

THE OBSERVER

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TUBERCULOSIS:

The Golden Touch of Sunshine Its Greatest Foe.

(Written for The OBSERVER.)

None of us need be told to love the sunshine. The love of it is born in us. But do we really appreciate its full value? As I roam through the fields of this most beautiful country of yours I wonder if you people realize the treasures you have and which are denied those who live in the cities. Do you ever stop to think of the countless hordes of people in the large cities of this as well as the old world, who might count in minutes the amount of time they see the sunshine each day? Oh! what would these give for one day in the country? We need the sunshine as much as the plants do, and we know what happens to them if they are left in our living rooms. One reason for our extraordinary neglect in failing to have a proper appreciation of sunshine is the fact that it costs nothing. As Josh Billings once remarked: "What people gits for nothin' they generally values at about what it costs 'em." We say, "Oh, yes, sunlight is a delightful thing, a most necessary thing—but it is always there. We can get it whenever we want it, there, for we won't bother with it now." But let me say that by the street of By-and-by we reach the house of Never.

The ideal day for health ought to be spent two thirds outdoors and one third indoors, but we have absolutely reversed this ratio. Then we sigh and wonder why we are pale and flabby and neurasthenic, and always ready to fall a victim to any vagabond infection that comes strutting along. We are nothing but embodied sunshine ourselves, and what we term eating is simply shovelling fresh supplies of it into our system. But we can't take it all second hand, bottled up in the seeds of plants and the flesh of animals. We have to take a little of it direct.

There are three great tonics known to the medical world, and only three—food, air and sunshine. All others are frauds, or mere temporary substitutes. Let the sunshine pour into your rooms every day that it shines, and all of the hours that it will. Blind and curtains are an invention of the Evil One. Never mind your carpets or furniture, sunshine will put more color into them than it will take out of them. Do as much of your work as you possibly can out of doors, and in the sun, so far as its heat will reasonably permit. There is no advantage, of course, in blistering or cooking yourself, and the perpetual glare of hot sunlight in our midsummer months is very trying to our nerves. But where one person dies of emphysema, a thousand die from shutting themselves up indoors. The chief risk of exposure to sunshine is in its effect upon the eyes, and if these are protected by properly fitted glasses, or a broadrimmed hat well pulled down, or, for long exposure, an umbrella or awning—two thirds of the possibilities of getting too much exposure to sunshine will disappear.

Don't, on any account, attempt to read, or do fancy work, or anything that puts a strain on the eyes, in open sunshine. You will tire your eyes out, and make your head ache, and produce three times as much discomfort and damage as any amusement or enjoyment it can give you. Never, if you can avoid it, sleep or work all day in a room into which the sun never shines. Incidentally, of course, if you plan or select your room so as to get plenty of sunshine into it, you at the same time can get good ventilation by opening the windows.

But the value of sunshine in tuberculosis goes much further than this. Not only is it a most valuable tonic to the patient—building him up, improving his time and his appetite, and enabling him to digest the bacillus or throw off an infection, if it has once become lodged—but it also has a powerful effect upon the bacillus, and by a most fortunate coincidence this effect is in exactly the opposite direction. Sunlight is just as harmful to germs of all sorts as it is helpful to us. In fact, it is one of the best germicides known. While the bacilli are plants, these are divided into two

great classes, green and colorless—and germs of all sorts belong to the latter. Now, while the well-known property of green plants is that they flourish in the sunlight and perish without it, the peculiarity of the colorless plants, like the bacteria and fungi, is that they flourish best in the dark, and are stunted or even actually killed by direct sunlight. What wonder that we depend so much upon sunlight as a weapon against tuberculosis, since it is as deadly an enemy of the bacillus as it is a fast friend of our own!

This is one, indeed the main reason why unsunlit rooms have the well deserved reputation of being the most unhealthy to live in.

Darkness and damp furnish a literal hot-bed for the breeding of all kinds of germs, moulds and slimes. As the original old Italian proverb has it: "Where the sunlight never comes the doctor often does." This is peculiarly true of tuberculosis, for there are few germs to which direct sunlight is so deadly as to the tubercle-bacillus. In cultures through which the sun can readily stream, or in the fine spray in which they are deposited upon walls or floors from a cough, exposure to direct sunlight for an hour or an hour and a half will prove fatal, and under certain conditions the germs have been killed in half an hour's time. In masses of sputum sunlight would probably take from two to three times this length of time to reach the germs imbedded in the centre, but even these will usually be killed, or so weakened that they will be easily digested, in from six to eight hours of bright daylight without any sun, especially if they are dried at the same time, as by the action of wind or warmth. Each little journey to the home of the tubercle-bacillus brings as the consoling knowledge that it is practically dangerous only when housed, either in our own bodies or in our habitations.

Moral: Don't give him either food or shelter! Quit feeding this tramp and vagabond, and he will starve or freeze to death. The millions upon millions of tubercle-bacilli expectorated into our streets and highways are fortunately a comparatively trifling source of danger unless they are carried indoors upon shoes or street-sweepers, for, except in rainy, foggy, or muggy weather, they generally die of sunstroke, light stroke or cold. The tubercle-bacillus has been a parasite for so long that he has become a positive hot house plant, sensitive to the slightest change of temperature, and unable to breed or live for more than brief periods of time at a temperature more than ten degrees below or five above that of the human body. If dried, and the weather be not too hot or too cold, he can linger along in a dormant state for a short period out of doors. But this would probably seldom exceed a week or so, and generally not more than a fraction of a day. So that, if we can just keep him out of our houses and our bodies he can be frozen out as effectively as a minority stockholder. But, on the other hand, in a dark, unventilated, ill-lighted room, especially if damp, he may lurk in the corners and grimly hide his time for the next victim, for weeks and possibly for months, or even years. So long as society permits such living rooms as these to exist, it grants a perpetual franchise to the Tuberculosis Transit Company, with free transfers at all connecting points. Old Diogenes struck a basic chord when he answered the great Alexander's question as to whether there was anything he could do for him: "Yes, get out of my sunshine!" A million of our twentieth century Diogeneses, equally "born of the gods," are making the same request today of a handful of modern Alexanders.

If you want to keep the tuberculosis wolf from your own doors, "Messieurs," let the sunlight into the eaves and burrows where he breeds, even if you don't care for the people on whom he is feeding there. The tubercle-bacillus cannot live outdoors, the tubercle bacillus cannot thrive indoors if a man lives, as a man should! The tubercle-bacillus can flourish and multiply where men live kennelled like beasts of burden—there and nowhere else. The plun, like Carthage, must be destroyed, not merely in the interest of its citizens, but in the interest of the entire community. The White Plague is one of the revenges of the half submerged two-fifths.

Don't waste your money buying strengthening plasters. Chamberlain's Liniment is cheaper and better. Dampen a piece of flannel with it and bind it over the affected parts and it will relieve the pain and soreness. For sale by all dealers.

Patriotic Canada

Canada gave an emphatic decision upon many points on Sept. 21. It overthrew the party which had governed the Dominion for many years, and retired from leadership Sir Wilfrid Laurier, its greatest statesman. It rejected the reciprocity agreement with the United States, and indicated that it regards any concession, however slight, as too great a sacrifice to make for the establishment of closer

trade relations with this country.

More than this, the election was in Canadian estimation a real declaration of independence, industrial, commercial and political. The people of the Dominion have resolved, as the people of the United States resolved after the War of 1812, to become and ever to be economically self-supporting. They will have no "entangling alliances" in tariff matters to impede their growth. They look with patriotic indignation and resentment upon any suggestion that they can be led or forced into a union with this country.

It is quite possible that the importance of the reciprocity agreement was exaggerated on this side of the boundary by both the advocates and the opponents of the measure. Public opinion here will be general that it was exaggerated on the northern side of the boundary, but Canadians are better qualified than are we to determine that question. Nevertheless, leaving wholly out of the account the merits or demerits of that agreement, the patriotism of the Canadians, even though mistaken, challenges admiration.

The attitude was wholly and enthusiastically patriotic. It resembles closely, even in detail, that of the United States three-quarters of a century ago—in the sentiment that their country is incomparably the best in the world, in the feeling that in national freedom and in the excellence of Government they are immeasurably superior to the nation which they wrongly suspect of wishing to bring them under its rule. America went through the same phase of national sentiment with reference to suspected designs on its independence on the part of England.

Every American knows that the fears of Canadians are groundless. The wildest politician among us does not dream of a war with Great Britain to wrest Canada from its possession. The apprehension of such a conflict probably did not exist in the mind of any politician on the stamp who uttered it. So, although Americans are amused by the furious outbreak, they may fairly admire the patriotism of those who took it seriously, and who have expressed their love for independence with the strongest emphasis.—Youth's Companion.

Is your husband cross? An irritable fault finding disposition is often due to a disordered stomach. A man with good digestion is nearly always good natured. A great many have been permanently cured of stomach trouble by taking Chamberlain's Tablets. For sale by all dealers.

A Surprise in Store

Several subscribers to "The Family Herald and Weekly Star" in this district have received their copy of the beautiful premium picture entitled, "Home Again." A copy has also reached this office. It certainly surpasses any picture ever given by that great paper before. How such a beautiful work of art, all ready for framing, can be included with such a great paper for the small sum of one dollar a year is a mystery. "The Family Herald and Weekly Star" should add thousands of new subscribers this season. They well deserve it, for no such value has ever before been given. There is a big surprise in store for those who receive the picture "Home Again." The Observer and the Family Herald both for \$1.25 a year.

"It is a pleasure to tell you that Chamberlain's Cough Remedy is the best cough medicine I ever used," writes Mrs. Hugh Campbell, of Lavonia, Ga. "I have used it with all my children and the results have been highly satisfactory." For sale by all dealers.

The Rev. Mr. Hicks 1912 Almanac

Before a great drought of 1901, the Hicks Almanac gave timely warning. For over two years prior to 1911, the Hicks Almanac again sounded a warning of drought danger. And so for forty years this same friend of all the people has steadfastly refused the speculators and continued to warn the public of the coming dangers of storm and weather. As they should have done, the people have nobly stood by Professor Hicks, their faithful public servant, who have grown old in their service. Send only one dollar to Word and Works Publishing Company, 3401 Franklin Avenue, St. Louis, Missouri, and get his Magazine and Almanac both for one year. The Almanac alone, a fine book of 150 pages, is only 35c. by mail. Let everybody respond and receive the warnings of our National Year for the coming year.

The boy's appetite is often the source of amazement. If you would have such an appetite take Chamberlain's Tablets. They not only create a healthy appetite, but strengthen the stomach and enable it to do its work naturally. For sale by all dealers.

Go to Arthur Estabrooks for winter clothing and horse blankets.

Home Decoration in Canadian Home Journal.

Artistic taste combined with practical common sense makes Miss Rorke's department of "Household Decoration" in Canadian Home Journal very interesting. It is a subject that is important to the bachelor girl as well as to the (lucky?) married lady. When you find so many homes of all classes fairly "reeking" with bad taste, mostly from ignorance and not vulgarity, you wish that every woman would look for some instruction and not trust to her untrained ideas.

Writing of window curtains in November number she describes the two and often three sets of curtains for prominent windows. "For women of moderate means she has plans that are inexpensive, yet dainty and effective, instead of the cheap imitations of expensive material that are utterly condemned. 'Flowers at Christmas' is an attractive part of her November article.

There are excellent house-stenciling suggestions for walls, curtains, table covers, pillows, etc., and instructions for a most fascinating home-made silk shade to take the place of the ugly cheap colored ones. The minister of many marriages evidently encounters amusing incidents, some of which are related to Murdoch Mackinnon. Imagine the embarrassment of the man who suddenly realizes in the midst of the ceremony that his finger was too large and while wetting her finger in the accepted way heard a small boy call, "Do you want some soap?"

"Children of the Mormons" is written by one who has taught among them, undoubtedly has a better opportunity to know them in their home lives. In one place he writes: "One wishes to witness but once the mental anguish of the proselytized woman, weeping bitterly and wringing her hands. 'I can't do it! My God, I'm not good enough!' as wife No. 1 struggles for the spiritual power to present her husband with wife No. 2 that she may indicate her own saintship and devotion to the will of Heaven."

The Canadian Girls' Club offers a way for girls of all ages to earn money in their spare time. Each number has menus and receipts for a luncheon, excellently illustrated not only to show the table arrangement and decoration but showing how to serve each dish to be most attractive. The November issue shows a luncheon for a child's birthday party. In the culinary department are many most delectable receipts. Among them is one for Chop Suey which we usually associate with the Chinese, but on closer acquaintance proves to be an appetizing mixture of our ordinary ingredients. A page of music, another of gardening, embroidery, a children's page of stories and serials make Canadian Home Journal as entertaining as helpful.

What is Your Family Worth?

If your family is worth the best you can afford in house and food and clothes, is it not worth the best reading as well? And the best reading—best for boys and girls, best for men and women—is to be found in the Youth's Companion. Of stories alone The Companion will print nearly 300 in 1912. With all the rest of the paper thrown in, and counting the glorious long serial stories, they cost the subscriber less than a cent apiece. Moreover, you will look long before you will find stories so varied and interesting stories of coolness in the face of peril strange adventures with creatures of the forest and the sea; moving stories of life's obscure heroisms; stories breezy with good-natured humor, quaint and curious character sketches.

Now is the time to subscribe, for the new subscriber in Canada will receive free from the time his \$2.00 is received all the issues for the remaining weeks of 1911, containing the opening chapters of Ralph D. Paine's great serial story of the Boxer Rebellion, "The Cross and the Dragon." And there is the gift of The Companion Calendar for 1912. "On the New England Coast," lithographed in twelve colors and gold. Only \$2.00 now to Canadian subscribers, but on January 1, 1912, the subscription price will be advanced to \$2.25. THE YOUTH'S COMPANION. 144 Berkeley St., Boston, Mass. New Subscriptions Received at this Office.

FOR SALE.

Yukon Heater, in good condition, at a bargain. A good Work Horse, on easy terms or to exchange for a colt or cattle. L. DEC. MACINTOSH.

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