The Weekly Monitor and Western Annapolis Sentinel; Bridgetown, N. S., July 5, 1916

The Dangerous Condition Which Produces Many Well Known Diseases.

# **HOW TOGUARD AGAINST** THIS TROUBLE

"FRUIT-A-TIVES" - The Wonderful Fruit Medicine - will Protect You

Autointoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on and large pitchers of milk are quick. tally taken in puddings, soups or por- perhaps that was what was making den behind a beauty that is alluring, estimate that it runs into millions of Pain in the Back, Rheumatism, Gout, ly emptied into them. The milk ridge. and Rheumatic Pains. It is the chief luncheon over, they scatter to play. system unhealthy by the constant absorpintoxication or self-poisoning - as "Fruit-a-tives" acts gently on bowels, ilion. kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited,

## NATIONAL ANTHEM

The following are the verses of the National Anthem, being sung at

is necessary to find one. There is one unemployment when say the school THE FOREST SCHOOL here who lays down the rule-a rule nurses, who know the city homes as WHEN BUYINGYEAST with an old-fashioned parental sound no one else knows them, it would be (By K. M. York) To sit against a giant pine with -is it possible that sound, rational liv- hopeless to attempt to bring out all blossoms at one's feet with strange in- ing is to be built up by restoring old- the under-nourished children in

sects crawling over one's knee to see fashioned parental methods?-that Toronto.

classes.

in the hollow below groups of child- every one must take at least "some of So only children who had had definite illness themselves or in their ren in the open taught with black- everything at cach meal." board and pointer by teachers dwind- The object of building bodies is not homes were given the preference. Of ling to elfin size beneath the towering to be baulked by fitful appetites or such illness an especial point is made

old forest trees-that is to have a tastes for the spice of life in prefer- of the white plague. Albert's mother glance at a bit of twentieth century ence to milk. for example is in Gravenhurst, and education in the guise of a pastoral of So novel a scheme as a "forest his brother in a preventorium. Albert school life-a so-called "forest school" school." although after all so himself was a poor miserable, delicate one of the two now established in the astonishingly natural- might war- fellow. At the forest school, however,

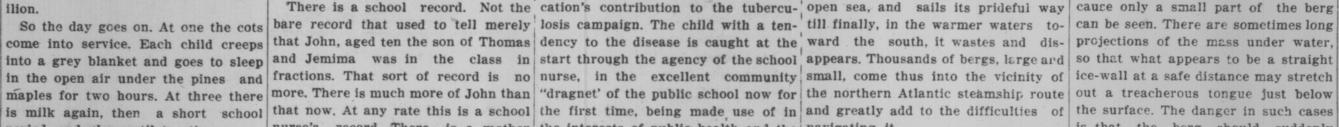
rant, the introduction of some- he is "doing very nicely." The mother city of Toronto. The "plant" is simple. In the back- thing in the way of new forms of four Finnish children, all at the ground is a low structure of rough of food-special health brands or school, had died of tuberculosis. Their whitewashed wood, in the foreground experimental combinations-something "family history" showed that their a cluster of iron cots, covered with at least that has not been tried before home consisted of exceedingly limited brown canvas, to right and left the apparently failed. But there is a tradi- quarters in a lane-'a miserable place.'

tion in nursery diet-built up by those A little sister of fourteen "keeps As one looks-it is nearly ten whose children have been sound and house" in the "miserable place." The o'clock- the teachers lay down the fair. The backbone of that tradition is family pays the carfare of two of the pointers. The children rise and flock milk-porridge is a noble second. The four to and from the forest school, the

big gray bundles, with which they ly traditional. Breakfast consists of were under-nourished. The forest the water, and at the same time one of visible. If, then, the cap above the run to the cots. Each child spreads a porridge, bread and milk; dinner of a school life told at once. One of them its greatest dangers, is a floating ice- water line stands between two huncot with grey blankets and a pillow, meat stew and vegetables or a milk gained four pounds in less than two berg. Very grand and impressive to dred and three hundred feet high, the over which the canvas is pulled. This soup, a milk pudding, and milk to weeks. Many other parents had died look at, but very unsafe to be near, it total height of the berg is nearly two done they troop up to the pavilion drink; and tea of stewed fruit, bread of consumption. One child had a ser- sails like a master mariner of the deep thousand feet. One-third of that, with again, seating themselves on wooden and butter and milk. Each child the ious case of pleurisy during the win- and sometimes gives proof enough of a top surface six hundred feet square benches in a long open-air room, roof- nurse explains, drinks a quart of milk ter; another coughs and has frequent its power to rule it-an evil power is a quite common size. As to the

ed but not walled. Each has a mug, a day, in addition to the milk inciden- colds. Another that the doctor thought that men have learned to dread, hid- weight of such masses, one can only

Who are these "forest school" chil- The forest school in this way, be- a-sailing is something to remember. | once measured by Admiral Peary in cause of Eczema - and keeps the whole | Soon there is a short session of school dren, taken form the pursuit of knowl- sides "toning up" the physical ma- The North Atlantic is where one may the north, and estimated by him at two once more. Then more play, a period edge, formerly all-important, to pur- terial for the teacher, is the school best see the wonders of the icebergs, billion tons' weight. tion into the blood of this refuse matter. of systematic ablutions under instruc- sue simply health, wont to be regard- preventorium, to use the new word processions. Every spring and sum- It is evident enough that floating "Fruit-a-tives" will always cure Auto- tion, for which time is allowed in the ed as one of fortune's favors, but now that has come to us with the fight mer floating ice comes down from the ice of these proportions must carry schedule and then dinner in the pay- a state requirement in schools? against the white plague. It is edu-polar regions, spreads out over the danger with it, and the more so be-



is milk again, then a short school that now. At any rate this is a school the first time, being made use of in and greatly add to the difficulties of the surface. The danger in such cases nurse's record. There is a mother the interests of rublic health and the navigating it. period, and play until tea time. That is the "forest school" idea, as note about it but a mother note with a social regulating of the population. Most of this ice started its sea change position lift its sunken pro-

scientific ring and the force of the Not only can the possible consumptive voyage from Greenland, whose frozen jection, and so strike the ship that it is worked out in Toronto. Unlike other schools the forest national life behind it. Is it well with be watched for an indefinite number shores are the greatest producers of might at the time be passing over it.

him mentally so deficient.

school concerns itself rather with the the child? Is there anything in him- of years (as is now done by the icebergs in the northern hemisphere. This was exactly what took place in physical than the mental side of child self or the estate in which he is creat- Toronto Public Health nurses) and in- The glaciers and snowfields with one distance a few years ago, when a mediate points, returning same way

the north Atlantic are those of the Antarctic, which have the whole south polar world for their field. From the almost limitless stretches of that snowbound wilderness huge mountains of ice are set adrift, the like of which is

On and after July 1st, 1916, train service on the railway is as follows: not to be seen in any other waters. The Atlantic bergs however, being nearer Express for Yarmouth.... 11.42 a.m. home, are more familiar to seamen and Express for Halifax and Truro ocean travellers, and are of equal interest as wonders of nature. Bluenose for Yarmouth .. 12.47 p.m. One needs to see an iceberg from a

Bluenose for Halifax and Truro ····· 12.47 p.m. of its size and grandeur. The bigness St. John - Digby

of it is, naturally enough, its most striking feature, and when put into figures it far exceeds any surface estimate. An average berg is from sev-Canadian Pacific Steamship "Yar-

enty to one hundred feet above the mouth" leaves St. John 7.00 a. m., arwater, and frequently one of three rives Digby 10.15 a. m., leaves Digby hundred feet is seen. The width and 1.50 p. m., arrives at St. John about 5.00, connecting at St. John with length are in proportion. But what one Canadian Pacific trains for Montreal sees on the surface is the smallest and the West. part: seven-eighths of the entire mass

**Boston Service** 

DOMINION ATLAN

LAND OF EVANGELINE ROUTE

····· 2.07 p.m.

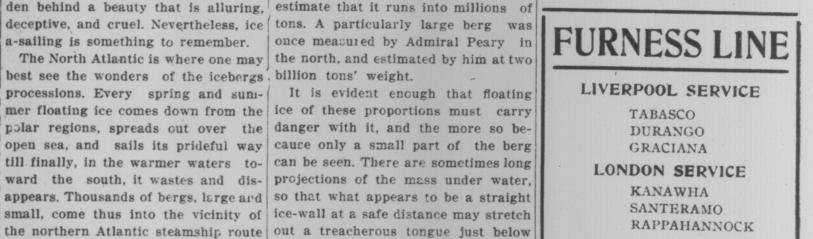
DAILY SERVICE

(Sunday excepted)

Steamers of the Boston and Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express trains from Halifax, daily,

R. U. PARKER. General Passenger Agent, GEORGE E. GRAHAM, General Manager.

Page 7



Steamship Passages arranged to Great Britain, Bermuda and West Inlies. Agents for the Allan Line, Holland-America Line, Canada Steamship Lines, etc. We can arrange tours on the S. S. Cascapedia fortnightly, from Pictou to Charlottetown, Summerside, Quebec, Montreal and inter-

For information regarding sailing

dates, rates of freight and passage,

Furness Withy & Co., Limited

Halifax, N. S.

# DECLINE SUBSTITUTES

## ICE ON SUMMER SEAS

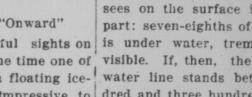
But even greater than the bergs of

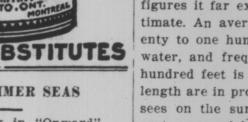
INSIST ON HAVING

THIS PACKAGE

MAKES THE WHITEST. LIGHT

(By Neil Mack in "Onward" to the wooden pavilion, issuing with menu at the forest school is distinct- School Board for two. The children One of the most beautiful sights on is under water, tremendous but in-





church parochial intercessory services held in England.

Ottawa.

God save our gracious King! Long live our noble King; God save the King! Send him victorious,

Happy and glorious. Long to reign over us; God save the King!

O Lord our God arise. Scatter his enemies, And make them fall; Confound their politics: Frustrate their knavish tricks On Thee our hopes we fix God save us all.

On bended knee, O Lord, To-day, with one accord, We pray that Thou Make this dread war to cease; Make world-wide love increase, And give us lasting peace, Lord hear us now.

breeze.

often threatened with mental or moral

disaster through overcrowding in bad-

ly-aired houses, too little food and

breaking all the rules of hygiene. Six

months of life in the woods, good and

The wooden pavilion is the car-

penter's story of life reduced to its

simplest and wholesomest. It consists

of a kitchen, a wash room, and an

open-air dining room. The kitchen.

where three cooks prepare "forest

school" fare three times daily, the

wash room where two primitive bath

tubs stand ready to afford practical

lessons in their use, are enclosed.

Nothing else has walls. Those costly

sions and hampering our vigor are

closed living room, dining room or

school room. Here is an example of

how well life may be lived with

the outside of the wooden walls hang

the small personal belongings deemed

necessary to healing and bracing life-

a line of numbered towels above a

spicuous place of honor-a rack full

of numbered tooth brushes. For; since

the advent of the school nurse you

may, if you please, go without shoes.

school -from early May well on to-

wards November-the entire days of

the children are passed in the open air.

At six o'clock they take the car city-

ward and sleep in their own homes,

but soon after seven in the morning

the hilly, unmade roads of the suburbs

till streets come to an end and walls

but you must have a tooth brush.

plentiful food, sleep and play.

With truth and righteousness Our widespread Empire bless; God save the King! Though Britain's vast domain, Sing we the bold refrain, "King George, long may he reign!" God save the King!

#### WHAT CAN A LITTLE CHAP DO?

What can a little chap do For his country and for you What can a little chap do?

He can play a straight game all contrivance for hoarding our possesthrough; That's one good thing he can do! conspicuously absent. There is no en-

He can fight like a knight For the truth and the right; That's another good thing he can do neither possessions nor shelter. On

He can shun all that's mean. He can keep himself clean, Both without and within; That's another good thing he can do row of enamel basins and -in a con-

His soul he can brace Against everything base And the trace will be seen All his life in his face; That's an excellent thing Le can do During the six months' session of the

He can look to the light, He can keep his thought white, He can fight the great fight, He can do with his might Which is good in God's sight; Those are great things he can do. they are again en route away out past

Though his years be but few,

life. In this leafy classroom you do not ed to interfere with his being a healthy struction in preventive measures be which Greenland is so largely cover- steamer was lifted bodily in the air, also through the Great Lakes to concentrate your energies on arith- happy man?

metic and grammar from nine until Not only are John's physical de- is needed is attended to at the Board ice to the coast, where they accumu- water again, unharmed. twelve with a breathless few minutes fects noted and his mentality-whether of Education's forest schools, without late more snow, and finally break off, The list of wrecks at sea through of relaxation thrown in somewhere. good or dull-but his personal history delegating it to the poverty-crippled or "debouch," into the water. The collision with icebergs is a long and If you concentrate on anything at all and his family history-whether his home.

it is on open-air play, on drinking father has work, what sort of house he Health is the first object of the for- quires a vast amount of space, for recent and memorable instance of the large draughts of milk and eating lives in, and whether his mother keeps est school. But it would not be a they are of almost unbelievable pro- terribly destructive power of these generous meals of simple, nourishing it clean. modern health measure if it had not portions, and could find floating room floating mountains of ice. No mass of

food, with short periods of sylvan As the forest school is one of the a social aspect. The uplift of the child only in the ocean. Once afloat, how- the hardest rock could be more crusharithmetic and pastoral grammar new public health "building up" both mentally and spiritually is look- ever, they move with surprising ease, ing in its might and weight. sandwiched in to prevent the danger agencies, an important item is John's ed on as no small part of what the and sometimes make, when well out If one is far enough away, however, of boredom. And all the time there is, weight on entering and on leaving. In- school in the woods accomplishes. in the open, twenty miles or more a and watchful against its dangers, an a few feet away the glorious blue of deed every child is weighed every Apathy changes to interest, dullness day.

the lake and the wonderful beach; or Monday morning. Almost every child to intelligence.-The Westminster. on the other hand, growing every- gains in weight during the first week where under foot, the strange and the school is opened, varying from

beautiful forms of wild leaves, grass- one-half to four and one-half pounds. The great bazaar for the benefit of lower water, and cannot carry such another. The ice itself, beneath the es and flowers, and about the whisper From this record at once stands out the war sufferers of the Entente Allies massive traffic. The glaciers of Alaska surface of snow, is an intense blue

of the trees in the wood-scented a particular fact-namely, that tuber- which has been in progress in New therefore, empty their overflow of ice that glistens and sparkles in the sunculosis has been rife in the homes of York for 18 days, has closed, with in comparatively small fragments, light like millions of fine jewels; The forest school is the public the pupils chosen to make up this profits unofficially estimated at \$1,- which drift out to sea and melt away, where the water washes it, it is of a

school's new 'education" for its city school. For the children have been 500,000 and an attendance record of in the warmth of the Japan current. ] greenish hue; and at sunset the children, sub-normal physically, and most carefully picked out this year of nearly 750,000.

> roduction and  $T^{O}$  win the war with the decisiveness which will ensure lasting peace, the Empire will require to put forth its full collective power in men and in money. From this viewpoint it is our true policy to augment our financial strength by multiplying our

productive exertions and by exercising rigid economy, which reduces to the minimum all expenditures upon luxuries and non-essentials. Only in this way shall we be able to make good the loss caused by the withdrawal of so many of our workers from industrial activities, repair the wastage of the war, and find the funds for its continuance. It cannot be too frequently or too earnestly impressed upon our people that the heaviest burdens of the conflict still lie before us, and that industry and thrift are, for those who remain at home, supreme patriotic duties upon whose faithful fulfilment our success, and consequently our national safety, may ultimately depend."-SIR THOMAS WHITE, Minister of Finance.

# PRODUCE MORE, SAVE MORE. MAKE LABOUR EFFICIENT. SAVE MATERIALS FROM WASTE. SPEND MONEY WISELY.

### LET US PRODUCE AND SAVE-

The war is now turning on a contest of all forces and resources-men, munitions, food, money. The call to all is to produce more and more. It may be necessary to work harder. The place of those who enlist must be taken by those at home, men and women, old and young. The more we produce the more we can save. Produce more on the farms and in the gardens. Save more and help to win the war. LET US SPEND OUR MONEY WISELY

LET US NOT WASTE MATERIALS-

Begin at home. The larger portion of salaries and wages is spent on the home-food, fuel, light, clothing. Are any of these things being wasted? \$20.00 a year saved from waste in every home in Canada will more than pay the interest on a war debt of \$500,000,000.

Thousand Islands and Niagara. Rail given, but the actual building up that ed send down great masses of snow- and then fortunately slid of into the connections arranged.

is that the berg should suddenly

apply to launching of some of these bergs re- dismal one. The loss of the Titanic is a

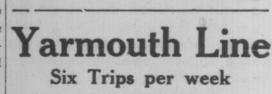


Accom." [Time Table is effect] Accom. iceberg is a beautiful and wonderful Tues & Fri. April 2nd, 1916 Tues. & Fr On the other side of America there spectacle. In the sun it is a dazzling are no large icebergs. for the reason white, but its colors change in differ-Read down Stations Read up. that the Pacific coast has much shal- ent lights and from one season to Lv. Middleton AR. 11.10 15.48 \* Clarence 11.38 11.55 Bridgetown 15.01 12.23 Granville Centre 14.36 Granville Ferry 12.39 14.21 12.55 \* Karsdale 14.05 13.15 AB. Port Wade Lv. 13.45

> CONNECTION AT MIDDLETON whole mass is a glorious pink. As the WITH ALL POINTS ON H. & S. W. summer advances the colors deaden, RAILWAY AND D. A. RAILWAY. and the berg becomes almost opaque.

> The many strange shapes assumed P. MOONEY by the bergs are as weird and beauti- General Freight and Passenger Agen?

ful as their colors. The ice seems to have a special liking for imitating the architecture of, men, for great temples and buildings with noble towers and turrets, are a favorite form with it; but it also assumes the mammoth



shapes of animals and strangely pro- Steamships Prince Arthur and portioned birds. In many cases it sails Prince George

and from Yarmouth.

in the form merely of rude, irregular Leave Yarmouth for Boston daily masses that have no suggestion of de- except Sunday, at 5 p.m. Return sign. The shapes are ever changing, leave Central Wharf, Boston, for for as pieces of the ice break off,  $\frac{1}{2}$  p.m. Yarmouth daily except Saturday, at either above or below the surface, the Connection made with trains of the

rest of the mass shifts its position Dominion Atlantic Railway and Halitill it finds a new balance in the water. fax and South Western Railway to This gradual substraction goes on until the berg finally wastes away. The Office.

pieces that break off, in many cases large enough to make bergs themselves are known in seamen's terms as Boston and Yarmouth S. S. Co., Ltd. "calves," and out of these is made the smaller floe-ice that sometimes fills

the northern sea for miles beyond. Floe-ice, with a sprinkling of bergs

all directions. The possession of sail- for them. ing ice-bergs, from Greenland and the

Arctic coast keeps up till into August. Last year it was much later than

usual, and in the third week of August there were still large numbers of bergs off the Newfoundland and Labrador coasts. By that time, however, the floe-ice had disappeared, and some of the bergs had come to a stop by stranding in shallow bays, where they would waste away unadmired by any, and without the grandeur and beauty Dav

A. E. WILLIAMS, Agent Yarmouth, N. S.

Tickets and Staterooms at Wharf



begins to show on the north Atlantic Will be given this year, but we will early in the summer, and by mid- do our "bit" by fitting young men and July there is a thick spread of it in women for the work that is waiting

> Students can enter at any time. Send for catalogue.









He can march in queque Of the good and the great, Who battled with fate And won through; Those are great things he can do. And in each little thing He can follow the King— Yes, in each smallest thing He can follow the King— He can follow the King—	made with hands and riches and poverty and the battle that goes to the strong—till the car line iself at last comes to an end in the soft yellow sand and the bracing lake air rushes up from the side roads. Breakfast is at 8.30 at the forest school. And breakfast is no perfunc- tory matter—it is part of the day's work. Every boy and girl is expected to do their duty. Trifling with "coffee and roll" would never pass muster here, and if you are in the habit of	<b>LET US NOT WASTE OUR LABOUR</b> Making war is the directly production of the directly production of the direct the war and make your labour tell now. Making war is the first inportant as efficiency in fabrics.Make Your labour tell now. Making war is the first inportant as efficiency in fabrics.Make Your labour tell now. Making war is the first inportant as efficiency in fabrics.Make Your labour tell now. Making war is the first inportant as efficiency in fabrics.Make Your labour tell now. Making war is the first inportant as efficiency in fabrics.Make Your labour tell now. Making war is the first inportant as efficiency in fabrics.Make Your labour tell now. Making war is the first inportant as efficiency in fabrics.Make Your Make Your Your Your Your Your Your Your Your	Here is a mixture of kingdoms, if not of metaphors, taken from a history examination paper: "He stretched his sultry length be- neath the ewe-tree's shade." "Away back as far as the time of Jack Carter, England sent her ships into Hudson Bay to trade beads and mus. kets with the Indians for ivory off the		
Keep Minard's Liniment in the house.	having "no appetite for breakfast," it		walrus-tree."—"Century."	E. KAULBACH C. A.	