



Joker's Corner

SURPRISE FOR THE FATHER

Of a Protestant Episcopal bishop who recently died this pretty little story is told. The incident occurred when he was rector of a famous old church in an eastern city.

There came to him one evening the only daughter of the proprietor of one of the big dry goods houses of the city, to be married to a clerk in her father's establishment.

"But you have a good salary," he said, "and you ought to be married if you are so much in love."

"Impossible!" I told him. "The young lady is the daughter of a millionaire."

"What of it?" said the father. "Probably he was not always a millionaire. I was born of poor parents."

"That may be true, sir," I replied, "but I am sure I cannot marry the young lady, because I am too poor."

"Nonsense!" he said. "You are an honest young man, and a fit match for any young lady. Why don't you elope with her?"

"Would you do that?" I inquired. "I certainly would do it, if I were you," he said.

"Inasmuch as the young lady was the proprietor's daughter, I married her," said the rector.

EFFECTIVE REMEDY.

A prominent physician was recently called to his telephone by a colored woman formerly in the service of his wife. In great agitation the woman told the physician that her youngest child was in a bad way.

"What seems to be the trouble?" asked the doctor.

"Doc, she swallowed a bottle of ink."

"I'll be over there in a short time to see her," said the doctor. "Have you done anything for her?"

"I gave her three pieces of blottin' paper, Doc," said the colored woman doubtfully.

POETRY IN COURT

John Burns, city prosecutor, was trying to show Judge Finehout why some young men ought to be fined for tearing pickets off the fence of Mrs. Joe Goeck. Mr. Burns said:

"I know Mike Chicklet tore off the picket, and the lady took offence."

"No lady is charged with taking a fence," replied Judge Finehout, "and, besides, this is no place for poetry."

COMPENSATION.

"What's this 'ere law of compensation, Bill?" said the first man.

"Well," said Bill, "it's like this. If yer blind, ye hear the better."

"O, I see," said the other. "For instance, if a feller's born with the leg shorter'n the other, then the other leg is longer."

NO TROUBLE AT ALL.

"Have any serious trouble with your new automobile?"

"Not a bit. So far I haven't hit a single man without being able to get away before he got my number."

AFRAID OF HEAT.

A little boy, in turning over the leaves of a scrap book came across the well-known picture of some chickens just out of their shells. After examining the picture carefully, with a grave, sagacious look at his baby sister, he slowly remarked:

"They came out 'cos they were afraid of being boiled."

BUNCOED A GOOD MAN.

He was a great bore, and was talking to a crowd about the election. He said:

"Bunco is a good man; he is capable, honest, fearless, and conscientious. He will make the very kind of M. P. we need. He once saved my life from drowning."

"Do you really want to see Bunco elected?" asked a solemn-faced old man.

"I do indeed. I'd do anything to see him elected," said the bore.

"Then never let anybody know he saved your life," said the solemn-faced man.

LOSS OF MAINE WAS CAUSED BY EXPLOSION FROM WITHIN; SPAIN HAD NO HAND IN CATASTROPHE.

General Bixby, Chief of Engineers of United States Army Makes Known His Findings as a Result of Recent Investigation.

Washington, D.C., July 6.—The loss of the battleship Maine in Havana harbor was caused by the explosion of one of her three magazines. No such effect as that produced upon the vessel could have been caused by an explosion from without.

Such is the opinion of General William H. Bixby, Chief of Engineers U. S. A., who has returned from a personal inspection of the work of raising the Maine.

General Bixby said that a portion of the deck over the magazines was blown upward and laid backward, and that there were numerous conditions of the bulk as it lies in Havana Harbor, which proved this. No explosion from the outside, said the General, could have caused the same result.

"What the primary cause of the explosion was," said the General, "will never be learned."

MARITIME MEDICAL ASSOCIATION GOES OUT OF EXISTENCE.

Practically Only Nova Scotia Men Attend—It is Felt Canadian Organization Makes Maritime Body Unnecessary.

Halifax, N. S., July 6.—At a meeting of the Maritime Medical Association this morning, a resolution was unanimously adopted disbarring the association. This action grows out of the fact that practically no members save those from Nova Scotia attend the annual meetings.

At the present meeting New Brunswick has but one representative and P. E. Island none. It is felt that the Canadian Medical Association leaves no reason for the existence of the maritime organization.

SCHEME WHICH FAILED.

To have themselves publicly called out of a crowded place of entertainment on the pretense that they are wanted by importunate patients is supposed to be one of the stock methods of advertising resorted to by doctors who wish to build up a practice.

A young physician tried the dodge with disappointing results not long back. He instructed his man servant to come to the stage door of the theatre and say that a patient of his was in urgent need of attention.

"Right you are, sir," said the servant, with a solemn wink. "You leave it to me. I'll manage it all right."

But apparently the man servant exceeded instructions on his zeal, for, when, at the end of the second act, the manager came before the curtain, what he said was—

"If Dr. B.—is in the audience, I am requested to tell him that he is wanted at once, as the poor fellow he gave physic to this afternoon has been having fits ever since."

Sea Water and Health

(By Katharine Hale)

On a July morning in mid-Atlantic, when one is enveloped in primeval sounds and colors, and the whole world resolves itself into wind and sky and water, I listened to a story of the ocean related by one of the French medical scientists of to-day which was as strange as it is true and beautiful.

Dr. J. N. Arnully of Nice was one of a party of French doctors returning from an American conference—a middle-aged man of great intellectual power and literary charm. We sat in a faded, sunlit telling fairy stories—a Hungarian violinist, a famous little pianist from England, some Canadians, and the French doctors.

"Give them the Quinton theory, Arnully," said one of the men. "That is not a fairy tale."

And very simply he began: "When I look out on this great world of ocean I am not so doubtful of the teaching of Hellenic mythology. It may be that our ancestors were Tritons and Mermaids, and like unto them we were born of the waves. Is not the lovely fable of Venus emerging from the surf in all the splendor of perfected humanity a symbol of the aim of evolution? Was not Proteus, the presiding deity of transformation, the son of Neptune, and did he not drive the innumerable herds of marine forms in the silent depths of the ocean? What if all this Greek symbolism were only a mystic veiling of a very ancient knowledge of the fundamental organic truth evolved by a certain modern theory of a friend of mine whom you may or may not know? More than once of late we have seen fables, myths and legends evolved into luminous facts through the silent victories of the laboratory."

"Fifteen years ago Rene Quinton, now assistant professor of physiology at the College de France, evolved what you call in America 'a new thing.' Like most of this sort of thing, it has a long past. Quinton had for years been haunted by the idea that all cellular life having originated or sprung from the bosom of the ocean, some trace of the primitive medium must be still extant in all the representations of planetary animal life even to this day. The idea was for long derided and treated as 'scientific romance'; now it is fully developed and acknowledged."

"For we know that the ocean is the vital medium of life and that all animal forms have retained a blood plasma the mineral composition of which is extremely akin to that of sea water itself, that the ancestral tendency remains and suffers little deviation. The law seems to be that animal life shall be carried on within a marine medium or not at all. Transgression may not be immediately fatal, but disease is invited and death the conclusion unless a return to the natural status be instituted in time."

"Now the idea of Quinton has been to induce into the depleted human system the redeeming energy of the life of the ocean by using certain saline injections, and after a fight of years he at last succeeded in 1907 in placing a public dispensary in Paris. It was organized to perform 200 injections every morning, but so great was its success that a second has been started with a much larger medical staff, superintendents, etc."

"The practical application of the plasma is extraordinary. For instance in France 70,000 babies die annually of gastro enteritis. The result of sea water upon the children—injections of ten grams being used—has been wonderful. The magic touch of elemental life to the life of the child seems to be like the touch of steel to flint: it quickens the old asexual life within the depleted organism, wakes the dormant energies, smothered under the countless strata of bygone evolutionary processes, and without effort or hesitation, the dying child comes to his own again. The saving force is also felt in cases of extreme nerve depression, paralysis, or fevers."

"Here," says Quinton, "is an elixir of life prepared by cosmic hands of vital fluids."

"But the making of this elixir is not easy, for it is difficult to arrive at the correct solutions of salt water. Sea water is complex; besides saline constituents, it contains 17 metals and metalloids, all of which are found in exactly the same proportions in the fluids of the human system. The whole secret of the wonderful effect of the sea water lies in the fact that all these precious metals reside in it in almost infinitesimal proportions, endowed with radioactive properties. The injections cure chiefly through their dynamic properties, and artificial sea water is unavailing. Marine plasma, or ocean water, must alone be used, sterilized, filtered, and rendered isotonic by mixing one-third sea water with two-thirds pure spring water, then filtered. This will not keep for more than two or three weeks."

"Each of us carries in his inner little world a small sea—one-third of his

body's weight—whose tiny ripples beat with measured rhythm against the shores of all organs. The girl 150 pounds harbors in her dainty anatomy 40 pounds of Atlantic surf, or marine sapphire. And the serum is a pabulum vitae—a cosmic food needed mostly at both ends of life, for its effects on infancy and old age are most apparent."

So here is the theory of an unassuming man of science—I give it to you for what it is worth—who has brought Father Ocean so close to our hearts that he is binding it anew to the human race by ties of ancestral love. For it all comes out of the great fact that we are much older than the days that we have seen and the breath we have drawn. It also comes of the yet unorganized fact that our individual lives are the circumscribed synthesis of the elemental life throbbing throughout earth, air and water.

Rest to Overcome White Plague

Emminent Specialists Show Value of Exercise and the Danger of Fatigue in Fighting Tuberculosis.

That no consumptive can hope for a cure of his disease without following the most rigid routine with regard to rest is the conclusion of four interesting articles in the Journal of the Outdoor Life for June, by Professor Frederic S. Lee of Columbia University, New York, Drs. Lawraon Brown and F. H. Heise of the Adirondack Cottage Sanatorium, Trudeau, N. Y., Dr. Joseph H. Pratt of Boston, and Will M. Ross of Stevens Point, Wis.

Professor Lee, writing on the subject "The Physiology of Exercise and Rest," shows by experiments on dissected frogs the way in which exercise tires the muscles and, in fact, all the organs of the body. He says:

"There is no known antidote to fatigue unless it be rest, with all that rest implies. Sleep allows the reparative process of rest to be performed most quickly and completely. A moderate degree of fatigue or even a considerable degree when not too often incurred, is not detrimental to a healthy body and is even to be advised. The healthy body is provided with great recuperative powers, and does not rapidly succumb to even excessive demands on its energy. But it should be allowed the proper condition for recuperation, and that condition is adequate rest. There is danger whenever the rest is not eliminated."

"The next day's work is begun. The effects may then be cumulative, the tissues may be in a continued state of depression and the end may be disastrous."

Dr. Brown and Heise in an article on "Properly Regulated Rest and Exercise in Pulmonary Tuberculosis," hold that the action of the poisonous germs of the disease on the body is very similar to that of over-exercise. The poisonous irritation caused by the germs gives the organs and tissues of the body a double load to carry. They emphasize the importance of rest in the treatment of tuberculosis, but also insist that properly regulated exercise is very necessary. They state their conclusions thus:

"Exercise when properly regulated and systematically graded is an important factor in the treatment of pulmonary tuberculosis. Through it the patient is in many cases returned to home and family with lessened chances of future relapse. At the same time part of his earning capacity is restored and he is, consequently, financially less dependent upon others, relieving him of much worry, expense and hardship."

Dr. Pratt, who was founder of the first Church Tuberculosis Class in the United States in the Emmanuel Church in Boston, claims that in the treatment of tuberculosis absolute rest, often in bed, must be extended over a period of months, before the consumptive should take any exercise. He says, "Prolonged rest in bed out of doors yields better results than any other method of treating pulmonary tuberculosis. Patients will have a better appetite and take more food without discomfort and gain weight and strength faster than patients with active disease who are allowed to exercise. Complications are much less frequent. When used in the incipient stage recovery is more rapid and surer."

Mr. Ross, who is himself a cured consumptive, and a writer of considerable prominence, holds that unless resting becomes a business to the tuberculosis patient he might as well give up his fight for health. "The period of infection with tuberculosis," he says, "is not a vacation. It is a twenty-four-hour-a-day job. True, it is a period of idleness. The day's work should consist of rest; rest should be the only business on hand. The light exercise, or hour of reading should be considered as the reward of a good day's work, like the evening of slippared ease to the tired business man at the end of the day. This recreation, however, should be considered only as an incidental result of the patient's work, not the main object."

Curing Hay

If you cut a flower off and put it in a glass of water it keeps its head up pretty well for a long time. If you do not put it into water at once it wilts. Why? In the first place the plant takes up water and keeps stiff and erect. In the second place it wilts because it can get no water and what is in the plant soon leaves through the stomach. That is, the water is pumped out by the dry air and with none to replace it, the plant wilts. Water is all that keeps tender plants or tender parts of trees from wilting or collapsing.

Force water through a lino and it has a tendency to straighten out. Cut off the water force and it collapses. This is exactly what happens when a plant fails to get enough water.

Severed grass soon becomes good hay if it is handled right. Try this for a lesson in hay making. Cut a handful of clover and put it in the hot sun to dry. Put another handful in the shade where it can't dry so fast. In three hours see which is the best hay. Take the handful of hay and twist it in your hands. In one case, the sun-dried hay will have brittle leaves and green juicy stems, while the shade cured hay will be more thoroughly cured and not so brittle. It is the best hay and will keep best. Why?

Well, the sun dries the leaves to a crisp the first thing so they can't pump the water out of the stems. The shade-cured hay had a chance to stay green long enough to quite thoroughly pump the water from the stems through the leaves before they wilted.

So if you want good hay don't lay it out thin in a hot sun. Better soon rake it into loose windrows so the bulk of it will be shaded and the wind can go through. Any hay will keep if it is cured so you can't wring any juice out of the stems when you twist a handful.



Electric Beans Are a Natural Remedy for Nerve, Stomach and Liver Disorders.

Once upon a time disease was thought to be due to direct influence of evil spirit and magic was invoked to cast it out.

Science has taught us wisdom. The evil spirits still exist we call them "Disease Germs," and they must also be cast out. Once lodged in the stomach or intestines biliousness with its aches and pains, or in fact seventy-five per cent of the ills that affect the human race, is the result.

Electric Beans are the approved remedy for driving out disease germs. Their action is quick and thorough, they clear the intestines, rouse the torpid liver to new life, stimulate mucous membranes to healthy action and cleanse and invigorate the whole digestive tract. Be prepared for emergencies by always keeping a box in the home.

See our booklet of remarkable, true testimonials. Test this remedy at our risk, if it is not satisfactory we will cheerfully refund the money paid for it.

Electric Beans can be had from the stores of S. M. Weare, W. A. Warren, Mrs. S. C. Turner, J. E. Lloyd & Son and C. L. Piggott or direct from us 50c. a box.

THE ELECTRIC BEAN CHEMICAL COMPANY, LTD. Ottawa, Ont.

Butter Wrappers

Best German Parchment

An increasing number of customers among our farmer constituency are giving us their orders for printed butter wrappers.

If you make good butter you will profit if the purchaser recognizes your package by the imprint on the wrapper.

Send us a Trial Order

Printed Butter Wrappers

500 sheets, 2 lb. size 2.50
1000 " 2 " " 3.25

500 sheets, 1 lb. size 2.00
1000 " 1 " " 2.50

Unprinted Parchment

250 sheets, 2 lb. size .50
600 " 2 " " 1.00
1000 " 2 " " 1.50

300 sheets, 1 lb. size .50
800 " 1 " " 1.00
1000 " 1 " " 1.25

To Let

TO LET
The Hall over Monitor Office, formerly occupied by the Foresters. Audience room with two side rooms. Wired for electric lighting. Heated if desired.

Suitable for business offices. Apply to M. K. PIPER.

HOUSE TO LET; On Church Street, now occupied by Wiley Burns. Possession given July 1st. Apply to W. J. HOYT
Bridgetown, June 13th, 1911.

Smart's Lawn Mowers

We have just received a new lot of the celebrated Smart's Lawn Mowers.

Hammocks

Also a nice line of Hammocks manufactured by the Oxford Woollen Mills, very strong and fast colors.

Freeman's HARDWARE STORE

MINARD'S LINIMENT CURES DISTEMPER.

Professional Cards

O. T. DANIELS

BARRISTER, NOTARY PUBLIC, Etc.

UNION BANK BUILDING, Head of Queen St., Bridgetown
Money to loan on first-class Real Estate.

O. S. MILLER

BARRISTER, Real Estate Agent, etc

SHAFNER BUILDING, BRIDGETOWN, N. S.
Prompt and satisfactory attention given to the collection of claims, and other professional business.

J.J. RITCHIE, K.C.

Keith Building, Halifax.
Mr. Ritchie will continue to attend the sittings of the Courts in the County. All communications from Annapolis clients addressed to him at Halifax will receive his personal attention.

CHAS. R. CHIPMAN, LL. B.

BARRISTER-SOLICITOR, ETC.

Shafner Building, - Bridgetown
MONEY TO LOAN
AGENT FOR NORTHERN ASSURANCE CO. Insure in the largest and strongest company.

OWEN & OWEN

J.M. Owen K.C. Daniel Owen LL.B. BARRISTERS AT LAW

Annapolis Royal
Office over the Royal Bank of Canada
MIDDLETON EVERY THURSDAY.
Office in Central Hotel.

Money to loan on Real Estate Security.

Leslie R. Fairn

ARCHITECT
Aylesford N. S.

Undertaking

We do undertaking in all its branches
Hearse sent to any part of the County.
J. H. HICKS & SON
Queen St., Bridgetown, Telephone 46
J. M. FULMER, Manager.

Dr. F. S. Anderson

Graduate of the University Maryland
PAINLESS EXTRACTION
By Gas and Local Anesthesia
Crown and Bridge Work a specialty
Office: Queen Street, Bridgetown.
Hours: 8 to 5.

A. A. Dechman, M.D., C.M

OFFICE AND RESIDENCE
CASSIDY PLACE
So. Queen St., Bridgetown
Phone 64
NIGHT CALL, 3 LONG RINGS

E. W. RICE

Auctioneer
TOWN LICENSE, Terms Moderate.
BRIDGETOWN, N. S.

INSURE

in the
Nova-Scotia-Fire
Strong-Liberal
Prompt
Get our rates before placing or renewing your insurance

C. B. LONGMIRE

Local Agent
Bridgetown.

WHEN ANSWERING ADVERTISEMENTS PLEASE MENTION THE MONITOR-SENTINEL

SMOKE SHAMROCK PLUG
Finest Quality.

PILES
You will find relief in Zain-Buk I
It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zain-Buk, means cure. Why not prove this? All Druggists and Stores—50c box.

Ice Cold Drinks
Ginger Beer, Manola, assorted flavors of Soda, cool and refreshing.
Just opening another lot of Moir's choice Chocolates, Creams, Bon-bons, Penny Goods and Biscuits.
Bread and Cake as usual twice a week. I have added Three Crown Tea to my stock. Reasonable Fruit always on hand.

Mrs. S. C. TURNER,
GREAT BARGAINS
IN
MEN'S & BOY'S FURNISHINGS
Summer Hats, in soft and hard felt. A fine line in straw hats, Panama, Boat-ers, etc., the latest shapes.
Fancy Half-hose.
Hot Weather Underwear.

HAYWARD'S
CLOTHING STORE
COR. QUEEN AND GRANVILLE ST.
BRIDGETOWN, N. S.

Focus Your Wants
Classified Want Ads. will fill all your requirements. They act as a lens which will concentrate all your needs, and bring them to a perfect focus of satisfactory results.