

For Campers

Don'ts That May Save Many Thousand Dollars.

1. Don't, when in the woods, throw down lighted matches, cigar stubs, or other flaming objects; make sure that the flame has been thoroughly extinguished before throwing it away.
2. Don't build your campfire larger than is necessary.
3. Don't under any circumstances, leave your fire unguarded even for a comparatively short time, see that it is dead out before you go away.
4. Don't build your fire in leaves, rotten wood or other inflammable material.
5. Don't build your fire against a large or hollow log, where it is hard to be sure when it has been entirely put out.

To these "don'ts" it may be added that in windy weather or in a dangerous place, it is well to confine the fire in a hole dug clean down to the mineral soil. A fire may smoulder in the humus, or "duff" for days, only waiting for a strong breeze to fan it into a flame that may burn over miles of timber.

Summer tourists and campers unfortunately have a bad reputation among owners of timber as being often a cause of fires. Such fires could be prevented, almost without exception, by a little extra care on the part of the campers, who have been the unintentional cause of much forest destruction, and who have just as real an interest in the preservation of the forests as the owners of the timber themselves. The rules given above are the result of long experience and observation on the part of many woodsmen and lumbermen as to the origin of fires from this cause, and are earnestly commended to the attention of campers, sportsmen and others.

Onions and Tuberculosis

After one year in research work, twelve prominent physicians of Pennsylvania have come positively to the conclusion that onions are more than a plausible remedy for consumption. While not absolutely declaring that onions taken internally will cure tuberculosis, these twelve physicians assert that they have, through the prescribing of onions or onion soup, relieved numerous cases of tuberculosis, and they recommend that the physicians of the country follow this lead with an idea of eventually working out an absolute cure.

About one year ago these twelve physicians held an informal feast at the Fort Pitt Hotel. Dr. Harry M. Geohring during the course of the meal related an experience he had with a tuberculosis patient in which he had suggested that the patient eat many onions. The statement of Dr. Geohring caused a long discussion, as a result of which the twelve doctors agreed to prescribe onions to their patients, it having been agreed among them that onions could do no harm and might do a great deal of good. According to agreement, they met again. All had kept their onion agreement, and as a result all reported that every tuberculosis patient who had followed their advice and freely partaken of onions had showed signs of improvement, the one exception being a patient in the advanced stages. As a result of the meeting the physicians have decided to call upon their fellow-physicians to extend the treatment.

Chamberlain's Stomach and Liver Tablets gently stimulate the liver and bowels to expel poisonous matter, cleanse the system, cure constipation and sick headache. Sold by all dealers.

HAVE YOU REMEMBERED IT?

When packing for the country cottage, don't forget your box of Zam-Buk! Blisters, sunburn, scratches, insect stings, etc., if not immediately attended to, are likely to spoil your pleasure. Zam-Buk insures you against trouble from these. Take Zam-Buk, instead of "taking chances."

Zam-Buk is antiseptic; kills all poison in wounds, whether from barbed wire fence, or insect sting. Soothes aching feet and blistered hands; heals baby's chafed places; cools those sunburn patches, and prevents freckles. No mother should be without it. Purely herbal in its composition. Zam-Buk is always superior to the ordinary ointments containing animal oils and fats, and mineral coloring matter. All druggists and stores sell Zam-Buk, but avoid harmful substitutes.

BOYS, TAKE A LOOK.

Boys with hats on the back of their heads and cigarettes and smutty words in their mouths are cheaper than old worn-out horses. Nobody wants them at any price. Men will not hire them. They are not worth their keeping to anybody, and they will not keep themselves. If any boy happens to read this description let him take a look at himself and do what his conscience says is best to do.

Digby, N.S.
MINARD'S LINIMENT Co. Ltd.

Gentlemen.—Last August my horse was badly cut in eleven places by a barbed wire fence. Three of the cuts, (small ones) healed soon, but the others became foul and rotten, and though I tried many kinds of medicine they had no beneficial result. At last a doctor advised me to use MINARD'S LINIMENT and in four weeks' time every sore was healed and the hair has grown over each one in fine condition. The Liniment is certainly wonderful in its working.

JOHN R. HOLDEN,
Witness, Perry Baker.

Don't Overdraw on Your Fund of Vitality

Oh, I just felt like it, so I kept a-going until I got what I planned to do done, and then I went to bed with a raging headache, and today I'm a perfect wreck." explained my neighbor when I dropped in upon her in the middle of the morning yesterday and found her limp and wretched on the couch with her morning work untouched.

"I felt like it," is never a sufficient excuse for deliberately overdrawing your fund of vitality.

Any more than it is an excuse for the man who deliberately overdraws his account at the bank.

It takes strength of mind to accomplish things in spite of difficulties, to carry them through to the end in the face of obstacles, but it often takes still more strength and of a much higher variety to lay aside an unfinished task even though at the moment you may feel like finishing it.

To know how to spend one's self to the best advantage—that is, so as to get the most usefulness and enjoyment out of a given amount of vitality is a much greater lesson than the use of money, and one far fewer people learn.

The woman who says, "Oh, I just want to finish this seam or get this petal done before dark," and then bends almost double over the work, straining her eyes in the twilight to reach the desired goal, is paying a wretchedly high price for an absurdly small accomplishment.

Just because the payment is not demanded of her for years she thinks she has escaped without making it, but some day when she is envying the fine, clear eyes of the woman who had the self-control to lay aside the almost finished work, she may realize that nature, although she often forgets for years to ask payment on the checks you draw upon your account with her, sooner or later, surely exacts it.

We have a great deal of talk these days upon the conservation of natural resources.

Wise people point out to us, how, by using our great timber lands wisely and far-sightedly, instead of ruthlessly unscientifically, we can get just as much out of them without exhausting them.

Are the resources of nature any different from the resources of the body of man in this respect?

Are they any less susceptible of conservation?

Most of us applaud the people who are trying to save the resources of nature from short-sighted misuse, and to bring about a wise treatment of them which will utilize without exhausting.

If we approve this principle why not carry it into our own lives and apply it to our utilization of our own vitality.—Ruth Cameron.

118 Iberville St.,
Montreal, P. Q.

I have used Empire Liniment much in my family and I find it excellent for headache, and for other pains. I consider it has no equal.

A. J. SINGLER.

PRISON FARM FOR DRUNKARDS

The province of Ontario has just inaugurated a prison farm for the province, and the system is working well. Persons guilty of petty crimes are sent to this farm. It is now proposed to have a similar institution at Toronto for ordinary drunks and vagrants. This statement was made last week by Property Commissioner Harris at a luncheon attended by prominent clergymen and business men interested in charities and rescue work. We quote from the Toronto report:—

"A resolution by Rev. Father Minchan, that a committee should ask the attorney-general to secure the attendance of all sheriffs, police chiefs and magistrates at the forthcoming convention of 'Charities and Conventions' in Guelph next June, was adopted. Warden Gilmour of the Central Prison criticized the ticket of leave system, as allowing the released prisoner to get back to his vices, because the average sheriff to whom he was to report monthly is disinterested. In fact there were but three sheriffs in the province who seemed to care.

"It is one of the scandals of municipal justice," opined Rev. Father Minehan, "this sending a man to jail for thirty days. He is in that time getting ready for a good drunk when he is liberated."

Work on a farm would be good for the health and morals of the drunkard and at the inspiration of his term he would be in a much better condition physically to withstand temptation than if he were merely released from jail or from the wretched 'chain-gang'.

PLUMBING TALK

People have become interested in our System of Sanitary Plumbing, and we are having enquiries from all over the Valley. This speaks well for our work. Don't be behind the times. Consult Crowe Bros. and have one of their up-to-date Systems installed:

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C. B. TUPPER,

Granville St. West,
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**Quick Results**

May be depended upon from the use of our Want Ads. The births, deaths, marriages and the other Classified Columns are usually included in even a very perfunctory perusal of the paper. They are as good for general business as they are for "Help Wanted," etc.

CALF SKIN BUYERS WANTED

We want buyers and butchers to ship us Calf Skin, Hides and Bones. We pay highest prices. We pay spot cash. We pay the freight. We pay the customs. We furnish money. This is the Calf Skin season. Write us and we will show how you can make money buying Calf Skins for us. Write now.

CORNELL S. PAGE,

Hyde Park, Vermont, U. S. A. Box A

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The Buying Public of the most populous section of Annapolis County unless you advertise in

The Weekly Monitor and Western Annapolis Sentinel the paper that goes into more homes than any other Annapolis County paper. The paper that reaches the homes is the

Guide to Household Buyers.

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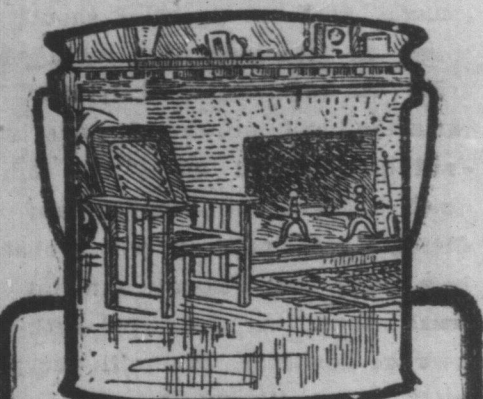
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EARL GREY'S APPEAL

On behalf of Needy Consumptives
Strong words of Canada's Governor-General

At the official opening of the King Edward Sanatorium for Consumptives, near Toronto, His Excellency delivered an address that must have an important bearing on the future of the sanatorium movement in Canada. We quote:—

"The proceedings this afternoon commenced with a beautiful and reverent prayer from your old friend, Dr. Potts. He prayed that the light of the Lord might shine upon us. That prayer is abundantly answered. He also prayed that the White Plague might be removed. Well, whether that prayer will be answered or not depends upon yourselves."

"Is it not a standing shame and reproach to the governments and individuals that there is not more care taken by the people of Canada to protect themselves against the curse of consumption?"

On his way out to the King Edward Sanatorium,—so named by permission of His Majesty King Edward VII—the Governor-General's car was stopped in its progress outside the Canada Cycle & Motor Co. by a large crowd of its employees. A contribution of one hundred dollars was handed the Governor-General, a donation to the Toronto Free Hospital for Consumptives.

"'Twas a kingly gift" said His Excellency in making acknowledgment. "I will tell the King."

Addressing the large audience that attended these opening exercises, referring to this event, Earl Grey said:

"Ladies and gentlemen, when the workmen of Canada are setting an example of this character, I hope you will not be slow to follow, and I trust that the example of the Canada Cycle & Motor Co. may be followed, as I am sure it will, in every factory and manufacturing industry throughout the land."

We carry these words to the people of Canada in our appeal to-day on behalf of the

Muskoka Free Hospital for Consumptives

An institution that has never refused a single applicant admission, because of his or her inability to pay.

Seventy-five patients can be cared for to-day. Accommodation could be provided for three hundred if the required money were forthcoming.

To make this possible, our appeal is for \$50,000, to be used in extension of buildings and maintenance of patients.

Where will your money do more good?

Every community and every individual is interested.

His Excellency Earl Grey has shown his interest and sympathy in the work at Muskoka for needy consumptives, by accepting the position of Honorary President of the National Sanitarium Association.

Contributions may be sent to Sir Wm. R. Meredith, Kt., Chief Justice, Osgoode Hall, Toronto; W. J. Gage, Esq., 34 Spadina Ave., or J. S. Robertson, Sec'y-Treas., National Sanitarium Association, 347 King Street West, Toronto, Canada.