five birch partridges.

9. No game birds, except blue winged ducks shall be killed before sunrise or after sunset.

10. Unlawful to kill spruce partridge at any time.

11. Close season for blue winged duck March 1st to September 1st.

12. The season for woodcock and snipe opens September 1st, and no person shall kill more than 15 woodcock in one day.

13. Unlawful to kill any marmot or bird on Sunday.

14. Unlawful for any resident to kill woodcock or snipe outside of the county in which he resides without taking out a license. The fee is \$5.00.

15. No person shall accompany any person in the woods as a guide without taking out a license therefor. Fee \$2.00.

16. Non residents must take out a license before going into the woods to hunt. Fee \$30.00.

17. Guides are prohibited to act as a guide for non-residents who have not taken out a license.

18. Export of birds is prohibited. Attention is particularly drawn to the open season for ducks and snipe which begins September 1st. Shooting birds with rifles will be carefully watched, and those who have been shooting duck on the Cornwallis river are being watched and, if continued, will be prosecuted.

Scott's Emulsion strengthens enfeebled nursing mothers by increasing their flesh and nerve force.

It provides baby with the necessary fat and mineral food for healthy growth.

ALL DRUGGISTS; 50c. AND 51c.

It is not strange, when the Sunday paper comes in, that love for the Bible and for worship should go out.