

# 108 Nox a Cold in One Day

Cures Coughs, Colds, Bronchitis, Asthma and all Lung Trouble. None just as good. At all leading drug stores, 25c. and 50c. bottles. Manufactured by the Scobell Drug Co., St. Catharines, Ontario. Warren's Drug Store, Special Agent.

## DOMINION ATLANTIC RAILWAY

### Steamship Lines

St. John via Digby  
—AND—  
Boston via Yarmouth  
"Land of Evangeline" Route.

On and after October 18th, 1909 the Steamship and Train Service on this Railway will be as follows (Sunday excepted):

**FOR BRIDGETOWN.**  
Accom. from Annapolis ... 7.20 a. m.  
Accom. from Richmond ... 5.40 p. m.  
Bluenose from Halifax.  
Wednesday and Saturday 2.29 p. m.  
Express from Yarmouth, 1.46 p. m.  
Express from Halifax, 1.24 p. m.  
Bluenose from Yarmouth, 1.24 p. m.  
Wednesday and Saturday 12.53 p. m.

### Midland Division

Trains of the Midland Division leave Windsor daily, (except Sunday) for Truro at 6.45 a. m., 7.30 a. m., and 5.35 p. m. and from Truro at 6.50 a. m., 12.00 m. and 3.20 p. m. connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

### Boston Service

Commencing Monday, Oct., 18 the Royal Mail S. S. Boston will leave Yarmouth, N. S., Wednesday and Saturday, immediately on arrival of Bluenose trains from Halifax, arriving in Boston next morning. Return, leaves Long Wharf, Boston, at 1.00 p. m., Tuesday and Friday.

### S. S. PRINCE ALBERT

Makes daily trips (Sunday excepted) between Parrsboro and Wolfville, calling at Kingsport in both directions.

### St. JOHN and DIGBY

ROYAL MAIL S. S. PRINCE RUPERT.  
Daily Service (Sunday excepted.)  
Arrives in Digby ... 10.45 a. m.  
Leaves St. John ... 7.45 a. m.  
Leaves Digby same day after arrival of train from Halifax.  
Bluenose train from Halifax does not connect at Digby with S. S. Prince Rupert for St. John.  
P. GIFFINS, General Manager, Kentville.

## H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect Oct. 18th, 1909	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton Ab.	16.15
12.01	* Clarence	15.44
12.18	Bridgetown	15.26
12.45	* Granville Centre	14.57
13.01	Granville Ferry	14.40
13.19	* Karsdale	14.24
13.40	Ar. Port Wade Lv.	14.00

\* Flag Stations. Trains stop on signal.  
CONNECTIONS AT MIDDLETON WITH ALL LINES ON H. & S. W. RY. AND D. A. RY.

P. MOONEY  
General Freight and Passenger Agent  
HALIFAX, N. S.

## FURNESS, WITBY & CO., LTD.

### STEAMSHIP LINERS.

London, Halifax and St. John, N.B.  
From London. From Halifax.  
Steamer.  
—Shenandoah ... Sept. 28  
—Kanawha ... Oct. 7  
Sept. 25—Rappahannock ... Oct. 18  
Oct. 2—Tabasco (via St. John's Nfld.) ... Oct. 28

From Halifax to Liverpool via St. John's Nfld.

From Liverpool. From Halifax.  
Steamer.  
—Gulf of Venice ... Sept. 30  
—Ripon ... Oct. 12  
Oct. 5—Durango ... Oct. 26

FOR LIVERPOOL DIRECT  
Sept. 24—Venango ... Oct. 11

FURNESS WITBY & CO., LTD., Agents, Halifax, N. S.

MINARD'S LINIMENT CURES DISTEMPER.

5 cent and 10 cent bundles of newspapers at MONITOR OFFICE.

## PEOPLE LIKE Morse's Teas.

They like them because they have a richness of flavour that is peculiarly their own. It may without exaggeration be said that they are the finest of the fine.

### How a Man Saved Money

He was building a house. He bought all his material from us, and saved a good sum of money. Let us send you prices.

A. W. ALLEN & SON, Middleton, N. S.  
Manufacturers of Doors, Sashes, Mouldings, Etc.

## New Fall Goods Opening Daily

AT  
I. M. Otterson's

# Cowan's

Milk Chocolate Stick, Medallions, Croquettes, Cream Bars etc. are truly delicious.

For sale by all dealers from Coast to Coast.

THE COWAN CO. LIMITED, TORONTO.

## 4 NECESSITIES 4

WHICH NO WELL REGULATED HOUSE SHOULD BE WITHOUT

**Atlee's Dyspepsia Tablets**  
A sure and positive cure for all forms of dyspepsia and troubles caused by food distressing.

**Atlee's Worm Powders**  
The only remedy on the market which destroys worms in children and adults, and is perfectly safe.

Any of the above remedies will be mailed to the Monitor readers on trial, on receipt of 25c. Stamps or Postal notes. Please mention this ad.

**ATLEE'S**  
DRUG AND STATIONERY STORE, ANNAPOLIS ROYAL, N. S.

## HEATERS, RANGES, COOKS



### The Queen Still Leads

A full stock of Heating Stoves, Steel Ranges, Cast Ranges and Cook Stoves, all at lowest prices.

Hot Air or Hot Water Heating  
Sanitary Plumbing  
Kitchen Supplies  
Job Work, promptly attended to.

R. ALLEN CROWE

'Phone 1 ring 2, Queen St.

## SNAPSHOTS THE MODE.

New Touches in Real and Linen Costumes.  
The pongee and tow linen suits hold first place after season. A costume of this kind is smart, according to the latest fashion. When undecided, black taffeta relieved



WHEN MILADY GOES TRAVELING.

with gold braid and red piping is always safe, and so is golden brown. Jade green is a cool and fashionable color for summer. This season accessories of a striking shade will be worn with white. White linen coat suits will have collar and cuffs and belt and tie of chambray skin or of bright green leather.

A long coat such as the one illustrated is an absolute necessity for the woman who is going to travel about much this summer. It can be made of pongee or similar material or from linen and lightweight cloth. As seen in the cut the coat is of pongee trimmed with collar, cuffs and pocket laps of black satin. If full length is not desired it can be cut off three-quarter style, although the long coat is more graceful and becoming and serves a greater number of purposes.

JUDIC CHOLLET.  
This May Manton pattern comes in sizes ranging from 34 to 44 inches bust measure. Send 10 cents to this office, giving number 1233, and I will be promptly forwarded to you by mail. If in haste send an additional two-cent stamp for letter postage, which insures more prompt delivery.

### VANITY'S VISIONS.

Linen Dresses in Many Attractive New Guises This Summer.

The best of the new linen dresses show heavy embroidered effects and "corset" styles. For natural colored linen suits a good quality of linen lace in natural color makes a nice trimming. White Brussels net is also in demand for this purpose.

Lingerie frocks have a touch of black about them introduced either in a wide girdle of soft black satin or in a tie with the Dutch neck. No matter how dainty or ornate the frock may be, this black note appears.

A little bit of dark colored satin is used on the bodice of this dainty little

frill. The high mortality among the children in the congested districts of closely crowded together, where a city or town where families are fust accumulates fast, where food is often kept in living rooms, is due to a large degree, so scientists now say, to the fly. Infant diseases chiefly prevail in the hot season when the flies abound. Dr. J. T. C. Nash, in the Journal of the Royal Sanitary Institute, giving his experience as an English health officer, says that the fly is responsible for the death of many children because of polluting the milk which they drink.

"It is a matter that has been entirely overlooked," said another eminent doctor recently, "but we now know that the common house fly is an agent of importance in carrying the germs of typhoid fever. It was formerly believed that the germs were only carried in water, milk or other liquid food. Flies both breed and feed in places where the germs are to be found, and flying into our house, no doubt often carry the germ and deposit them on our food."

DISEASES CAN BE TRANSMITTED BY THIS

There is also evidence that cholera and plague, and tuberculosis can be transmitted by flies. Yellow fever has been stamped out by preventing

the access of mosquitoes and its breeding places. The causes of zymotic disease are external to the human body, and each type is found to possess its own specific germ from which it is generated and which must be introduced into the human system in order to produce the disease. These germs appear to be world-wide in their range though certain descriptions more particularly affect certain localities, and only await favorable conditions of environment to develop their latent dangerous character.

There are three channels by which such poison can be introduced into the body, viz.: by air, water or food. It is, therefore, very necessary to guard all three from any possibility of contamination, notwithstanding the fact that a variable amount of such poison may be and often is taken with impunity. This is due to the provision of nature which enables the human body to protect itself to some extent from the deleterious matter thus introduced, to throw it off from the system by those channels provided for the secretion and waste products, and if unsuccessful in so doing it is due either to the existence of conditions in the body itself which defeat this action, or to the virulence of the poison to be combated.

Very great strides have been made of recent years in sanitary science due to the fact that serious outbreaks of zymotic disease at various times have necessitated careful investigation, the cause, as a rule, being traced to inattention to sanitary principles, involving defects either in the system of waste disposal adopted or in the apparatus employed.

Constant improvements are being effected so that a great deal that found favor some few years ago would not be tolerated for a moment now that further light has been let in on the subject.

WASTE THROWN OUT TO CARE FOR ITSELF.

Household waste as disposed of at suburban or detached houses, or where there is no system of sewerage or similar method of disposal creates the most favorable breeding places for flies and mosquitoes.

Household waste includes ashes, excremental matter, peelings, bones, fat, grease, scraps, heads, tails and entrails of fish, fowl and game, bedroom and kitchen slops, paper, cans, bottles, rags, sweepings, boots, rubbers, etc. While some provision is generally made for the disposal of excremental matter, all the other is thrown on the ground to take care of itself, with the natural result—putrefaction and ideal breeding homes for flies and mosquitoes.

Mosquitoes breed in stagnant water in pools, ponds or elsewhere. Every can and bottle thrown out which will hold water, is, after the first rainstorm, if other conditions are favorable, the possible home of a colony of embryo mosquitoes. Ashes or road earth should be used to fill up hollows in which pools of water lie and the cans and bottles should be buried where the bacteria in the soil can purify them before they can cause any damage.

Where there is no sewer system and aseptic tank or filtration system is beyond the financial reach of the householder, a more economical method of disposal of excremental matter must be adopted. The solid excrements may be taken care of by constructing either an earth or an ash closet. In the application of the earth system sufficient dried earth garden loam or sometimes coal or wood ashes are mixed to absorb foulness, keep down odor and prevent putrefaction. Such earth closets work quite satisfactorily with very little attention. If placed out of doors the earth closet need not be far from the house if properly constructed. It should be located, however, where it will be impossible to pollute the water of any well. The outer structure should be strong and substantial with a good roof to protect it against rain or dampness. It should be well lighted, well ventilated, not too much exposed to the rays of the sun, and it is better to have it screened from view and from prevailing winds. It should be kept in perfect repair and, more important than all other requirements, flies should be kept out of it. To insure this where there are children there should be a spring on the door. In no case should the accumulated deposit be left uncovered or exposed, containing as it frequently does, the germs of dangerous diseases. While the foregoing necessary requirements are not observed as a rule, no very expensive change would have to be made at the average detached house in order to comply with such regulations.

HOW TO REMEDY A CRYING EVIL.

It is in the disposal of the other household wastes that all customs

## THE DISPOSAL OF HOUSEHOLD WASTE

The following paper on "The Disposal of Household Waste" was read by City Engineer Doane at a meeting of the Union of Nova Scotia Municipalities held in Halifax:

In the large city the disposal of household waste is under the constant supervision of expert sanitary officials and trained inspectors, yet it is not in the country alone that better provision is necessary for the protection of the general health of the community. Where there is a good sewer system and a modern method of garbage disposal it might be expected that the sanitary conditions would be almost perfect. Nevertheless, in the country, town and city modern scientific progress has compelled us to realize that danger lurks in what heretofore was considered perfectly safe.

Self-preservation is the first law of nature and the maintenance of perfect state of health is absolutely necessary for safety. While a man may not be "his brother's keeper," his safety depends not only on the sanitary condition of his own premises, but on that of his neighbor. The control of such matters is in the governing body or municipal council, and no council in country, town or city is doing its duty which does not use to its utmost limit the power placed in its hands to prevent one man from taking the life of another. Such language applied to the subject under discussion may seem more forcible than justifiable, but when we are compelled by scientific research and experiment to believe that flies and mosquitoes can and do carry and spread the most dangerous diseases, municipal authorities must awake to a realization of their grave responsibilities.

CRUSADE AGAINST THE HOUSE FLY  
The United States department of agriculture has started a crusade against the common house fly and is carrying on extensive experiments to determine the best way of banishing it from the abode of men. The fly has been found to be not only a nuisance, but a menace to man's health. Its hairy body carries both disease and death. Many epidemics which sweep over communities in the hot season have been traced to the fly. It lays its eggs in filth and breeds there; it brings into the house the bacteria which spread in filth. As it moves about now crawling over putrid matter, now over the butter, sugar and other food, again falling into the milk, cream, molasses or soup, flying from the lips of the sick to the lips of the healthy, it is said to be more dangerous to modern society than were the wild beasts to primitive man.

The high mortality among the children in the congested districts of closely crowded together, where a city or town where families are fust accumulates fast, where food is often kept in living rooms, is due to a large degree, so scientists now say, to the fly. Infant diseases chiefly prevail in the hot season when the flies abound. Dr. J. T. C. Nash, in the Journal of the Royal Sanitary Institute, giving his experience as an English health officer, says that the fly is responsible for the death of many children because of polluting the milk which they drink.

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## SUNLIGHT SOAP



Sunlight Soap cannot spoil your clothes. There are no injurious chemicals in Sunlight Soap to bite holes in even the most delicate fabric. \$5,000 are offered to anyone finding adulteration in Sunlight Soap.

have to be broken down to insure public safety. The untrained or uneducated cook or kitchen maid is in the habit of throwing kitchen slops and scraps out of the window or from the back door into the yard. This is the custom especially where there is no sink or drain or the strainer in the sink will not permit anything but comparatively clean liquid to pass into the drain. If the soil is favorable it will take care of a certain quantity of such waste, but if the slops are always thrown in one place the soil, be it ever so favorable for disposal, becomes what is known as sick and nature cannot undertake the purifying work required of her. The spot becomes an open cesspool and an ideal breeding place and feeding place for flies. As it is always so near the house, in warm weather the flies go direct from the cesspool to the food. In many cases fat, grease, bones, scraps, bedroom slops, etc., are deposited in the same convenient spot.

What is the remedy? In some respects this is a difficult question to answer; but it must be answered and the dangerous conditions abolished before men will be safe from the result of his own action or that of his neighbor. It is not enough to find a means of removing the evil; it must be such a remedy as the average householder can afford to apply and will adopt without undue compulsion.

### BURN ALL KITCHEN REFUSE

Every housekeeper has a fire to do the cooking and while that fire is at its hottest all paper, rags, sweepings, peelings, bones, fat, grease, heads, tails and entrails of fish, fowl, or game, boots, rubbers, etc., should be burned. This should be done while the fire is at its hottest for two reasons: first, because the refuse will be more readily, quickly and surely consumed; and secondly, because any odor from the burning will be carried up the chimney. Articles too large for the stove should be burned outside the house. Fat and grease should be cooled and the solid portion burned. The most economical method that the writer can suggest for disposing of kitchen liquid refuse and bedroom slops is a tight barrel to be emptied once a day either in the manure pit, which should be covered to keep flies away, or at some other place where it can be covered at once with dry, clean earth. The same barrel may be used for the ashes, and where a barrel would be large enough it would be better to use it so that the emptying once a day would be more certain. A hinged cover should be provided to prevent the flies from coming in and out and also to hide the contents.

### UP TO THE MUNICIPALITY OFFICIALS.

While ashes cannot accomplish the natural purification as satisfactorily as dry earth it makes a good substitute. The surface soil contains the waste, destroying bacteria, and oxygen, the only other essential, is free.

(Continued back to page 3)

## AN OLD GENTLEMAN CURED OF RHEUMATISM

### By One Box of Gin Pills.

Mr. Wm. Conty is one of the oldest and best known residents of Yarmouth, N.S. Owing to his advanced age Mr. Conty was troubled with his kidneys, which finally developed into Rheumatism.

June 2nd, 1908.  
"I have been bothered with Rheumatism for the past year and have taken a good many different kinds of medicine and found no relief for it."

One day a friend advised me to try Gin Pills, so I did, and after taking only one box of them I felt like a new man. I thought I would write you a few lines to let you know how thankful I am for the relief they gave me, and would advise all sufferers from Rheumatism to try Gin Pills."

WILLIAM CONTY.  
Gin Pills are regarded as infallible for Kidney, Bladder and Urinary Troubles. They are equally good for men and women, and may be used, if necessary, by children. Gin Pills, by their action on the Liver, also correct Biliousness and Constipation, which usually accompany Kidney and Bladder Troubles. Sample free if you write National Drug & Chemical Co., Dept. N.S. Toronto. At dealers—50c. a box, 6 for \$2.50.

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